

Remember Your Cycles

By Prime Speaker Gabriel Hughes

Have you ever lain in bed at three in the morning and been haunted by that action you should have taken? Your brain repeating over and over the possibilities, the mistakes you made, beating yourself up for the way things went?

Have you ever been going about your day and suddenly been reminded of some embarrassing moment and felt your perception on today shrivel a little, tainted by the actions of yesterday?

Or have you found yourself making decisions you hate, choices which you feel do not represent your best self, but you almost feel powerless to stop making them?

We can say that these experiences are just embarrassment or shame or addiction. We can hear that we just have to let things go, get over them, but when you're alone in the dark in the hour of the wolf you know in your heart that there should be, must be, something that you can do to remove that doubt from clawing at the door to your heart. That something should be done to undo the pain.

One of the things we understand as Veritans is that the Gods are in all things. They are in the joys and triumphs, but they are also in pain and suffering. They are not always mutually intelligible with the conscious mind. It is something that has been understood in esoteric thought for thousands of years, that the Gods do what is in their nature, and that our understanding of them is based upon the limits of the mortal existence. Their drives and reasons are to be glimpsed as through a keyhole, understanding this or that part of them but never the whole.

But, what if you had multiple keyholes over thousands of years with hundreds of different glimpses to help define them. Then, perhaps, you could come to understand the whole as we believe we do. You could come to understand the places where the observer told of more than they saw, could come to understand the places where the similarities outweigh the differences and the lies told to keep the observers in power fall away.

And once you do that you begin to understand the nature of what the Gods intend with those hours of doubt and sadness.

The phrase we have come to use to help explain the Veritan method of understanding is "To do your cycles", referencing of course the cycle of the Gods from Builder to Healer, from Healer to Nurturer, from Nurturer to Trickster, from Trickster to Death, from Death to Destroyer, and from Destroyer to Builder. This cycle, always turning, is an integral part of understanding the methods that the system of the universe works in.

Every problem, every issue, every project or plan can and should be walked through this cycle. As simply as "Where are each of the Gods in this?" or as complexly as going through and individually addressing where the influence of each of them is present in you and in the problem.

But what happens when you attempt to begin a project, relationship, or other endeavor and do not actively plan and prepare for it. I'm sure we've all realized we left something important at home at just the wrong time and either have to lose time to return for it or attempt to go without. In that moment, in the cycle of your preparations for the coming day, you forgot to take Trickster into account.

So how does one go through their cycles so as to better prepare and remain in the flow the Gods are pushing for?

We have gone over the Veritan Ephemeris and how the date and time of your birth corresponds to more than simple dates and more indeed than the widely known western astrology. That the Senarius, Year, Bright, Day, Hour, and Minute all play a distinct role in the methods in which one handles their lives as well as ones interaction with other people and with the Gods. We have discussed with a few of you the ways in which that knowledge can be used to better understand your major influences and those influences which you naturally lack, and how that can be interpreted, which has been widely considered to be uncomfortably accurate.

For example, in my own Ephemeris, I have equal parts Builder and Destroyer, I have representation of Death and Nurturer. I however have no Trickster influence at the time of my birth, and I have no Healer influence. One of these, Trickster, for those of you who know me is something I have spent quite a bit of time focusing on. I have sought out Trickster and gotten to know him personally. But Healer, I have to constantly be aware of. Because if I was not, when the time comes for me to work through a cycle it would be that much easier to skip her, to lessen her influence on the situation at hand, and by doing so trap myself in a very negative place.

We all have one or more we're uncomfortable with. I've known people who have been extremely uncomfortable with Trickster, or Death, or Healer, or Destroyer, or Nurturer, or Builder. Any one of them can seem legitimately terrifying to the right kind of person, but the simple fact is that we can shut them out and ignore them all we want but they're always still there. Their forces are still effecting the world and us and the more you lose ourselves in that fear and discomfort the more you lose track of where you are. The Gods are, they've inspired all the world religions and all of them are based off of that keyhole understanding I mentioned earlier. So when you limit your understanding further by saying "No, that one is scary, that one bothers me" then you can lose the real and legitimate understanding that you've gained. And from there, all that struggle and suffering which comes from that skipped understanding starts building up.

Imagine if the world truly understood Builder. Truly understood our personal responsibility to not just be part of the world but to make it. Imagine if they truly understood Healer, understood that the suffering of others IS our suffering, that we're all really one being. Imagine if they truly understood Nurturer, understood that there is real marked value in goodness and love. Imagine if they truly understood Trickster, that the negative things that happen are not a punishment but an opportunity to learn so that you can make things better for those who come after. Imagine if they truly understood Death, stopped being so afraid of the day it will end but instead focused on every day since the beginning. Imagine if they truly understood Destroyer, that no one is bound by a past they could not control and that the future should not be chained by the bigotry of the past.

That, my placing the image of that world in your head, that was you doing a cycle on hope. You, I hope, saw value in that world which only lightly defined for you. Saw all the amazing possibilities if people saw the Gods as they truly are and not as the images of them have been made.

And that, my guiding you through that image solidly from beginning to end, is also part of the point. Because we've all missed one from time to time. Most of the time it is inconsequential in the grand scheme of things. You skip over Death, for example, and miss out on perspective and so make the same mistakes again and again but eventually you pay enough attention to her to help yourself escape from them. Hopefully. But I'm sure each of you have that example as I said in the beginning of that one thing which haunts you on lonely nights when you are alone and feel embarrassed to wake some one up to hear about something you feel you should have been able to fix yourself. Something though which haunts you and makes similar decisions or situations harder to overcome because you feel as though there is that failure waiting in the wings ready to repeat itself.

And that is, ultimately, where a Speaker comes in. The liturgical title for some one in my position in Verity, and those who do similar roles. Not to be confused with some one who simply speaks, a Speaker is some one who speaks FOR the Gods. Because sometimes the hardest thing to do is go to the Gods and say "What did I miss? What am I doing wrong?", sometimes you need that outside person to help you go back and find the places where you skipped so that you can make it right. Not with the Gods, not with me, but with you. Because that loss of understanding, that loss of connection, it doesn't hurt anyone but you. When you ignore Builder's influence on your life no one loses that drive and desire for beauty beyond you. But your life could be made so much richer because of it.

But that's easy to say, I'm a Speaker. I know what going through my cycles is like. I do so personally quite often and am used to it by now. My wife does, and comes to me with those thoughts and fears and we have worked through many times where she has similarly found a place where she needs to go back and work through something again. The question is how do you, the person just being introduced to this method of understanding the will of the Gods, how do you go through your cycles and address the issues at hand, what does skipping one of the Gods actually DO, and what can you do to fix the times that you have in past and keep yourself from doing so in the future; and perhaps even more tantalizing how much better can life become when you do follow your cycles accurately.

And it can get significantly better. Part of the reason you stay up late beating yourself up in the dead of night is that you know, deep in your soul, that if you could have just said or done the perfect thing then things would have worked out exactly as you wanted them to. That isn't just a dream or a fantasy. Because in many of those cases, had you known the process, had you not skipped over one or more of the Gods in your fear or discomfort without knowing that it was their influence you were shunning, things would have turned out the way they needed to. No, I'm not going to promise you that you would have made a million dollars or patched things up perfectly with that ex who you loved so much. What I am promising is that there is a plan, a right way to do things, and you can walk that path and not carry the weight of guilt or anxiety or depression with you all your days. You can find peace, and through that peace you will find the happiness and success that you want. Remember, even the cycles are in a cycle, nested. Before you can get to a place of success you have to build a solid foundation with Builder, and

ready yourself for the work ahead with Healer, then you can move on to all the wonders and mysteries the others can provide. You have to prepare before you go on your quest.

So what does skipping one of the Gods DO? I'm sure some of you who understand the nature of the Gods a little better might have some idea, but so as to make sure that all of us are on the same page lets make it as basic as possible. What happens when you ignore a fundamental part of yourself, hunger or thirst, for long enough? You begin to fall apart, maybe even eventually become weak and die. The Gods are, in simple point of fact, exactly like these fundamental drives. A person without just one of them influencing their lives constantly would simply crumble. Imagine a person completely without Builder. Without Healer. Without Nurturer. Without Trickster. Without Death. Without Destroyer.

Even if you don't understand them personally yet, don't understand them as both individuals and forces, I know that some small inkling of what those names mean flitted through your head. The idea of a person without those forces felt wrong, unnatural, impossible. What kind of person could exist that way? None, of course. And even when you do ignore them, they are still there. When some one attempts to remove one or more they do, actually, end up like that hypothetical person who starved themselves of food and water.

So that is the extreme danger, personal self destruction. Which of course would just mean that you end up on your Road and get to have a nice chat with Death about it, but the time beyond life is not the purpose of this explanation. But everything from addiction to lack of drive can and is caused by the ignoring of one of the Gods. If you are not reaching the potential that you KNOW you're capable of, it is likely that you are missing one of those Gods while doing your cycles, saying to yourself "yeah yeah, I get it" to one or more, and pulling yourself deeper and deeper into the well of pain you have dug for yourself. They are there, always, reaching to you trying to pull you out of it, but it is YOU who has to take their hands.

And in others, if you have met some one who you know is struggling, some one who is never reaching the potential you know is within them, is choosing self destruction over self advancement, it is likely they are deep into that habit of ignoring the Gods and pulling themselves deeper into that pit. There is much you could do for them, but realistically one of the greatest dangers of that kind of behavior is that when you are the person causing yourself that kind of pain you are often also willing to cause that pain in others. Misery loves company as they say, and one should always be aware of the blind spots that those who do not wish us to succeed while they are failing can cause in us. Choosing to intentionally associate with people who are deep into their own pit can be just as dangerous as allowing them to put a needle of some addictive drug in your arm.

I hope that through all of this you have looked at some parts of your own behavior and ways of thinking and had some thought of "Maybe this thing is happening because I have been ignoring one of the Gods", that is the correct response. It is no bad thing to fail, to have places where you could do better. That is part of the human experience. The truly insane and dangerous are those who think only "No, I've got this all together, there is no place I am missing something vital", because those people will continue to walk down their dangerous path and bring all who would go with them to the same unfortunate end.

If, as the healthy child of the Gods I hope you all to be, you have had that thought of “where could I be ignoring one of the Gods, how am I missing one of them in my daily life”, then I have some very good news. You have already started a cycle of self improvement. The first step with any cycle is Builder and so laying the foundation of desire for self improvement is the very first step. That is one of the most beautiful things about listening to the Gods, if you open your heart then they will guide you to the correct action joyfully. They WANT you to succeed. Yes even Trickster.

With that foundational desire for betterment laid down, where do we go from here? Well, to the next step in the cycle, Healer. What is the way you can Heal from this habit of self denial and self abuse? That too is, thankfully, extremely easy in this case. If you have been ignoring the Gods and by doing so causing yourself to miss out on the potential for the best outcome for yourself, then naturally just as with some one who has not eaten then the path to health is through allowing yourself to accept the natural desires of your body or, in this case, soul. The Gods are always present and you do naturally know what their drives are. They are so obvious and simple in fact that one might say “Well of course, why do I need to be told how to do something so obvious as eating or drinking” but people DO choose not to do that, and people DO choose to ignore the drives that the Gods have given us towards them. So telling yourself “I accept that I am missing something in my life, and I will accept the Gods’ push towards betterment” is working the first two parts of your cycle. So far, so good.

And the next step, Nurturer, is also blessedly simple. Those of you who know the cycle, and have paid attention know what’s coming after that, but for now lets address that force of love and beauty. So you have accepted your desire to fix the lack in your life, you have accepted the responsibility of allowing that lack to be filled, now here is the time to enjoy the safety and love which that brings. As I said, the Gods are always here. They are in each of you, as they are in me. I have known more joy and happiness in my life since I have begun this work than I had ever known before. The Gods have provided me the love of my life, they have given me a child, they have given me friends and a community I would not had if I did not accept them and do my cycles myself. That level of joy and satisfaction is available to you too, abundance beyond measure, which will bring you that peace. The step here, and it is a difficult one if you believe that you are not worthy of that kind of joy, is accepting that even if the anxiety and fear caused by your missteps does not allow you to see your worth, the Gods see and know it. You are their child, just as I am, as all of us are. And of all of them, Nurturer is that mother’s love, the love of a mother who cares unconditionally and completely, as a mother should. This step can be as simple as telling yourself “Yes, I deserve that love” and believing it, because you do.

From here, it does get a little harder I won’t lie. Trickster is, as his name suggests, tricky. So you’ve gotten to this point in this first cycle of betterment: You know you’ve been missing one or more of the Gods in the way you approach your problems, you recognize that yes you are going to accept their guidance and help so as to not do so again, and you accept the love and joy which is implicit in that help. Now comes facing the actions which have driven you to unhealthy behaviors in the past. People who suggest you do things you know you’re not happy with, substances that you are driven to consume which you are ashamed of your dependence on, living situations which cause you to be emotionally and spiritually drained and unable to make the best decisions for yourself. Only you can know what exactly those are, but there is always a REASON you ignore one of the Gods and this is one of the big ones people do. Who or what causes you to fail, and what will you do now that you recognize it. Maybe it’s a family member telling you what to believe about yourself or about the nature of divinity. Maybe it’s an addiction which drives you away from the healthy community you want to be a part of. Maybe it’s a

system of thought you have trained yourself into which makes you believe “I will never find a way to be happy”. Whatever it is, I can only tell you that Trickster’s purpose in this particular cycle is to show it to you in your mind’s eye so that you can remove it from yourself. That is a hard step, and one many fail at, but there is no moving forward without that willingness to do so. Trickster’s lesson is that there is always a choice, always a chance, but you have to take it. Fortune favors the bold.

If you have gotten to that point and are in a place now where that hinderance has been removed from your heart, then you move on to Death. Many people fear Death, fear what she means. In this particular cycle she is best addressed by looking at the road behind you, then looking at your life in front of you, and acknowledging that this is the road to a better you, acknowledging that choice you have made to recognize, accept, and take comfort in the Gods’ help while also removing from yourself those things which keep that improvement from you. You begin walking a road because you want to see where it goes, you want to arrive at that destination. And so Death’s point in this is that you do want to be that happier and healthier person and that this is the way to accomplish that. She is perspective, and so this point in the cycle is the time when you reflect on how much better things are when you replace the poison in your heart with the joy the natural order of understanding the universe brings. That may sound like a simple step, but giving yourself time to stop and look back and go “Yup, I’m doing what is right for me” is incredibly important. Each step you make forward is the right step, and if at some point in the future you miss a step and fall you know that you have a system in place to address that too. Doing your cycles never stops, it’s always one step forward, one movement in the direction of home.

Then comes Destroyer. Which, in this case, is thankfully again fairly easy. His drive, in this cycle, is to be at peace. Be at peace with yourself, be at peace with the correct choices you are making, be at peace with moving away from the negative choices you have made in the past. Let those burdens down. Let them fall by the wayside. You are not those people who have chosen to hold you back, you are not the addictions, you are not the negative choices you have made. Under all that mud and muck of the world you are a shining and beautiful child of the Gods. We all are. You should not feel ashamed for continuing to move forward away from those people, you should not feel ashamed for choosing to walk with the Gods. No one who would want your happiness would deny you the right to feel at peace with your life and choices, no one who loves you would want you to wake at night at feel shame at the silly petty mistakes of the past. You deserve to move to a place of peace and love, love for yourself, love for your community, and love for the Gods. Nothing worthwhile holds you back from that, so Destroyer says “let it go”

That method, intentionally going through each of the Gods and what they are pushing you to do, that is the fundamental method one does their cycles. It can be simple and it can be difficult, but intentionally recognizing that the Gods are indeed in all things. Every choice and action has SOME part made up of each of them and intentionally recognizing and observing the intention or lesson in each thing allows you to take a path which will allow you to know at the end of the day “I have done this thing completely and correctly”

Even if it is hard, even if it is painful, knowing that it was necessary and that the Gods do not love you less for the difficulty you had with it.

And through that whole explanation I have also addressed the last bit, what do you do if you fail.

I am a Speaker, the title for some one in Verity who speaks for the Gods as a whole or in a ritual sense one of them individually. I am First Speaker and Prime Speaker , because I am currently the person holding the specific office highest in our faith and because I am the first person to hold such a title. There should be other First Speakers after me. However that title, first, implies others. There are and will be others who hold the title of "Speaker", a Second Speaker, multiple Third Speakers, more Fourth Speakers. And each of these is intended to be an office that helps people as I help people, in a personal way. It is a role which allows for those lost in a cycle which has become a spiral of despair to come to some one and know they will receive guidance back to their path towards happiness.

I have been given this responsibility to guide you to a better understanding of the Gods and of yourself. You are not alone on your road, there are places where you can rest and receive help. There are those of us who will happily go forth on this grand adventure with you. There will be more who help guide others forward in future, you could be one of those guides, a Third or Fourth Speaker too one day if you wish it, if you are willing to be that voice of the Gods in the ear of those who are lost and despairing. We are here to help people, to show them that they are not alone, that the Gods have not abandoned them and are not locked behind church doors.

So if you are lost, if you feel as though at some point you have missed a step and have gone down a path full of darkness and danger and wish to find your way home, reach out. I am here for you, We are here for you. You are not alone. Nothing is insurmountable when we do it as a community.

We are all on this adventure together. The Gods are around every turn in the road ahead, wonderous and new at each sighting. And each of us on this adventure together are, all of us, Children of the Gods.