

## The Tzolk'in Clock – Star Trecena

The Star intention is also known as Rabbit, Venus, Lamat, and Q'anil. People born on Star days are naturally scribes and artists. This Star trecena is your time to write down intentions for the next Tzolk'in 260 day round. Where would you like to see your life 260 days from now? This is the time to write down instructions for your spiritual self to bring reality to your embodied self. The process of offering a seed to our spiritual self and receiving fruition is shown on the west and east faces of the Tzolk'in Clock.

### West Face of the Tzolk'in clock

Awake self  
offering a seed  
to asleep self.



Asleep self  
accepting seed  
from awake self.

### East Face of the Tzolk'in clock

Asleep self  
satisfied for  
helping.



Awake self  
receiving from  
seed offered.

On the west face of the Tzolk'in Clock, your naked embodied self is giving a request (or planting a seed) to your spiritual self. On the east face of the Tzolk'in Clock, your covered embodied self is receiving the requests from your spiritual self. In the center of the Tzolk'in Clock we see choices and decisions. As thoughts stream through your mind, from the east to the west, you chose to **accept**, **reject** or **ignore**. This process is depicted in the center of the Tzolk'in Clock, as shown in the Madrid codex.



Collectively, let's plant a seed for the next Tzolk'in round: This is a special Tzolk'in round for all of us. This is a time for people of all four directions to reunite with peace and love. Let's collectively decorate and plant a seed filled with peace and love, and to bring loving people to you.

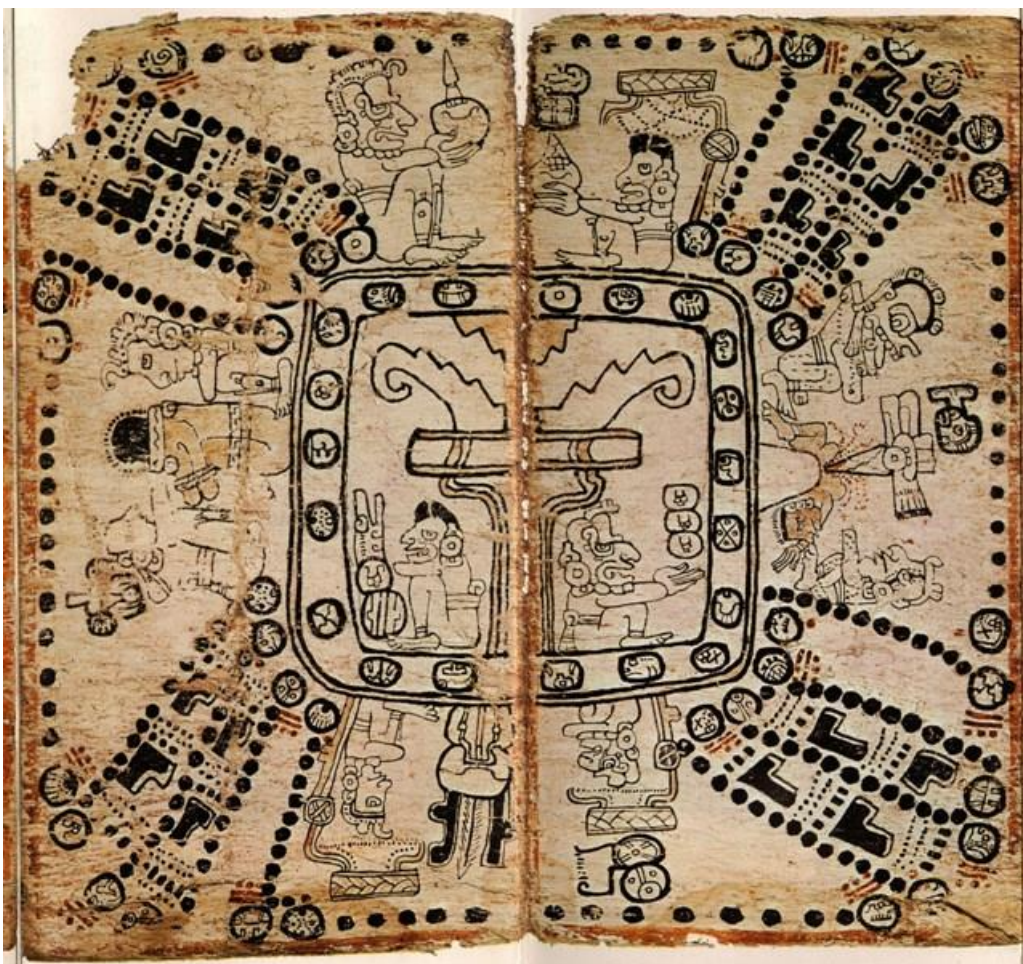
### **New Years Day and Birthdays**

Days on the Tzolk'in have spiritual energy (not offered on the Gregorian calendar). It's interesting how many New Year's resolutions fail. It's because you are doing it all by yourself. On the Tzolk'in calendar, planting seeds on the first day is a way that your spiritual self can assist you, using the 260 days of the Tzolk'in calendar. Tend to your seeds, each of the 20 trecenas, so it comes to fruition.

Also, birthdays have a spiritual meaning, so making a birthday wish really connects with our collective energy. Since the day's energy resonates with your energy on the Tzolk'in Clock, your wish flows into our collective energy. It's also a reason that people naturally want to gather around you and celebrate the day's energy. Being around people on their Tzolk'in birthday brings you closer to the day's energy.

Not all seeds planted come to fruition on the first Tzolk'in round. Like plants, they may take more than one Tzolk'in round to bear fruit. It's important to take care of the whole garden in your mind.

This may be your first time to use the Tzolk'in Clock. It's like saying a prayer, but with the idea that the prayer is a seed to nurture on each of the 20 trecenas of the 260-day Tzolk'in Clock.



### Star trecena

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|----------|---|
| 1 Star   | This is a day to contemplate this whole trecena. This is a waiting day for the ride to begin. It is a time to shoot for the stars with dreams, hopes, and goals. You know you have the support of your creator, your spiritual self, and time of the Tzolk'in Clock.  |
| 2 Water  | Your trecena journey begins as 1 star wanes and 2 water rises. Use both sides of your mind and body to "row, row, row your boat, gently down the stream."   |
| 3 Dog    | This morning starts out energetic and the afternoon is lazy. At night, feel the monkey energy beginning.  |
| 4 Monkey | This is a playful day, filled with choices of which roads to travel on the next day.  |
| 5 Road   | This is the day to decorate your seeds to be planted for the next Tzolk'in round. Sit at a desk today, and write down clear instructions, for your spiritual self to help create your new reality during this next Tzolk'in round. It's the power of 5 Road that will assist your writing, using the five fingers of your writing hand. |
| 6 Reed   | You have written, drawn, and decorated all your seeds for the next Tzolk'in. Today is the day to let your creator know about them. Meditate.  |
| 7 Jaguar | Your work is done. Walk through life knowing mother earth will provide all that you need.   |
| 8 Eagle  | Visualize the next Tzolk'in round. Where will you be 260 days from today?   |
| 9 Wisdom | This is a day of confidence. It's a day to be proud of our accomplishments from the past Tzolk'in round, and proud of our decorations on our new seeds, to be planted.  |
| 10 Earth | This can be a very, very challenging day. The past Tzolk'in round is ending and the new Tzolk'in round is emerging. Use all ten toes and all ten fingers to brace yourself.   |
| 11 Flint | Today is the day of the "big" mirror. Look at yourself. What would you change to make yourself better? Cut out anything you don't like and make room for new seeds. It's also a day for tilling the soil. Metaphorically, use sharpened flint to till the fertile soil in your mind.  |
| 12 Storm | As 12 Storm builds up energy to blow away the dust left over from yesterday, feel the cleansing winds blowing through, cleansing your consciousness.  |
| 13 Light | It is equivalent to New Years Eve on the Gregorian calendar. It is a time to celebrate life.  |

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.