

ENERGETIC TIME

An every day question, but not one with a simple answer. At present we have international conventions defining time. The base unit is the second which is multiplied to define minutes, hours, days, weeks and years. But what is a second? What is the basis of modern time keeping and perception. The answer is:

The second is the duration of 9 192 631 770 periods of the radiation corresponding to the transition between the two hyperfine levels of the ground state of the cesium 133 atom. (In it's ground state at 0 Kelvin)

Although the definition is very precise it is quite unrelated to human experience. More and more people feel we are drifting away from our connection to our surroundings because the foundations of our lives become more and more mechanical. Due to the hype concerning the end of one cycle in one of the many mayan calendars around 2012 people became interested again in what time means and does. Where does it place us in the cosmos? What does time mean to us spiritually?

Energetic time

Some people claim we need a new 'true time' system based on mayan calendars, but let us not forget the common western european system was at one point also based on spiritual and energetic values. One thing which became obvious due to how many people reacted to the beginning of the new cycle is that human experience is in general far too limited to work with cycles which take thousands of years. It is simply not in our scope of comprehension. Many people fantasize about what they will do at the end of the week, or next month, a few may even have plans carrying over to next year, but this is generally the limit of how far our human mind can carry us with any skill.

As we allow our mind to expand we can see how every cycle of time is part of a greater cycle, but as the size of each cycle grows the processes involved become more generalized, of a higher order. To work with a different time scale we need to access a different part of our being, which is in tune with the scale of processes we want to work with.

A process using the smallest cycles, seconds, minutes and hours has a span which can easily be encompassed by our ordinary human attention. Because of this there is no need for guidance beyond our own being to deal with such things. A whole day however is already too big for our minds to conceive so our ancestors decided to align themselves with a stable power every day so that aspect of a greater work can be accomplished. The planets were observed as having a strong influence on us and in ancient Greece one day was set aside for each to renew our connection with each of these sources of power.

The energetic week

One of the laws of Hermes Trismegistos states that internal and external as well as earthly and divine processes are mirrored. Using this law by focussing on the external, divine powers of the planets we can focus on our own internal, earthly representations of the same principles.

-Each cycle starts with the day of the sun. The impulse of light, art, knowledge, inspiration. By opening oneself up to it's spiritual power one can gain guidance as to what needs to be done.

-The next phase is that of the moon, shortened from moon-day to monday. This is the day we allow

the impulse to resonate in us. To allow our inner power to awaken in response to the solar impulse so that instead of an impersonal ideal, we find our own calling.

-The third day is the day of mercury, whose influence helps us to transform feeling into form. Thanks to the mercurial influence our calling can crystalize into plans.

-The fourth phase is that of mars. The planet of discipline, strength and effort. In this phase we try to execute our plan as perfectly as possible so we can exact a real change. Mid-week is also the vibrational lowest point in the cycle in which we have become most focused on the physical world and ourselves.

-The fifth day is dedicated to jupiter. The planet of luck and divine aid. No matter how well we lay our own plans and execute them, we should accept the guidance, wisdom and greater scope of higher beings. This day is set aside to ask for their blessing of our works so they may bear fruit. This day is also important to escape from the trap of self-importance and seek to co-create with the divine rather than staying trapped in personal ambitions.

-The sixth day is dedicated to venus. The planet of love, acceptance and fertility. This is the moment in the process when the fruits of our labour are meant to be shared. The time for others to join us or for us to join them and bless and support eachother's endeavours.

-The seventh day is dedicated to saturn. The planet of fate, challenges and perseverance. The test of our endeavour happens here when we offer our efforts up to be judged on the highest level. If there is impurity or imperfection to be found it is under the unforgiving scrutiny of saturn, the power of divine judgement and honesty with ourselves.

Depending on which tradition you follow the week starts on either saturday, sunday or monday for muslims, jews and christians respectively. Personally I am a conservative who prefers sticking with the original ancient Greek system followed by the jews.

The energetic month

The energetic week helps us to focus on smaller processes, but the year is itself also a cycle. The West-European calendar is based on the Egyptian system. The Egyptian calendar had a year of 365 days divided into twelve months of thirty days and five holy days. The twelve months were divided into three series of four elements. The first series is focused on the outward going, creative aspect of the elements, the second series is all about maintaining stability and harmony, while the third series is about destruction and introspection. In this the Egyptian cosmology is similar to the Hindu belief in Brahma(the creator), Vishnu(the upholder) and Shiva(the destroyer/liberator).

Each series is led by the fire element, the impulse or inspiration followed by the earth element, which represents the manifestation. The fire and earth element represent an almost objective, abstract process. Something which simply is or happens, which is made more personal by the air element bringing understanding and the water element allowing us to feel and experience.

In this manner the Egyptians started the year with the outward going fire element of Aries, followed by Taurus, Gemini and Cancer. The romans decided to assign numbers to the months, which we still find in september, october, november and december. While the numbers 7 till 10 are still preserved till this day the desire for personal agrandisement led to emperors Julius and Augustus becoming the names of months and the assignment of the holy days to their month. Over time the energetical reality which was once the foundation for our time awareness became forgotten by all but those

who studied astrology.

We can use the influences of the stars, which are even higher than the planets, to guide and inspire us throughout the year. Starting new initiatives in the spring, sharing them during the summer and fall and taking some time for reflection in the winter. Reconnection with the natural cycles of energy brings many benefits to health, stability and by being part of an energetic cycle you are more easily propelled forwards in your spiritual advancement.