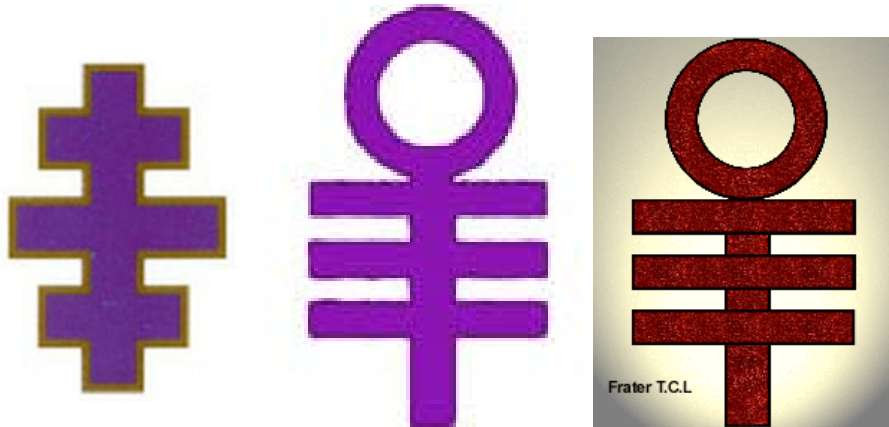




**Jean de Cabalis - a Guardian Orders paper**

**For Members of the Following Orders**



## **Daily Cycle of the Elemental Energies**

**By Michael Freedman**

**Essaier XX**

### **The Daily Cycle of the Elemental Energies**

Have you ever stood at the bow of a yacht or boat as it speeds through the waters and watched the ocean seem to race towards you? One of my joys is

to stand on a high place such as Mt Eden and face towards the East. Soon my inner being becomes aware that I am standing at the bow of a huge ship, the Gaia, which is hurtling through the Ocean of the Spirit. Rushing towards me is a mighty five-fold flood-tide of spiritual energies, cleansing, energising and refreshing everyone who uses their will to be aware of them.

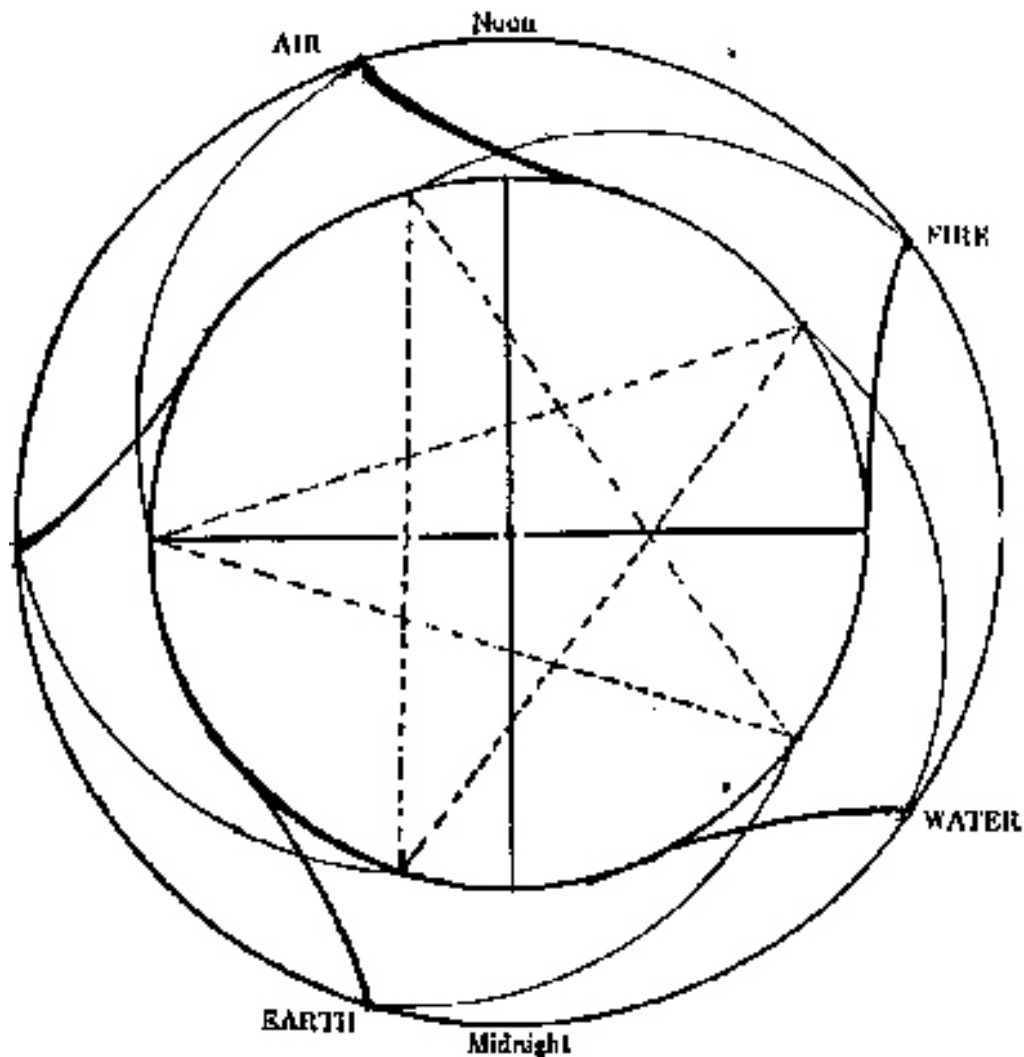
The Earth spins from west to east, which means that the Sun, Moon and the rest of the heavenly bodies seem to move from east to west around the Earth. As the Earth spins on its axis, the Ocean of the One Most High Spirit passes over every place on the Earth. Within this flood-tide of spiritual energy, there are five broad varieties of energy, each with its own characteristics and effects. These are the five elemental forces which we know as Spirit, Air, Water, Fire and Earth.

### **The Glyph of the Tides**

The Glyph of the Daily Elemental Tides (Figure 1) is formed from a Square Earth Cross on which is superimposed a Pentagram of Opening to the Spirit. The Glyph shows how each Element arises as the previous Elemental Tide is waning, reaches its maximum and then itself wanes, to be replaced by the next Tide in the cycle. The Glyph is drawn so that Sunrise is at the left of the diagram; Noon is at the top; Sunset is at the right of the diagram; and Midnight is at the bottom, forming a Square Cross, the esoteric symbol of Earth.

The Pentagram of the Daily Elemental Tides is drawn so that its apex points towards the Dawn. Its five points show where each of the Elemental Tides reaches its peak. The curved lines in the Glyph show the rise and fall of each Tide. Each Tide begins at the moment when the prior Tide peaks. A couple of hours after a Tide begins the prior Tide fades out and the particular Element reigns alone as it waxes towards its most powerful. At the moment when it peaks, the next Tide begins to flow.

The Pentagram on the Glyph is a Pentagram of Opening to the Spirit, oriented to the East, and reveals, clockwise around the points, the order in which the five Elemental Tides rise and fall during each daily cycle, which is Spirit, Air, Fire, Water, Earth.



### The Significance of the Tides

In the following notes, the times set out with each Elemental Tide gives a very broad idea of the time of day when each Tide is waxing and therefore at its most influential. The times here approximate most closely to those of the equinoxes.

The **Spirit** Tide is most powerful and pure for 2 to 3 hours before dawn. This is the most integrative of all the Tides. It is the time when all the Tides are in equilibrium. During periods when the Spirit tide is waxing, you can gain the most from integrative meditation techniques or from self-healing procedures or healing techniques applied by others. It is often the time of greatest inspiration, both mundane and magical.

The **Air** Tide is most powerful from an hour or so after dawn until mid-afternoon. The period during which Air is waxing is the time to get things started. It is the most actively creative period of the day. For many people, who do not or cannot take advantage of the earlier Spirit Tide, the Air waxing tide can be the best time of the day for their meditation or special magical workings. Air is the next most balanced time to the Spirit tide.

The **Fire** Tide is at its strongest and most pure from just after mid-day to mid-afternoon. The periods of the Fire Tide are the hottest times of the day. It is a time when many people tend to drive themselves too hard. It is a good time to carry out analytical or critical work on projects already started. It is a good time to pull things down or cut things up. It is not a good time to initiate new projects. It is the most difficult time to handle and, in some cultures, people retire to siesta during this period.

The **Water** Tide is strongest and most pure for the first 2 or 3 hours immediately after sunset. The waxing Water Tide is a time for reflection and quiet, meditative activity. It is the best time for receptive activities such as study or listening to the wisdom of teachers it is not a dynamic time, but it can be very fruitful for constructive communal activity, especially within the home and family.

The **Earth** Tide is strongest for an hour or so on either side of midnight. The Earth Tide is the heaviest of all the periods of the day. It is best spent in rest, recuperation and sleep.

**Earth and Spirit** It is interesting that it has been observed by scientists that it is during the later stages of most folks nightly sleep during which dreams are most integrative and creative. It is no coincidence that this is the time when the Spirit Tide has just begun and overlaps the waning Earth Tide living with the Tide or Time.

Many people have some difficulty integrating the timetable of the ordinary workaday life they are obliged to lead with their magical and spiritual aspirations. There are two main factors to be balanced one against the other.

The first is our knowledge that, when we can and do align ourselves with any of the various Tides of Time, planetary, solar, lunar and earthly (or daily) all the work we do, whether mundane or magical, flows more smoothly and we proceed more surely towards the Goal of our Quest in this life.

The second factor, which has to be balanced against the first, is that we are in the world to learn certain lessons.

In the Life between Lives, we ourselves choose into what era and environment we are born to maximise our opportunities for growth towards Godhood. Those who withdraw from society and the environment in which they find themselves should remember that they are probably rejecting the very circumstances which their True Self or Holy Guardian Angel has chosen to bring them to the Goal of their Quest.

It can be that we do find it impossible to align ourselves closely to all the various Tides of Time, so we have to make do with what can be done.

Our decision must be to what extent you can align yourself with the Tides of Time without interfering too much with your social and family obligations. Do not be too dismayed if you cannot always get in line with a particular tide. The Tides are there to be used, if you will and if you can. When you cannot easily align with the Tides, remember that the human body-mind-spirit system is very resilient and works wonders even when you are obliged to work against the Tides.