

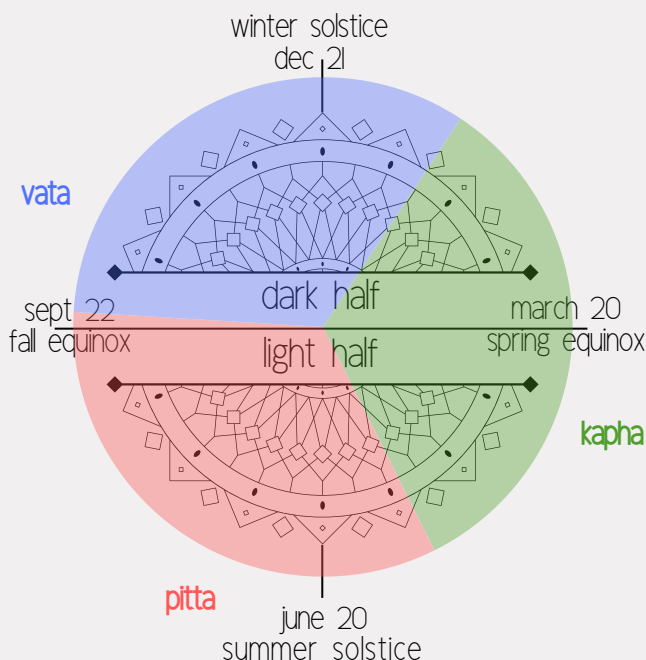
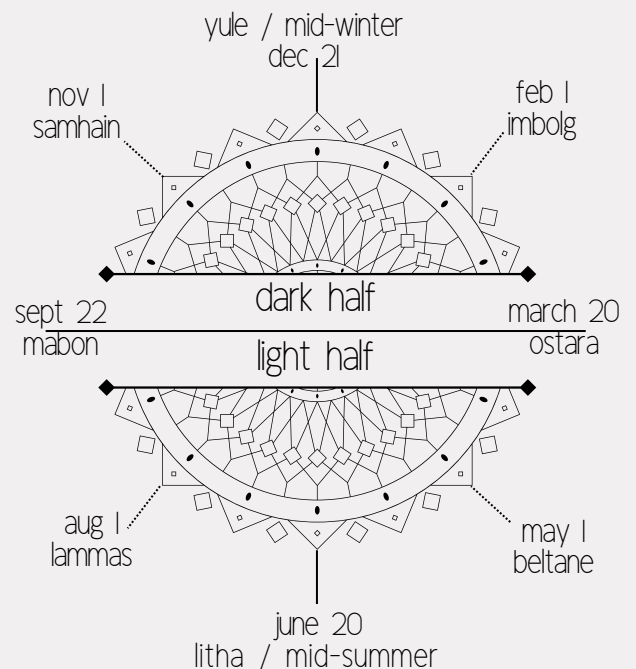
Calendar contemplation

In the West, most folks use the Gregorian calendar to plan their days and manage schedules. The Gregorian calendar follows a 12-month, 52 week, 7 day week, 365/366 day year. This can be very helpful for the standard operations of modern life. What is less helpful is how this calendar fails to recognize the large changes of season, light, and energy that were widely relied upon in agrarian society. The Gregorian calendar is a modification of the Julian calendar. The Gregorian calendar was widely accepted in the 16th century after decree from the current pope of the time that it was to be the standard for Christians to use. It does not have any significant correlation to astronomy or natural cycle.

If helpful to reconnect to the pace of nature, below are a few different visual methods of connecting to the natural cycles of season, light, and energy.

Pagan calendars largely follow seasons as they support farming, harvest, and rest. Celebrations occur every six weeks as a way for communities to gather throughout the year, with most occurring at times of sowing fields, harvesting, and surviving the depths of winter.

The year is roughly broken up in to the dark and light half, the quarter points of solstices and equinoxes, and the cross quarter points marking every six weeks throughout.



Yoga's sister science, Ayurveda, focuses primarily on the energy and elements of the seasons. Three doshas categorize "that which can go wrong" when imbalanced.

Kapha - springtime, watch out for an accumulation of: heavy, cold, wet, earthy, moisture, lethargic energies

Pitta - summertime, watch out for an accumulation of: fire, wet, oil, heat, quick, agitated energies

Vata - wintertime, watch out for an accumulation of: dry, airy, space, ungrounded, flighty energies

