The Rule

Sixty days · 1 September – 30 October 2026

"Meditation must be carried out at ten o'clock at night. One must also meditate at dawn. If the student practices at 10 at night and at dawn, he will thus progress rapidly."

The Yellow Book

On waking before you move — Do not move. Retrospect the night — where you have been, and what you were. RAOM - GAOM. Then write it down.

Through the day — *Where am I? Am I in the physical plane? Am I in the astral plane?* At every striking thing — a crowd, a strange object, a shock. Then the little hop.

At ten — Sit. Meditate. Then the day backwards, hour by hour, to waking. In September the night's practice from the thirty stands in. Bed at ten.

The sixty days — **Self-love**

One defect. Nothing else. Observe it, understand it, ask for its death. Every appearance goes in the book.

The floor — Five minutes counts. A kept day is a kept day. The chain is the work.

Friday and Sunday, at dawn

"It is indispensable to take your physical body to the Gnostic Church every Friday and Sunday, at dawn to receive the Gnostic Holy Unction in flesh and bone."

The 27th, at sunrise

The rune Laf — going towards the Sun, the hands lifted as the Rune shows.

☞ *Everything else he taught is on the Wheel of the Year. It is off this card on purpose — the choosing is ours, not his.*

Sixty Sunrises

Auckland · 1 September – 30 October 2026

He says dawn, not a clock time, so this is the sun and not the hour. Daylight saving begins on Sunday 27 September and sunrise moves from 06:05 to 07:03 overnight — the sun has not shifted, the clock has. That is day twenty-seven of the sixty, which is exactly where a young habit breaks. Expect it.

September

1 Tu 06:42	2 We 06:41	3 Th 06:39	4 Fr 06:38	5 Sa 06:36
6 Su 06:35	7 Mo 06:33	8 Tu 06:32	9 We 06:30	10 Th 06:29
11 Fr 06:27	12 Sa 06:26	13 Su 06:24	14 Mo 06:23	15 Tu 06:21
16 We 06:20	17 Th 06:18	18 Fr 06:17	19 Sa 06:15	20 Su 06:14
21 Mo 06:12	22 Tu 06:11	23 We 06:09	24 Th 06:08	25 Fr 06:06
26 Sa 06:05	27 Su 07:03	28 Mo 07:02	29 Tu 07:00	30 We 06:59

October

1 Th 06:57	2 Fr 06:56	3 Sa 06:54	4 Su 06:53	5 Mo 06:51
6 Tu 06:50	7 We 06:48	8 Th 06:47	9 Fr 06:45	10 Sa 06:44
11 Su 06:43	12 Mo 06:41	13 Tu 06:40	14 We 06:38	15 Th 06:37
16 Fr 06:36	17 Sa 06:34	18 Su 06:33	19 Mo 06:32	20 Tu 06:30
21 We 06:29	22 Th 06:28	23 Fr 06:26	24 Sa 06:25	25 Su 06:24
26 Mo 06:23	27 Tu 06:21	28 We 06:20	29 Th 06:19	30 Fr 06:18

NZST · NZDT · the hour moves

☞ *Computed with an ephemeris and checked a second time against the NOAA solar formulae; the two agree to within one minute on every one of the sixty days.*

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