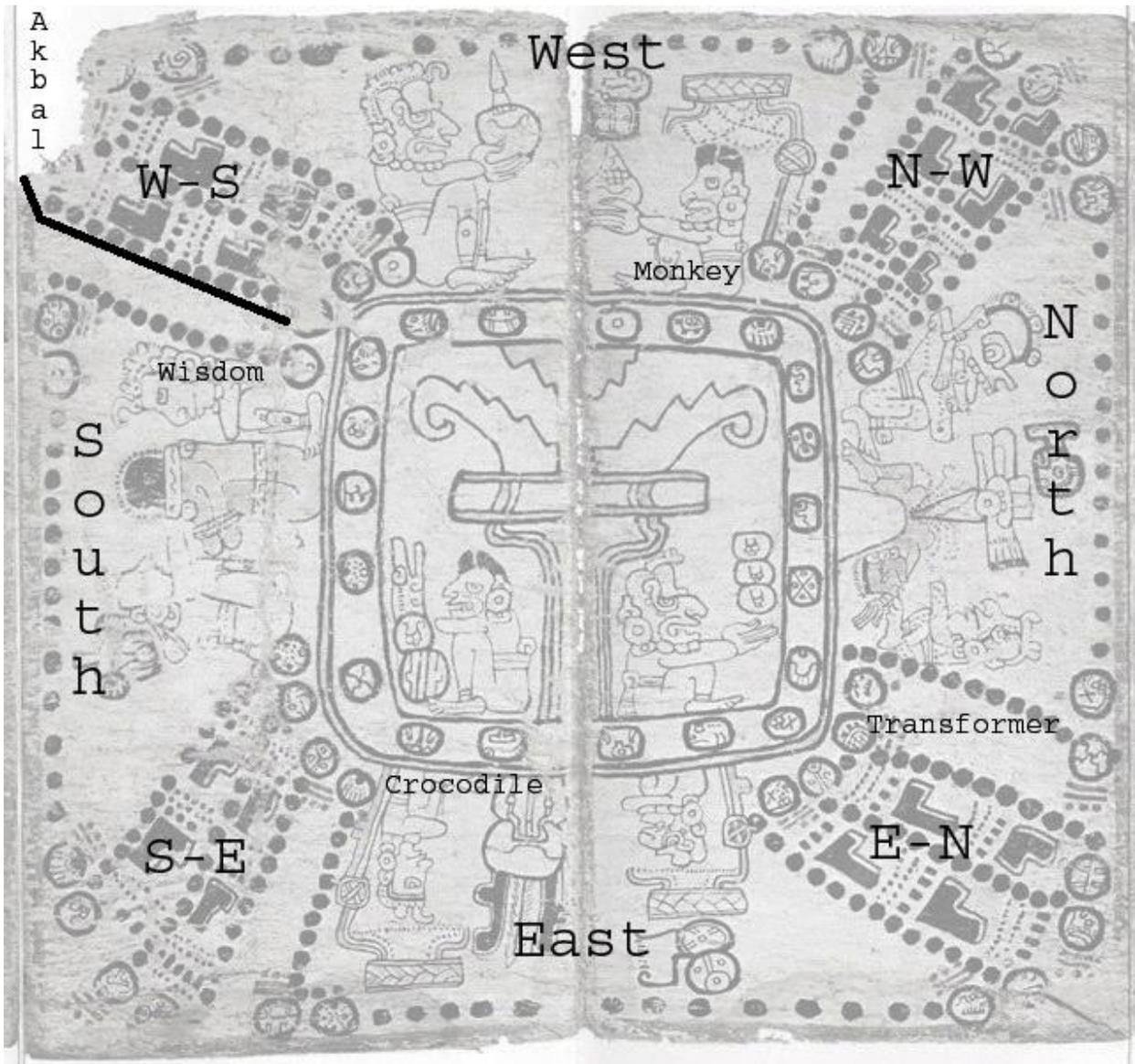


### The Tzolk'in Clock by the White Shaman

This image of the Tzolk'in is presented as a 260-day Clock. The trecena of House (Akbal) starts in the top left corner and is underlined. The background image is from the Madrid codex, penned around 1562 AD. The Tzolk'in calendar encourages and brings focus to living each day with a mindful purpose and action. Take a minute to look at this before reading further.



It's important to see how each day relates on the Tzolk'in Clock, just like hands relates to 12 hour Clock. The Tzolk'in Clock starts on the east (crocodile) then counter-clockwise to the north (transformer), then west (monkey), then south (wisdom). Each direction (east, north, west and south) is written in the ancient Maya text, near my English translation. Do you see them?

How the Clock works: The start of the Clock, 1-crocodile, is the day to plant mental seeds, or goals that could bare fruition, 260 days later, similar to New Year's resolutions. Each new trecena, along the way, is a place to tweak your 260-day goals and to set new 13-day goals. Learn to use the ebb and flow of the 13 days to bring your thoughts into reality. Looking at the Tzolk'in as a Clock puts each day into perspective with the whole. Look at how it's presented to us. For instance, a man on the west is asking for something. The

man on the east is receiving something. The man on the south is tied up in his body, and the man on the north is released from his body. Our consciousness is released from our bodies every night and is enslaved in our body every day. In the center of the Tzolk'in Clock is a tree with flames. This is the Akbal, your furnace/spirit inside of yourself. Today we start the trecena of 1-House / Akbal.

- 1 House (Akbal):**      **What fuels your internal furnace/spirit?**
- 2 Seed:                      Let your inner seed, emerge. Plant seeds in your mind that fuels/fulfills your house/spirit so they can start to manifest
- 3 Serpent:**              **Feel your internal furnace (Akbal) ebb and flow. Put your energy in a direction that nurtures the seeds to fuel your spirit**
- 4 Transformer: Remember your relations with others
- 5 Deer:**                      **Remember your dreams and survey the landscape**
- 6 Star:                      Think ahead to the next trecena with bold intentions to shine
- 7 Water:**                      **Tend to your duties, physically and spiritually. Go with the flow and continue to nurture your seeds**
- 8 Dog:                      Enjoy yourself. Appreciate your internal furnace/spirit
- 9 Monkey:**                      **Be playful with friends. This is a day for new opportunities.**
- 10 Destiny:                      Feel it coming, appreciate your seeds growing. Go with the flow and seize the opportunities presented to you
- 11 Reed:**                      **Talk, internally, with your creator. Pray**
- 12 Jaguar:                      Work together, ethically
- 13 Eagle:**                      **Get out and visit with a friend. Keep the bigger perspective.**

The Tzolk'in Clock should be viewed in 3 dimensions, yet it is drawn in 2 dimensions: As part of my white shaman training, I spent 40 freezing cold days in the Navajo nation, travelling the four corners and living in a hoogan. The hoogan is very similar in structure to the Tzolk'in Clock. (Note: There are ancient ball courts in the Navajo nation so it's possible the hoogan was designed based on the Tzolk'in). We spent most of our time chopping wood for the family's furnaces. In the hoogan, the furnace is placed in the center, just as the tree of fire is placed in the center of the Tzolk'in Clock. Do you see the image? That is the furnace to your house (Akbal) on the Tzolk'in Clock.

The Tzolk'in Clock has eight sides: East, West, North and South, and also NE, NW, SW, and SE. Folded upright, you would view each side on a wall, similar to inside of a Navajo hoogan, as it has eight walls. The east side of the Tzolk'in would be placed around the front door. Note: 8-Monkey is directly opposite from the door.

Finally, when you wake up and open the hoogan door, with the furnace keeping you warm, and see the vision of dawn, this is the energy of House (Akbal).

A link to my book [The Twenty Trecenas of the Tzolk'in](#) and a link to a [video](#) about the book. [Facebook](#) is the best way to contact me.