

# 28-DAY PRACTICE CALENDAR

Monday, October 26 – Sunday, November 22, 2026

## WEEK 1 · FOUNDATIONS

|                                                                                                                                                                                                                             |                                                                                                                                                                                           |                                                                                                                                                                                                       |                                                                                                                                                                                              |                                                                                                                                                                                              |                                                                                                                                                                                                               |                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Oct 26</b> <i>Day 1</i><br><b>Begin</b><br>Read “How to Use This Book”; prepare a quiet space.<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Oct 27</b> <i>Day 2</i><br><b>Dual Nature</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Oct 28</b> <i>Day 3</i><br><b>The Law of the Triangle</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Oct 29</b> <i>Day 4</i><br><b>Correspondence</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Oct 30</b> <i>Day 5</i><br><b>Soul Evolution</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Oct 31</b> <i>Day 6</i><br><b>Vibration and Universal Harmony</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Nov 1</b> <i>Day 7</i><br><b>Spiritual Alchemy</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 2 · THE HERMETIC LAWS

|                                                                                                                                                                                            |                                                                                                                                                                                     |                                                                                                                                                                                    |                                                                                                                                                                                              |                                                                                                                                                                                                |                                                                                                                                                                                                 |                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Nov 2</b> <i>Day 8</i><br><b>The All Is Mind</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Nov 3</b> <i>Day 9</i><br><b>Polarity</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Nov 4</b> <i>Day 10</i><br><b>Rhythm</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Nov 5</b> <i>Day 11</i><br><b>Cause and Effect</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Nov 6</b> <i>Day 12</i><br><b>The Creative Union</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Nov 7</b> <i>Day 13</i><br><b>Intoning the Vowels</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Nov 8</b> <i>Day 14</i><br><b>Light at Dawn</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 3 · ELEMENTS AND LEGEND

|                                                                                                                                                                                   |                                                                                                                                                                                    |                                                                                                                                                                                  |                                                                                                                                                                                   |                                                                                                                                                                                     |                                                                                                                                                                                                    |                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Nov 9</b> <i>Day 15</i><br><b>Earth</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Nov 10</b> <i>Day 16</i><br><b>Water</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Nov 11</b> <i>Day 17</i><br><b>Air</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Nov 12</b> <i>Day 18</i><br><b>Fire</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Nov 13</b> <i>Day 19</i><br><b>Book M</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Nov 14</b> <i>Day 20</i><br><b>The Journey of C.R.C.</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Nov 15</b> <i>Day 21</i><br><b>The Vault and the Ever-Burning Lamp</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 4 · THE GREAT WORK

|                                                                                                                                                                                      |                                                                                                                                                                                     |                                                                                                                                                                                         |                                                                                                                                                                                     |                                                                                                                                                                                                       |                                                                                                                                                                                             |                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Nov 16</b> <i>Day 22</i><br><b>Nigredo</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Nov 17</b> <i>Day 23</i><br><b>Albedo</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Nov 18</b> <i>Day 24</i><br><b>Citrinitas</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Nov 19</b> <i>Day 25</i><br><b>Rubedo</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Nov 20</b> <i>Day 26</i><br><b>Healing Light for Others</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Nov 21</b> <i>Day 27</i><br><b>Profound Peace</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Nov 22</b> <i>Day 28</i><br><b>Review</b><br>Read back through the cycle. No meditation.<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



SCAN OR VISIT [olytis.com/cycle/](https://olytis.com/cycle/)

Come back daily: today's meditation is at [olytis.com/today](https://olytis.com/today), and the new cycle is announced on every page of the site.  
 Free at [olytis.com](https://olytis.com) · An independent, Rosicrucian-inspired study resource; not affiliated with any Rosicrucian order.

# 28-DAY PRACTICE CALENDAR

Monday, November 23 – Sunday, December 20, 2026

## WEEK 1 · FOUNDATIONS

|                                                                                                                                                                                                                      |                                                                                                                                                                                    |                                                                                                                                                                                                |                                                                                                                                                                                       |                                                                                                                                                                                       |                                                                                                                                                                                                        |                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Nov 23 Day 1</b><br><b>Begin</b><br>Read “How to Use This Book”; prepare a quiet space.<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Nov 24 Day 2</b><br><b>Dual Nature</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Nov 25 Day 3</b><br><b>The Law of the Triangle</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Nov 26 Day 4</b><br><b>Correspondence</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Nov 27 Day 5</b><br><b>Soul Evolution</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Nov 28 Day 6</b><br><b>Vibration and Universal Harmony</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Nov 29 Day 7</b><br><b>Spiritual Alchemy</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 2 · THE HERMETIC LAWS

|                                                                                                                                                                                      |                                                                                                                                                                              |                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                         |                                                                                                                                                                                          |                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Nov 30 Day 8</b><br><b>The All Is Mind</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Dec 1 Day 9</b><br><b>Polarity</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Dec 2 Day 10</b><br><b>Rhythm</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Dec 3 Day 11</b><br><b>Cause and Effect</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Dec 4 Day 12</b><br><b>The Creative Union</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Dec 5 Day 13</b><br><b>Intoning the Vowels</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Dec 6 Day 14</b><br><b>Light at Dawn</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 3 · ELEMENTS AND LEGEND

|                                                                                                                                                                            |                                                                                                                                                                            |                                                                                                                                                                          |                                                                                                                                                                            |                                                                                                                                                                              |                                                                                                                                                                                             |                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Dec 7 Day 15</b><br><b>Earth</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Dec 8 Day 16</b><br><b>Water</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Dec 9 Day 17</b><br><b>Air</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Dec 10 Day 18</b><br><b>Fire</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Dec 11 Day 19</b><br><b>Book M</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Dec 12 Day 20</b><br><b>The Journey of C.R.C.</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Dec 13 Day 21</b><br><b>The Vault and the Ever-Burning Lamp</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 4 · THE GREAT WORK

|                                                                                                                                                                               |                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                              |                                                                                                                                                                                                |                                                                                                                                                                                      |                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Dec 14 Day 22</b><br><b>Nigredo</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Dec 15 Day 23</b><br><b>Albedo</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Dec 16 Day 24</b><br><b>Citrinitas</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Dec 17 Day 25</b><br><b>Rubedo</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Dec 18 Day 26</b><br><b>Healing Light for Others</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Dec 19 Day 27</b><br><b>Profound Peace</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Dec 20 Day 28</b><br><b>Review</b><br>Read back through the cycle. No meditation.<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



SCAN OR VISIT [olytis.com/cycle/](https://olytis.com/cycle/)

Come back daily: today's meditation is at [olytis.com/today](https://olytis.com/today), and the new cycle is announced on every page of the site.  
 Free at [olytis.com](https://olytis.com) · An independent, Rosicrucian-inspired study resource; not affiliated with any Rosicrucian order.

# 28-DAY PRACTICE CALENDAR

Monday, December 21 – Sunday, January 17, 2027

## WEEK 1 · FOUNDATIONS

|                                                                                                                                                                                                                      |                                                                                                                                                                                    |                                                                                                                                                                                                |                                                                                                                                                                                       |                                                                                                                                                                                       |                                                                                                                                                                                                        |                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Dec 21 Day 1</b><br><b>Begin</b><br>Read “How to Use This Book”; prepare a quiet space.<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Dec 22 Day 2</b><br><b>Dual Nature</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Dec 23 Day 3</b><br><b>The Law of the Triangle</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Dec 24 Day 4</b><br><b>Correspondence</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Dec 25 Day 5</b><br><b>Soul Evolution</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Dec 26 Day 6</b><br><b>Vibration and Universal Harmony</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Dec 27 Day 7</b><br><b>Spiritual Alchemy</b><br>1–2 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 2 · THE HERMETIC LAWS

|                                                                                                                                                                                      |                                                                                                                                                                               |                                                                                                                                                                              |                                                                                                                                                                                        |                                                                                                                                                                                         |                                                                                                                                                                                          |                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Dec 28 Day 8</b><br><b>The All Is Mind</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Dec 29 Day 9</b><br><b>Polarity</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Dec 30 Day 10</b><br><b>Rhythm</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Dec 31 Day 11</b><br><b>Cause and Effect</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Jan 1 Day 12</b><br><b>The Creative Union</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Jan 2 Day 13</b><br><b>Intoning the Vowels</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Jan 3 Day 14</b><br><b>Light at Dawn</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 3 · ELEMENTS AND LEGEND

|                                                                                                                                                                            |                                                                                                                                                                            |                                                                                                                                                                          |                                                                                                                                                                           |                                                                                                                                                                             |                                                                                                                                                                                            |                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Jan 4 Day 15</b><br><b>Earth</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Jan 5 Day 16</b><br><b>Water</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Jan 6 Day 17</b><br><b>Air</b><br>5 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Jan 7 Day 18</b><br><b>Fire</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Jan 8 Day 19</b><br><b>Book M</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Jan 9 Day 20</b><br><b>The Journey of C.R.C.</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Jan 10 Day 21</b><br><b>The Vault and the Ever-Burning Lamp</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## WEEK 4 · THE GREAT WORK

|                                                                                                                                                                               |                                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                                                                                              |                                                                                                                                                                                                |                                                                                                                                                                                      |                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mon Jan 11 Day 22</b><br><b>Nigredo</b><br>7 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Tue Jan 12 Day 23</b><br><b>Albedo</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Wed Jan 13 Day 24</b><br><b>Citrinitas</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Thu Jan 14 Day 25</b><br><b>Rubedo</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Fri Jan 15 Day 26</b><br><b>Healing Light for Others</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sat Jan 16 Day 27</b><br><b>Profound Peace</b><br>6 minutes<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand | <b>Sun Jan 17 Day 28</b><br><b>Review</b><br>Read back through the cycle. No meditation.<br><input type="checkbox"/> done<br><input type="radio"/> head <input type="radio"/> heart <input type="radio"/> hand |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



SCAN OR VISIT [olytis.com/cycle/](https://olytis.com/cycle/)

Come back daily: today's meditation is at [olytis.com/today](https://olytis.com/today), and the new cycle is announced on every page of the site.  
 Free at [olytis.com](https://olytis.com) · An independent, Rosicrucian-inspired study resource; not affiliated with any Rosicrucian order.

# HOW TO USE THE CALENDAR

Each page presents one principle, paired with a symbolic image made for meditation and focus. These are not doctrines to be memorized, but living symbols to be worked with, quietly and over time.

The book is arranged as a four-week cycle, one meditation for each day. Begin on any Monday with Week 1, Day 1 and follow the calendar on the next page. When the cycle ends, simply begin again; each return will show you something new.

Everyone on the shared calendar is on the same page on the same day. Day 1 is always a Monday; the cycle is counted from Monday 5 January 1970, so it never drifts.

## THE DAILY THREAD: HEAD, HEART, HAND

Each square has three small circles. Fill one in when a part of the day was given its attention: **head** (you read, studied or reflected), **heart** (you meditated, gave thanks or were kind on purpose), **hand** (you did one practical thing with care). One is plenty. Missed days don't break the thread: just pick it up again.

## THE FOUR-WEEK CALENDAR

|                                                                 |                                                                  |
|-----------------------------------------------------------------|------------------------------------------------------------------|
| Day 1 · Monday: Begin                                           | Day 15 · Monday: Earth (5 minutes)                               |
| Day 2 · Tuesday: Dual Nature (1–2 minutes)                      | Day 16 · Tuesday: Water (5 minutes)                              |
| Day 3 · Wednesday: The Law of the Triangle (1–2 minutes)        | Day 17 · Wednesday: Air (5 minutes)                              |
| Day 4 · Thursday: Correspondence (1–2 minutes)                  | Day 18 · Thursday: Fire (6 minutes)                              |
| Day 5 · Friday: Soul Evolution (1–2 minutes)                    | Day 19 · Friday: Book M (6 minutes)                              |
| Day 6 · Saturday: Vibration and Universal Harmony (1–2 minutes) | Day 20 · Saturday: The Journey of C.R.C. (7 minutes)             |
| Day 7 · Sunday: Spiritual Alchemy (1–2 minutes)                 | Day 21 · Sunday: The Vault and the Ever-Burning Lamp (7 minutes) |
| Day 8 · Monday: The All Is Mind (5 minutes)                     | Day 22 · Monday: Nigredo (7 minutes)                             |
| Day 9 · Tuesday: Polarity (5 minutes)                           | Day 23 · Tuesday: Albedo (6 minutes)                             |
| Day 10 · Wednesday: Rhythm (5 minutes)                          | Day 24 · Wednesday: Citrinitas (6 minutes)                       |
| Day 11 · Thursday: Cause and Effect (5 minutes)                 | Day 25 · Thursday: Rubedo (6 minutes)                            |
| Day 12 · Friday: The Creative Union (6 minutes)                 | Day 26 · Friday: Healing Light for Others (6 minutes)            |
| Day 13 · Saturday: Intoning the Vowels (5 minutes)              | Day 27 · Saturday: Profound Peace (6 minutes)                    |
| Day 14 · Sunday: Light at Dawn (5 minutes)                      | Day 28 · Sunday: Review                                          |

## THE NEXT CYCLES BEGIN ON

Mon, Jan 18, 2027 · Mon, Feb 15, 2027 · Mon, Mar 15, 2027 · Mon, Apr 12, 2027 · Mon, May 10, 2027 · Mon, Jun 7, 2027

A fresh calendar for each cycle is free at [olytis.com/downloads](https://olytis.com/downloads). Free members can also download the full Daily Practice Kit, the Meditations book, the Tarot and Sky kits, the Know Thyself workbook and the Rising Tones audio.



SCAN OR VISIT [olytis.com/meditations/](https://olytis.com/meditations/)

Come back daily: today's meditation, the moon, the hour and your card are waiting at [olytis.com/today](https://olytis.com/today).

Free at [olytis.com](https://olytis.com) · An independent, Rosicrucian-inspired study resource; not affiliated with any Rosicrucian order.