

# Cycles

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**E**VERY SPIRITUAL STUDENT knows that the Law of Cycles underpins the whole of creation, and that it beautifully symbolises for us by day and night, birth and death, breathing in and breathing out. Yet the cycles of the hours, days and seasons are so familiar, so integral to our lives, that we seldom think about them seriously — as a result many of us feel that we are ruled by time, that old age is something to be fought, that short winter days are an infuriating obstacle to our plans.

How much better it would be if we could *align* ourselves with cycles, make them work *for* us, our allies instead of our rulers. But there are so many overlapping and interlocking cycles, where can we begin? We will not concern ourselves here with cosmic cycles or past and future incarnations. This article offers light-hearted suggestions about *using* cyclical energies to improve our individual lives as we spiral homeward.

**Biological clocks.** Do you know your best times? When you are most energetic, creative, decisive? It is really worth while thinking about this. Our physiological functions slow down at night, and are kick-started again just as we are getting up — one reason why morning meditation is a difficult habit to establish. (For your heart this is also a very bad time to have a fight). We are widest awake every twelve hours — mid-morning and mid-evening, and sleepest in early morning and early afternoon. For most people short term memory is good at about 9 am, and problem solving, decisions and creative work best done before lunch. After lunch you can nap and recharge your batteries, or counteract the pull by physical activity. Long-term memory is best around 3 pm, and speed of reaction from 4-8pm, an ideal time for sport or computer work. Metabolism is fastest in the early evening. Many of us live against our biological clocks, but it is healthier and more effective to observe them.

**Bio-rhythms.** The theory is that we have high, low and critical days on physical, emotional and mental cycles of varying lengths from our day of birth. When critical days coincide we are

more vulnerable to accidents. Bio-rhythms seem to work for some people but not others. The easiest way to calculate yours is to get cheap computer software.

**Moon cycles** — a more natural rhythm than calendar months. We all know it is easier to meditate when the moon is waxing. But did you know that if you are fixing the date for a workshop, you will get more participants between 1st quarter and full moon? More of the teaching is absorbed from full to 3rd quarter, when people are ready to share their experiences. The new moon is a good time to start any new project. Write down your goal in ten words or less, and by the 1st quarter *do* something, anything, towards your goal. This will bring feedback and by the full moon you can see what needs to be changed to create balance in your endeavour. As the moon begins to wane share what you have learned, talking — and listening! — to others. Just before the end of the moon cycle release and renew the goals you have set yourself. Letting go of the old allows a fresh start, incorporating all you have learned.

**52 day cycle.** The year can be divided into seven 52 day cycles starting from our birthdays, easy enough to mark on a calendar: 1. New beginnings, seeding, planting; our personal magnetism is high. 2. An emotional cycle good for things that can be done rapidly in the short term. 3. Physical high energy, time for major projects. 4. Needs most rest as psychic energy highest and physical lowest. 5. Success — the fruition of what was planted in the first cycle, the best time of the year. 6. Ongoing success and holiday time. 7. Lowest energy on all levels, death and regeneration, let go and prepare for the new cycle. So if you find yourself grumbling every year that “this always happens in September,” it might be interesting to count the days from your birthday.

**Seasons.** Generally speaking, winter is a time for rest and regeneration, our energy is low, we need to feed well, exercise moderately, take extra care of ourselves. Spring is the best time for intellectual work, solving problems, meditating,

our energy is medium high. Summer is the most creative time, for pushing ahead with plans, acting out our ambitions, presenting ourselves at our best, it is our highest energy time. Autumn is the time for playing, for being with other people, emotions are important and energy is medium. But your cycle may be different — why not think back over the years and pinpoint the seasons when you have been most or least energetic, successful? Then base future plans on that pattern.

**Physical, emotional, mental and spiritual cycles.** Every esoteric student knows of the conflicting pulls of our various bodies, and we usually try to resolve the problem by aligning ourselves with the highest we can reach. It seldom occurs to us that our lower — that is, our physical and emotional — bodies are evolving too and may deserve our attention. Most people know that our physical bodies evolve in 7 year cycles. Judy Fraser of Second Aid teaches that an emotional cycle takes 8 years, a mental 9, and a spiritual 12. As with the bio-rhythms the interaction of these can indicate a high period or one of conflict. If you are 36 for example, you have begun a new physical cycle, you are ready to begin new mental and spiritual cycles but are only half way through an emotional cycle. 56 can be a good year as you are in a new mental cycle, ready for new physical and emotional beginnings, and your current spiritual cycle is reaching the stage of understanding and achievement. Some simple arithmetic can be quite illuminating.

**Personal year.** Numerology offers many fascinating ways of looking at the cycles in our lives. One which I have found helpful is the personal year. You take the year number ( $1+9+9+6=25=7$ ) add the day and month of your birth and reduce the total. If you were born on 1st February  $1+2+7=10=1$ , so this is a 1 year for you, meaning action, new beginnings and opportunities. A 2 year is consolidation, co-operation, nurturing. 3 is blossoming and progress, time for brainwork. 4 is time for persistent and productive work. 5 signals change, shifts in priorities and expanding possibilities as we become aware of higher levels of meaning and purpose. 6 is a higher octave of intellectual

three, it says be wise, think before you act, and enjoy beauty. 7 is the year for spiritual focus, study and growth, challenging us to move beyond what we know — not always comfortable. 8 says connect, communicate, with others and with the highest aspects of yourself. Your intuition may flower and it may be time to let go of things or people. 9 completes the cycle, time to enjoy the fruits of the cycle of endeavour, to complete, review and reflect, to prepare for the next cycle. Obviously you don't have to wait for a 4 year to work hard, or a 7 to grow spiritually! It just means the potential is stronger then. (Read "What Number are You?" by Lilla Bek).

**Nine lives or major life cycles.** Lilla Bek says that age 0-18 is physical, 19-27 emotional, 28-36 mental, 37-45 endeavour (45 is the fulcrum point when you decide whether to grow or not), 46-54 collective, a rebirth into a higher purpose, 55-63 wisdom, finding deeper meaning and purpose, 64-72 love — unconditional love and service, 73-81 spiritual, the time of greatest spiritual awareness and 82-90 judgement, truth, completion and conclusion.

**Native American** Indians recognise four major learning cycles: Birth to 27 is trust and innocence versus mythology and entertainment; 28 to 54 is actualising the dream versus daydreaming and blaming others; 55 to 81 is wisdom, harmony and balance versus belief systems, rules, laws; and 82 onwards is illumination, enlightenment, back to the Great Light — not *versus* anything apparently, so that is something to look forward to!

**Astrological cycles.** As we grow spiritually our birth charts become less useful, less relevant to our lives. Yet the movement and interaction of the planets is the best guide we have to the energies and forces which play through and upon space. A few intuitive astrologers are in tune with these energies and beginning to tell of influences affecting all of us on earth at the same time — demonstrating to those who will listen that we are indeed one humanity and that we are related to everything that *is*. Then we shall be growing in group awareness, integral parts of a greater whole, and our preoccupation with time and the apparent lack of it will fade.