



Living in Rhythm with Time as a Spiral

THE MAYAN CALENDAR

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UNDERSTANDING MAYAN TIME

TIME ISN'T LINEAR, IT SPIRALS. THE MAYAN
CALENDAR TRACKS CYCLES OF ENERGY THROUGH
REPEATING PATTERNS OF LIGHT, SHADOW,
GROWTH AND RENEWAL.
YOUR AWARENESS OF TODAY'S RHYTHM SHAPES
HOW YOU MOVE, HEAL AND CREATE.

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AND THE 18 SACRED MONTHS
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+ ELEMENT = YOUR DAILY ALIGNMENT

“TIME IS NOT PASSING — IT'S SPIRALING WITH YOU.”

OVERVIEW: HOW THE MAYAN SYSTEMS INTERWEAVE

THE MAYAN CALENDAR ISN'T ONE SINGLE TIMELINE — IT'S THREE SACRED CYCLES
WORKING TOGETHER TO MIRROR LIFE'S RHYTHM:

1.

THE TZOLK'IN

260-DAY SACRED CYCLE

- COMBINES 13 TONES (NUMBERS) × 20 DAY SIGNS (GLYPHS).
- THE TONE EXPRESSES HOW ENERGY MOVES.
- THE DAY SIGN EXPRESSES WHAT ENERGY IS PRESENT.
- TOGETHER THEY CREATE A UNIQUE DAILY FREQUENCY — LIKE A COSMIC FINGERPRINT.

2.

THE HAAB

365-DAY SOLAR CYCLE

- REFLECTS THE EARTH'S ORBIT AROUND THE SUN.
- 18 MONTHS OF 20 DAYS + 5 "WAYEB" REFLECTION DAYS.
- GROUNDS THE SACRED RHYTHM OF THE TZOLK'IN INTO REAL-WORLD SEASONS AND GROWTH CYCLES.

3.

THE LONG COUNT

SPIRAL OF TIME

- TRACKS GREAT CYCLES (BAKTUNS, KATUNS, TUNS, UINALS, K'INS).
- SHOWS WHERE HUMANITY STANDS IN VAST ERAS OF CONSCIOUSNESS — REMINDING US THAT TIME EXPANDS, NOT ENDS.



HOW THEY WORK TOGETHER

- THE TZOLK'IN GIVES THE SPIRITUAL FREQUENCY OF THE DAY.
- THE HAAB ALIGNS IT WITH EARTH'S NATURAL RHYTHM.
- THE LONG COUNT ANCHORS BOTH INTO COSMIC HISTORY.
- TOGETHER THEY WEAVE A LIVING SPIRAL OF TIME — YOUR PERSONAL DAY, SEASON, AND ERA ALL LAYERED IN HARMONY.

HOW TO READ YOUR DAY

EACH DATE COMBINES:

TONE + SIGN + HAAB MONTH + ELEMENT.

YOUR CARD SHOWS TODAY'S FREQUENCY AND HOW TO EMBODY IT.

EXAMPLE READING — OCTOBER 14 2025 (4 AJAW)

TONE 4 = STABILITY | AJAW = SUN / LIGHT | HAAB: 18 YAX

ENERGY OF THE DAY:

STRUCTURE YOUR LIGHT. SIMPLIFY WHAT SHINES—ORGANIZE, CLARIFY, AND
LET WARMTH GUIDE YOUR FOCUS.

MANTRA: I BUILD FROM LIGHT, NOT PRESSURE.

REFLECTION: WHERE DID MY LIGHT NEED REST TODAY?

(WILL ADD GLYPH ICONS ASAP)

THE 20 DAY SIGNS (TZOLK'IN GLYPHS)

1 - IMIX

BIRTH / PRIMORDIAL WATERS

2 - IK'

BREATH / SPIRIT / CLARITY

3 - AK'B'AL

NIGHT / DREAMS / INNER WORLD

4 - K'AN

SEED / POTENTIAL / GROWTH

5 - CHIKCHAN

LIFE FORCE / VITALITY

6 - KIMI

TRANSFORMATION / RELEASE

7 - MANIK

HEALING / SERVICE

8 - LAMAT

BEAUTY / ABUNDANCE

9 - MULUK

WATER / EMOTION / OFFERING

10 - OK

COMPANIONSHIP / LOYALTY

11 - CHUWEN

CREATIVITY / PLAY

12 - EB

PATH / HEALTH / JOURNEY

13 - B'EN

DIRECTION / LEADERSHIP

14 - IX

JAGUAR / MAGIC / INSTINCT

15 - MEN

VISION / PERSPECTIVE

16 - K'IB

WISDOM / CLARITY

17 - KAB'AN

EARTH / EVOLUTION

18 - ETZ'NAB

MIRROR / TRUTH

19 - KAWAK

STORM / RENEWAL

20 - AJAW

SUN / ILLUMINATION

/ SIGN / ESSENCE

THE HAAB SOLAR CALENDAR

18 MONTHS × 20 DAYS = 360 DAYS + 5 “WAYEB” REFLECTION DAYS.

THE HAAB FOLLOWS THE SOLAR YEAR - THE HEARTBEAT OF EARTH’S SEASONS.
IT’S MADE OF 18 NAMED MONTHS, EACH WITH 20 DAYS, PLUS 5 “WAYEB” DAYS AT
THE END OF THE YEAR (A SHORT PERIOD OF REFLECTION AND RENEWAL).

EACH HAAB MONTH HAS ITS OWN ELEMENTAL THEME AND AGRICULTURAL OR
SPIRITUAL PURPOSE - TOGETHER, THEY MIRROR EARTH’S GROWTH, HARVEST AND
REST CYCLE

1. POP — LEADERSHIP, RENEWAL, SETTING INTENTION.
2. WO’ — DUALITY, BALANCE, PLANNING AHEAD.
3. SIP — BLOOD, COURAGE, CHANGE.
4. SOTZ’ — BATS, CLEANSING, FERTILITY.
5. SEK — EARTH AND SKY, GROUNDING.
6. XUL — DOGS, COMPANIONSHIP, LOYALTY.
7. YAXK’IN — THE SUN, WARMTH, HEALTH.
8. MOL — WATER, GATHERING, UNITY.
9. CH’EN — NIGHT, DREAMS, MYSTERY.
10. YAX — RENEWAL, NEW GROWTH.
11. SAK’ — PURITY, CLARITY, ILLUMINATION.
12. KEH — FOREST, HARMONY, GRATITUDE.
13. MAK — PROTECTION, INTROSPECTION.
14. K’ANK’IN — YELLOW SUN, ABUNDANCE.
15. MUWAN — FIRE, THUNDER, VISION.
16. PAX — DRUMMING, MOVEMENT, INITIATION.
17. K’AYAB — MOON, SONG, WISDOM.
18. KUMK’U — MAIZE, ANCESTORS, COMPLETION

& WAYEB’ (5 DAYS) — REFLECTION, TRANSITION, LETTING GO
BEFORE A NEW CYCLE BEGINS.

THE HAAB SOLAR CALENDAR

18 MONTHS × 20 DAYS = 360 DAYS + 5 “WAYEB” REFLECTION DAYS.

PURPOSE OF THE HAAB:

WHILE THE TZOLK’IN REFLECTS SPIRITUAL TIME,
THE HAAB ANCHORS IT TO EARTH TIME.
IT REMINDS US THAT CONSCIOUSNESS MUST ALSO
REST, PLANT, GROW, HARVEST, AND RETURN TO
STILLNESS - JUST LIKE NATURE DOES.

TOGETHER, THE HAAB MONTHS TEACH CYCLICAL
LIVING: WHEN TO PLANT IDEAS, WHEN TO PAUSE,
AND WHEN TO HARVEST WISDOM.

THE 13 SACRED TONES

1 INITIATION 2 POLARITY 3 ACTIVATION
4 STABILITY 5 EMPOWERMENT 6 BALANCE
7 REFLECTION 8 HARMONY 9 INTENTION
10 MANIFESTATION 11 LIBERATION
12 COOPERATION 13 ASCENSION

EVERY DAY IN THE TZOLK'IN CARRIES ONE OF 13
TONES - THE PULSE THAT MOVES ENERGY FORWARD.
WHILE THE DAY SIGN (GLYPH) SHOWS WHAT ENERGY
IS ACTIVE, THE TONE SHOWS HOW IT'S EXPRESSING
ITSELF.

TOGETHER THEY CREATE A LIVING PATTERN OF
EVOLUTION — FROM THE SPARK OF CREATION TO
ITS FULL REALIZATION AND RETURN TO SPIRIT.

TONE

NAME

ESSENCE

FOCUS / REAL-LIFE EXPRESSION

THE 13 SACRED TONES

TONE

NAME

ESSENCE

FOCUS / REAL-LIFE EXPRESSION

1

MAGNETIC

PURPOSE

WHAT'S CALLING MY ENERGY TODAY?

2

LUNAR

POLARITY

WHAT NEEDS BALANCE OR CHOICE?

3

ELECTRIC

ACTIVATION

HOW CAN I MOVE ENERGY INTO MOTION?

4

SELF-EXISTING

DEFINITION

WHAT STRUCTURE SUPPORTS MY VISION?

5

OVERTONE

EMPOWERMENT

WHAT STRENGTHENS MY PURPOSE?

6

RHYTHMIC

BALANCE

WHERE CAN I CREATE FLOW AND HARMONY?

7

RESONANT

REFLECTION

WHAT FREQUENCY AM I TUNING INTO?

8

GALACTIC

HARMONY

HOW CAN I LIVE WHAT I BELIEVE?

9

SOLAR

INTENTION

WHAT AM I CONSCIOUSLY ENERGIZING?

10

PLANETARY

MANIFESTATION

WHAT'S BECOMING REAL RIGHT NOW?

11

SPECTRAL

LIBERATION

WHAT CAN I RELEASE TO STAY ALIGNED?

12

CRYSTAL

COOPERATION

WHO OR WHAT AM I MEANT TO CONNECT WITH?

13

COSMIC

ASCENSION

WHAT WISDOM IS READY TO INTEGRATE?



HOW THE TONES INTERWEAVE

- 1–4: FOUNDATION - PURPOSE, BALANCE, STRUCTURE
- 5–8: GROWTH - EMPOWERMENT, REFLECTION, HARMONY
- 9–13: INTEGRATION - MANIFESTATION, RELEASE, ASCENSION

EACH TONE BUILDS UPON THE LAST, FORMING THE 13-DAY “WAVESPELL”, A MINI-SPIRAL OF EVOLUTION REPEATING THROUGH THE 260-DAY TZOLK’IN.

WHEN YOU TRACK WHERE YOU ARE WITHIN A WAVESPELL, YOU BEGIN TO SEE YOUR OWN INNER RHYTHM UNFOLD — HOW IDEAS MOVE FROM SPARK TO FRUITION IN YOUR LIFE.

INTEGRATION & LIVING BY THE SPIRAL

NOTICE RECURRING PATTERNS EVERY 20 DAYS AND 13
DAYS.

YOU'RE NEVER STARTING OVER—YOU'RE RETURNING
WISER.

HOW TO FIND YOUR PERSONAL ENERGY TODAY

GO TO [ELEVATEALIGN.COM](https://elevatealign.com)

TAP YOUR DATE AND SCREENSHOT YOUR GLYPH.
PASTE THIS PROMPT INTO CHATGPT (WITH YOUR
ASTRO INFO):

“USING MY BIRTH CHART AND TODAY’S TRANSITS, ALIGN
MY CURRENT ENERGY WITH THE MAYAN DATE [INSERT
YOUR TZOLK’IN & HAAB INFO]. EXPLAIN HOW THIS
ENERGY IS ACTIVATING MY CHART AND WHAT THEMES I
AM MEANT TO EMBODY OR RELEASE TODAY.”

TIME IS NOT PASSING - IT’S SPIRALING WITH YOU &
YOU’RE RIGHT WHERE YOU’RE MEANT TO BE.

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