An Esoteric Study on the Days of the Week

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Introduction

Understanding our own unique place in the world and journey of life is of paramount importance and having knowledge of the cycles, particularly those that we live within, is a great benefit to our own personal discernment of reality.

The Seven Day Week remains as the primary cycle for the majority of people on our beautiful Planet Earth, its very concept is rooted within society and spurred on by the global elite through the channels of big business, religion and government.

People wake and journey through life, catch the tube, stare out the window of a bus, walk and run down the road, flying free in the thoughts of the one moment. Seated deep within the conscious mind, exist the archetypal forces that serve these great cycles, governed by Chronos¹, Father of Time.

¹ Chronos is imagined as an incorporeal god, serpentine in form, with three heads, that of a man, a bull and a lion. Together with his consort, the serpentine Ananke (Inevitability) they circle the primordial world-egg in their coils and split it apart to form the ordered universe of earth, sea and sky. In Greco-Roman mosaics he was pictured as the man turning the Wheel of the Zodiac. Another name which he goes by is Aeon (Eternal Time) his depiction, that of an old wise man with a long gray beard.
Since early childhood, we are taught that there are seven days in the week, four weeks in a month and twelve months in a year, however, nowhere down the line are we given the information by our teachers of where these cycles originate and why the names are what they are.

Part of the responsibility of coming back to the source of who we are, is to re-discover this gnostis, as it is the journey of this hunt and thirst for truth, that drives the Spirit forward.

‘When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be’

Patanjali

This is why it is important to walk the path on this journey of discovery, especially in this present day and age. The virtue within must be allowed to rise to the surface, to rain as a light summer shower, bringing the feeling of knowing and being in the most profound sense of the meaning behind this simple truth. When you allow your eye to uncover the deepest secrets unlocked within your psyche, to travel through the realm of shadow, back into the kingdom of light, going beyond the mechanisms of duality, then a sense of Self is gained and in truth, the quest of finding yourself is the quest of making yourself in the Spirit of honour and love.

As a wise Soul once said;

‘all study is study of self’
Origins of the Seven Day weekly Cycle

The *Seven Day week* is originally derived from a *quarter of a lunation*, that being the mean time for the *Moon* to complete one *lunar cycle*. Each month \((7 \times 4 = 28)\) corresponds to a *lunation* in the *lunar calendar*, and there are twelve cycles in a complete year.

The Phases of the Moon

The Moon, the *governor of water* has always had a huge *influence* on Man, as the bulk of the human body is made up of water. Immersing oneself in water is a *rejuvenation ritual* and *reinvigorates the recipient*. The *Ancients* were tuned into these practises, all *life and matter* being *sacred* to their *beliefs* and *way of life*.

As each *cycle* is contained within a *greater cycle*, the year is the *orbital period* of the *Earth* moving around the *Sun*.

Observing from *Earth*, this corresponds to the period it takes the *Sun* to complete one course in the *journey through the Zodiac*, along the *ecliptic*.

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1. Each *lunar cycle* is on average 29.53 days (29 days, 12 hrs, 44 mins and 3 secs)
2. In astronomy, the *Julian year* is a unit of time of 365.25 days
3. The *ecliptic* is the path the *Sun* traces out in the sky during the year, appearing to move eastwards on an *imaginary spherical surface* (*the celestial sphere*), relative to the *stars*.
The division of time based on the cycle of the Moon is believed to have originated with the ancient Sumerians (5300 – 1940 BC), but I suspect that this practice goes back further and the Sumerians would have adopted this model from previous cultures, going back to the time of Atlantis and Lemuria, the very cradles of civilisation, where great knowledge of the Universe and heavenly spheres was known to the builders.

Each of the days was named after one of the visible ‘Seven Planets’ those being the Sun, Moon, Mars, Mercury, Jupiter, Venus and Saturn. The planets and stars are physical manifestations of the archetypal energies that exist within the fabric of consciousness, in turn being representations of frequency and vibration.

Our ancient ancestors named these as Gods and Goddesses, not to be worshipped and deified, but to be fused and felt within, for all truth speaks from inside.

In those days there were no computer games, no television and no ice lollies on a stick. People lived within nature and so had more of a sense for these primal forces, that are a projection of the inner animus.

The stars and celestials are companions, walking beside those on the journey of life, providing guidance and understanding.
Throughout the ages, the names of the Gods and hence Planets were then adopted by the different cultures, who named them according to their ideology. Some cultures also substituted the planet names for numbers, in naming the days.

In the current western impression of the names of days, Sunday, Monday and Saturday are named after the Sun, Moon and Saturn which have been venerated since time began, by all cultures spanning the ages.

The remaining four days have an interesting tale to tell, taking us on a journey to the lands of the Northmen, the lands of biting frost and wind.
The people of the North were a hardy race who *honoured* the land, *braved* the high seas and had a taste for *adventure*, *fellowship* and *honour*.

“They were great fighters and even thought it a disgrace to die what they called a “straw death”, that is, to die in their beds of straw instead of on the field of battle.’

Reginald C. Couzens (The Stories of The Months and Days)

Their stories tell of the *Gods*, *Goddesses* and *Frost Giants*, the creation and destruction of the world and *brave heroes* among men. These songs known as *Eddas* and *Sagas* were written down and kept *sacred*, eventually being passed from generation to generation.

Therefore in honour to the Norse pantheon, *Tuesday*, *Wednesday*, *Thursday* and *Friday* are named after *Tyr*, *Odin*, *Thor* and *Freya*. 
The Seven Day week in History

The earliest evidence of continuous use of a *seven day week* based on *planetary names* originates with the *ancient Sumerians* and *Babylonians*.

The *Druids* of ancient *Ireland* and the *Egyptians* had their own interpretations and lived within another *cycle*, that being related to the position of the *stars and constellations*, in relation to the *Sun* and *Moon*. The *celestials* had a major influence in their lives but they viewed the *Gods* and *Planets* in a different light from their neighbours. These *inspiring facets* are *explored* in the individual Day sections.

The *Sumerian* and *Babylonian* names of the *Days, Planets* and *Gods* are as follows;

<table>
<thead>
<tr>
<th>English</th>
<th>Sumerian</th>
<th>Babylonian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday (Sun)</td>
<td>Utu</td>
<td>Shamash</td>
</tr>
<tr>
<td>Monday (Moon)</td>
<td>Nanna</td>
<td>Sin</td>
</tr>
<tr>
<td>Tuesday (Mars)</td>
<td>Gugalanna</td>
<td>Nergal</td>
</tr>
<tr>
<td>Wednesday (Mercury)</td>
<td>Enki</td>
<td>Nabû</td>
</tr>
<tr>
<td>Thursday (Jupiter)</td>
<td>Enlil</td>
<td>Marduk</td>
</tr>
<tr>
<td>Friday (Venus)</td>
<td>Inanna</td>
<td>Ishtar</td>
</tr>
<tr>
<td>Saturday (Saturn)</td>
<td>Ninurta</td>
<td>Ninurta</td>
</tr>
</tbody>
</table>

Counting from the *new moon*, the *Babylonians* celebrated the 7th, 14th, 21st and 28th as *‘holy days’* also known as *‘evil days’* during which officials were prohibited from various activities and *offerings* were made to various *Gods*.

Further along the line, the *Jews* had been using the *seven day cycle* during the *Babylonian Captivity*¹ in the 6th Century (600 – 501 BC) after the *Temple of Solomon*² was destroyed.

¹ The *Babylonian Captivity* refers to the deportation and exile of *Jews* of the *ancient Kingdom of Judah* to *Babylon* by *Nebuchadnezzar* in 597 BC

² *Solomon’s Temple* was constructed by *Solomon*, King of the *Israelites*. The name Sol-om-on expresses the three names of the *Sun* in the *ancient world* and the Is-ra-el-ites being the followers of *Isis, Ra* and *El*. 
The knowledge of the cycle filtered out throughout the world and was adopted by the Greeks who caught onto the idea and substituted their own planetary names using the names of their Gods for the names of the days. The Romans definitely thought this was an excellent idea as they too adopted this principle. These themes are found in the Anthologiarum, the writings of astrologer Vettius Valens (170 AD).

<table>
<thead>
<tr>
<th>English</th>
<th>Greek</th>
<th>Roman / Latin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday (Sun)</td>
<td>Apollo</td>
<td>Helios / Solis</td>
</tr>
<tr>
<td>Monday (Moon)</td>
<td>Artemis</td>
<td>Diana / Lunae</td>
</tr>
<tr>
<td>Tuesday (Mars)</td>
<td>Ares</td>
<td>Mars / Martis</td>
</tr>
<tr>
<td>Wednesday (Mercury)</td>
<td>Hermes</td>
<td>Mercury / Mercurii</td>
</tr>
<tr>
<td>Thursday (Jupiter)</td>
<td>Zeus</td>
<td>Jupiter / Jovis</td>
</tr>
<tr>
<td>Friday (Venus)</td>
<td>Aphrodité</td>
<td>Venus / Veneris</td>
</tr>
<tr>
<td>Saturday (Saturn)</td>
<td>Kronos</td>
<td>Saturnus / Saturni</td>
</tr>
</tbody>
</table>

The Romans traditionally used the nundinal cycle until the Julian calendar was adopted in the time of Augustus (63 BC – 14 AD) when the seven day week came into practise. For a time, the week and nundinal cycle co-existed but when Constantine officially adopted the week in 321 AD, the nundinal cycle had fallen out of use.

In the Germanic languages which were adopted from the Norse mythos, similar Gods were substituted for the Roman ones; Tyr, Odin, Thor and Freya. This act hid the planet name within the personality of the Deity.

¹ A nundinal cycle refers to the ‘market week’ of eight days in the Roman Republic, marked as A to H in the calendar. A nundina was the market day.

² Constantine (272 – 337 AD) was the first Christian Roman Emperor during the period, also known as Constantine the Great.
Interestingly the *Hebrews* did not use *planetary names*, instead designating the days by *numbers*. Only the *Seventh* (*Sabbath*) day was given a specific non-numerical name. The *Sabbath* (*Saturday*) specified the last day of the week and day of rest. One can see how this numerical system filtered into the *cultures* that were to come later on, most notably in the *Eastern European* countries.

A *seven day cycle* is mentioned in the *Creation* story in the *Book of Genesis*, where *God* created the *heaven and earth* in six days and rested on the seventh. The *Book of Exodus* mentions rest on the seventh day (*Sabbath*) which suggests a social ordering within the society at the time.

The word *Shabbat* (*Sabbath*) corresponds to the *Sumerian* *Sa-bat*, which means *mid-rest*. Variations of the word can be found in words for *Saturday* throughout cultures (sobota, subbota, sábado, sabato, samedi).

Christianity inherited the Jewish week and gradually put more emphasis on the day after the *Sabbath*, where ‘*dies solis*’ (day of the Sun) became the ‘*Lord’s Day*’ in celebration of *Christ’s resurrection at Easter*. Sunday became a day of rest and worship for Christians.
The *seven day weekly cycle* remained unbroken in Europe for almost two millennia, despite changes to the *Alexandrian* \(^1\), *Julian* and *Gregorian* \(^2\) calendars and attempts to impose a system of numbering by Pope Silvester (314 – 335 AD).

Seven centuries later, in the region of *Japan*, where the East wind blows, the *Chinese* interpretation of the planetary system was brought over by *Kobo Daishi*, a *Japanese monk*. The diaries of statesman *Fujiwara Michinaga* show the *seven day system* in use during the *Heian* period in *Japan* as early as 1007.

*France* replaced the *seven day week* with a *ten day week* in 1793. *The Concordat* \(^3\) of 1801, which re-established the Roman Catholic Church, also re-introduced the *seven day week*, beginning with *Easter Sunday* (18\(^{th}\) April 1802).

In a similar story, the *USSR* in 1929 replaced the *seven day week* with a *five day week*, followed by a *six day week*. Looks like they were tinkering on how to control their population better, through their famous *social experiment*. Finally they gave up in their bungling and the *seven day week* was restored on 27\(^{th}\) June 1940.

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\(^1\) The *Alexandrian* (*Coptic*) calendar is still used in Egypt and is based on the *ancient Egyptian* calendar.

\(^2\) The *Gregorian* calendar is the internationally accepted civil calendar and was introduced by *Pope Gregory XIII* in 1582.

\(^3\) A *Concordat* is an agreement between the Pope and government of a country.
Sunday – the day of the Sun

The Sun has truly earned the name and accolade of a Universal Deity. One honoured in the heavens above and depths below, the guiding light in Man.

Since the beginning of the timeless ages, the glorious Sun has been seen as an object of wonder. Our ancestors in those eras understood the benefits and comforts the Sun brought, as it rose every day from the grip of Hades \(^1\), escaping the depths of the Underworld on its daily journey across the sky and was seen as a glowing Chariot, carrying the essence of the Creator within its golden boughs, God's Sun, the Light of the World, the Hero and Saviour of all Creatures \(^2\) great and small.

‘The adoration of the sun was one of the earliest and most natural forms of religious expression. Complex modern theologies are merely involvements and amplifications of this simple aboriginal belief. The primitive mind, recognizing the beneficent power of the solar orb, adored it is the proxy of the Supreme Deity.’

Manly Palmer Hall (The Secret Teachings of All Ages)

With the Sun came warmth, heat, light and life. The rays sent by this majestic Orb ripened fruit and crops, clothed the trees with radiant leaves and allowed the seeds from the flowers and fauna to scatter the way of the four winds.

\(^1\) Hades (known as ‘the unseen’) refers both to the ancient Greek Underworld, the abode and the God of the Underworld.

\(^2\) Creatures is another word for Creators hence all creatures are creations of the Divine Being in the Universe and have the Divine Right.
For the inhabitants of the land, the Sun brought security, chasing away the predator filled night of terror and fear, where hungry demons lurked in every shadow.

Across the cultures of the world, the Sun was anthropomorphized¹ in allegorical myths which tell the countless tales of its trek across the heavenly sea of the sky (twelve houses of the Zodiac), the contest with darkness, quest into the Underworld and then final victory at Dawn, where the glory of the rising Sun is borne for all the world to see and bear witness.

Utu, ‘he who sheds a wide light’ was the Sun God of the Sumerians and God of Justice, the implementation of law and order. He is usually depicted as wearing a horned helmet and carrying a saw-edged weapon which he uses to cut through the side of the mountain from which he emerges, symbolising the dawn. He has also been known to carry a mace and stand with one foot on the mountain. He was the son of Nanna and Ningal² and at the end of every day he journeyed to the underworld, setting in the mountains of the west and rising in the mountains of the east, to begin his trials once again and emerge as the victorious one.

¹ Anthropomorphism is the attribution of human characteristics to non-human creatures, beings, phenomena, states, objects and abstract concepts.

² Nanna was the Sumerian Moon God and Ningal, the Goddess of the reeds and land.
In the myth of Enki and the World Order, Utu is placed in charge of the Universe;

‘The valiant Utu is the herald of the holy Anu, the judge, the decision-maker, who wears a lapis lazuli beard, who comes from the holy heaven, born of Ningal, Enki placed in charge of the entire Universe.’

In the Babylonian Epic of Gilgamesh¹, Shamash was the Sun God and also God of Justice and Divination. His light enabled him to see every misdeed and also see into the future.

Every morning the Scorpion men² opened a gate in the vast mountain of Mashu and Shamash slowly climbed the mountain. Then as evening approached, he rode his chariot towards another great mountain and disappeared inside. During the night Shamash travelled through the depths of the earth back to Mashu. Together with his wife Aya he had two children; Kittu (justice) and Misharu (law and righteousness).

According to legend, the Babylonian King Hammurabi³ received his code of laws from Shamash the Holy, the eternal fire that burns bright in the sky, the one who protects and is kindred to the peoples of the land.

¹ The Epic of Gilgamesh is an epic poem from Mesopotamia (ancient Iraq) and is among the earliest known works of literary writing. (circa 2700 BC)

² The Scorpion men were first created by Tiamat in order to wage war against the younger gods for the betrayal of her mate Apsu. They warn travellers of the danger that lies beyond their post. Their heads ‘touch the sky’, their ‘terror is awesome’ and their ‘glance is death’.

³ Hammurabi ‘the kinsman is a healer’ was the sixth King of Babylon (1792 – 1750 BC)
The Hyperboreans (Megalithic Irish) who were descendants of the pre-diluvian inhabitants of the ancient continents of Atlantis and Lemuria were the founders of the original, pure form of Solar, Lunar and Stellar worship where the powers of the Universe were personified through the heavenly bodies. These practices were then adopted by the Druids of the Isle.

‘The daily course of the sun, bringing about the alternation of light and darkness and the succession of the seasons, was the most immediate example of the natural order of the universe. In old Irish the universe was seen as something circular and the words for universe, cruinne and roth, signify that concept.’

Peter Berresford Ellis (The Druids)

The primary Sun God was Bel (Baal) which was the same deity that was held in high esteem by the Phoenicians. For the wise men of the ages, the Sun took on different personalities as it traversed through the great mansion in the sky (the Zodiac with twelve houses and thirty-six abodes) and this was incorporated into the story of the Sun King and his trials and tribulations.

These traditions and teachings filtered down into the many diverse cultures throughout the ancient land and became common practise among the learned, the people of knowledge.

The term Zodiac simply means ‘circle of animals’ being thus named as most of the signs of the constellations are named after animals.
The Irish Sun King was known as Iesa and in the Druidic custom, the congregation would face towards the East, to the rising Sun and sing hymns and chants to the new born deity\(^1\). The word east is a homage to the Sun rising (Esa).

‘Esa was the third deity of the Druidic Trinity, of Bel, Taranis, and Esa. His name meant “The Raised One.” His element was the wind. This was picked up by the Gnostics and Christians and turned into the “Ruach”, the “Pneuma”, and finally as the “Holy Spirit”. Esa was commonly shown “hovering” in the sky, cutting from a tree in the form of a carpenter or, even more suggestively, hanging from a great tree while being stabbed to death. According to Druidic tradition his life-blood healed the Earth. It purified and revivified the land allowing a new season’s abundance. The Druids understood the land to be literally born again from the blood of the sacrificed god Esa.’

Michael Tsarion (The Irish Origins of Civilisation)

The Sun was also known as Nudd and Ludd (Lugh) and appears in Ludgate. It is thought that a Temple to the Sun stood at what is now Ludgate Hill in London. Remains of a temple have also been found in Lydney, Gloucestershire.

There is the certainty that because of the West to East movement of peoples across the land-bridges that existed, before the waters of the cosmos washed them away, the ethos and teachings of the ancient Irish Arya was adopted by the peoples of the Egyptian lands. For the Souls of the land and sky ocean, your Spirit is honoured!

\(^1\) Deity is from the Latin ‘Deus’, which is traces back to the word ‘dies’, a day, a period of time measured by the Sun.
The Egyptians venerated the Sun in many guises (Athom, Amun, Phtha, Osiris, Ra, Horus) throughout the dynasties that emerged in the reign of the mighty Pharaohs.

As the Sun was a symbol of light, warmth and growth, the Sun came to be the ruler of all and represented the eye of Ra, the all-seeing, which in truth is the eye of consciousness, the higher eye of our own inner awareness.

‘The Egyptian priests in many of their ceremonies wore the skins of lions, which were symbols of the solar orb, owing to the fact that the sun is exalted, dignified, and most fortunately placed in the constellation of Leo, which he rules and which was at one time the keystone of the celestial arch.’

Manly P. Hall (The Secret Teachings of All Ages)

Ra travelled across the heavens in the sky in his solar boat called the Mandjet (the barge of the Millions ¹) in order to protect the Sun’s fires from the primordial waters of the Underworld. Travelling with him in his boat were various deities including Set, Mehen and Thoth, who defended against the demons of the Underworld and Ma’at who served as navigator. The serpent Apep always attempted to consume the Sun in order to stop the divine journey of the heavenly celestial, however, Ra and his companions would emerge victorious.

¹ A warm thanks to William Henry for use of the above photo from his Denderah gallery.
There was also the belief that the Sun died every night as it entered the Underworld. The Mandjet barge would then become the Mesekhet barge (Night barge) that would carry Ra back to the east in preparation for his rebirth by the sky goddess Nut.

‘To the Egyptians the sun was the symbol of immortality, for, while it died each night, it rose again with each ensuing dawn. Not only has the sun this diurnal activity, but it also has its annual pilgrimage, during which time it passes successively through the twelve houses of the heavens, remaining in each for thirty days. Added to these it has a third path of travel, which is called the precession of the equinoxes, in which it retrogrades around the zodiac through the twelve signs at the rate of one degree every seventy-two years.’

Manly P. Hall (The Secret Teachings of All Ages)

During the Amarna Period, Akhenaten¹ suppressed the cult of Ra (and all other lunar and stellar cults) in favour of his solar deity Aton, the deified Solar disc. This was an act of monotheism, the exclusion of other deities.

After the populace rebelled in disfavour of this change, the Solar cult of Amun-Ra was re-established.

¹ Akhenaten (spirit of Aten) was a Pharaoh (1353 – 1336 BC) of the Eighteenth dynasty who ruled for seventeen years. He was also known as Echnaton, Akhnaton and Ikhnaton.
Ra was later merged with the God Horus as Re-Horakhty (Ra, who is Horus of the two horizons; the rising and setting sun). The original form of Horus was ‘lord of the sky’ and the God was imagined as a celestial falcon whose right eye was the Sun and left eye, the Moon. The speckled feathers of his breast symbolized the stars and his wings were seen as the everlasting sky.

The immaculate conception and birth of Horus mirrors that of the Christian Jesus. In the mythological narrative found in The Egyptian Book of the Dead, Horus was born of the virgin Isis on December 25th in a cave. His birth was announced by a Star in the East and attended by three wise men.

The infant Horus was carried out of Egypt to escape the wrath of Typhon and later at the age of thirty was baptized by Anup the Baptizer. He had twelve disciples and performed miracles such as walking on water and feeding bread to the masses. He was known for raising one man from the dead; El-Azur-us.

Horus had many titles and was known as ‘the way’, ‘the light’, ‘the truth’, ‘the Messiah’, ‘God’s anointed Son’, ‘the Son of Man’, ‘the Word’ and ‘the light of the World’. He was also ‘the Fisher’ and was associated with the lamb, lion and fish.

The titles ‘KRST’ and ‘Anointed One’ were also associated with his magnificence. At the end of his life, he was crucified, buried in a tomb and then resurrected from the dead to once again project his goodly nature into the world.

¹ Typhon is the Greek name for the Egyptian God Set who is the God of deserts, storms, darkness and chaos. He is also known as Seth.
In the fertile and sparkling Greek lands to the South, the Sun was personified as Helios¹ (Phoebus) who was imagined as a handsome and shining God crowned with the aureole rays of the Sun, who each day drove the Chariot of Flames across the sky, circling Oceanus and returning by night through the world ocean to the East.

The fiery horses that tirelessly pulled his golden chariot were named; Pyrois, Aeos, Aethon, and Phlegon and were symbolic of the four seasons.

His daughters were Aeëtes, Circe, and Pasiphaë. Later he sired Phaethusa (radiant) and Lampetia (shining). He also had a son named Phaeton who fell to his death when he tried unsuccessfully to drive the Solar Chariot across the sky.

Over time Helios was increasingly identified with the god of light, Apollo, who set out each day after the Gates of the East had been opened by the Goddess of the Dawn. Riding his Flaming Chariot across the sky, he dipped into the ocean, where Charon’s boat awaited to bring him back to the green fields of the lands of kings and heroes.

¹ Helios was the son of Hyperion, the Titan of Light who also fathered the Moon (Selene) and the Dawn (Eos).
The principle temples to Apollo were on the islands of Delos and Delphi. It was at Delphi where the great Pythian Games took place, in honour of Apollo slaying Python in this region.

On the island of Rhodes (off the coast of Asia Minor) stood one of the Seven Wonders of the World, a statue to Apollo known as the ‘Colossus of Rhodes’ built by initiated artist Charles of Lindus. The Sun Man was over one hundred feet high, the fingers of the God being as long as a man. The titan was placed at the entrance to the harbour and remained there for almost sixty years. It was destroyed by an earthquake in 224 BC.

The Romans eventually assimilated the Greek culture into their midst and gave the name Sol Invictus¹ to the name of the Sun, dedicating many sacrifices. The Roman festival (birthday) of ‘Dies Natalis Solis Invicti’ was celebrated on December 25th.

‘The Romans also had their solar festival, and their games of the circus in honor of the birth of the god of day. It took place the eighth day before the kalends ² of January – that is on December 25. What rendered the festival of Christmas venerable was less the birth of Jesus Christ than the return, and, as they expressed it, the new birth of the sun. It was on the same day that the birth of the Invincible Sun (Natalis solis Invicti), was celebrated at Rome, as can be seen in the Roman calendars, published in the reign of Constantine and of Julian. The epithet ‘Invictus’ is the same as the Persians gave to this same god, whom they worshipped by the name of Mithra, and whom they caused to be born in a grotto, just as he is represented as being born in a stable, under the name of Christ by the Christians.’

Manly P. Hall (The Secret Teachings of All Ages)

¹ Sol Invictus translates as the ‘Unconquered Sun’ which was adopted around 200 AD.

² The Kalends (the called) correspond to the first days of each month in the Roman calendar, signifying the start of the new moon cycle.
The life, birth and death sequence of our Solar friends is astro-theological in nature. Since the Sun symbolizes the inner Orb of consciousness, then our lives and journeys are also connected with the stars and celestials.

Joining the adventure in the heavens, from the Summer Solstice to Winter Solstice the days get shorter and colder as the Sun moves south and appears to fall, getting smaller and smaller. This must have terrified the ancients who were witnessing the ‘death of the Sun.’

‘To them he was the innate fire of bodies, the fire of Nature. Author of Life, heat and ignition, he was to them the efficient cause of all generation, for without him there was no movement, no existence, no form. He was to them immense, indivisible, imperishable, and everywhere present. It was their need of light, and of his creative energy, that was felt by all men; and nothing was more fearful to them than his absence. His beneficent influences caused his identification with the Principle of Good.’

Albert Pike (Morals and Dogma)

Therefore, as the Sun descends into the Underworld on December 22nd, our psyches also take this journey, being tied into the archetypal pattern within the realm. The magnificent Orb moves to the lowest point in the sky and then stops moving for three days. During this time, the Sun is in the area of the Southern Cross (Crux) constellation, hence the Sun has ‘died on the cross.’
On December 24th **Sirius** which is the *brightest star in sky*, *aligns* with the *three stars* in Orion’s *belt*, which point to the *birth of the Sun* on the following dawn. Orion’s *belt* is also known as ‘the three kings.’

On December 25th the *Sun* moves 1˚ North and emerges from the *Tomb of Averna*, together with our *Souls*, *springing upwards in harmonious song*, lifted in *Spirit* by the *breath of vitality*. The constellation **Virgo** rises with the *Sun* on this glorious day.

**Virgo** in *Latin* is ‘virgin’, whose symbol is the Ἑ (mary, myrra, maya, mother). **Virgo** is also known as the ‘House of wheat’ and *Bethlehem* translates into ‘House of bread.’

One can *imagine* the *celebrations* that took place as the *goodly folk of the land* witnessed the *Eye of the Unseen One*, the *Creator*, *rising from the tomb*, marking a time of *rejoicing, song, dance and merriment!*

‘The pagans set aside the 25th of December as the birthday of the Solar Man. They rejoiced, feasted, gathered in processions, and made offerings in the temples. The darkness of winter was over and the glorious son of light was returning to the Northern Hemisphere. With his last effort the old Sun God had torn down the house of the Philistines (the Spirits of Darkness) and had cleared the way for the new sun who was born that day from the depths of the earth amidst the symbolic beasts of the lower world.’

Manly P. Hall (The Secret Teachings of All Ages)

The *celebration* and *veneration* of the *Sun* carries on into the present day and as soon as the *majestic Light* shows its *lustrous face*, all flock outside, crowd the beaches and sizzle under the *smoky warmth of luminous heat*. To say that the *Sun* affects us profoundly is an understatement!
The energy that we receive from the *marble of Fire* moves us on all levels, emotionally, bio-energetically, physically, electrochemically, magnetically and spiritually. Our *chakras*, the energetic vortices and meridians are *directly replenished*, the gift of *nutritional wholeness* permeating the *core of being*.

Then as the *Sun* springs upwards the journey takes it to the *Spring Equinox* (*Easter/Ishtar*) where the *Sun* truly conquers the darkness as the days become *warmer, longer* and more *fruitful* in duration, up until the *Summer Solstice*, where the *cycle* begins anew.

The *Christian holy days* mirror that of the *Sun* in the *heavens* as at the *roots* of Christianity, *Jesus* is the current *incarnation* of the *Solar hero*, the champion who follows in the *flights of Horus* and the *footsteps of Hercules*, travelling with his *twelve followers* (*twelve houses of the Zodiac*).

> ‘The Christian religion is a parody on the worship of the Sun in which they put a man called Christ in the place of the Sun and pay him the adoration originally paid to the Sun.’

Thomas Paine (1737 - 1809)

It was in 325 AD when *Emperor Constantine* at the *Council of Nicaea* established the *Christian doctrines* which led to ‘enlightening’ periods such as the *Dark Ages* and the *Holy Inquisition* not to mention the slaughter of the *indigenous peoples* of *Nature*, together with the *Medicine Men, Shamans, great Sages* and *Teachers*.

To this day, the *Vatican* (*behind the smoke and mirrors*) continues to keep a stranglehold on the world, while millions of *Christians* have no idea what they are *giving* and *submitting* themselves to. The tide of sorrow continues and is constantly buried under the hood of *conscious awareness* within the *unconscious*, which has become a rubbish tip of refuse that is oozing its way *unto the surface*. 
Within the epic and heroic Norse sagas, the Sun was portrayed in a variety of characters, as it journeyed across the heavenly sea of sky, bringing resplendent warmth and life to the often white blankets of Winter's embrace.

During the Norse creation myth, the gods studded the heavenly vault with sparks secured from Muspelheim, which shone as brilliant stars in the night sky. The brightest of these stars were reserved for the Sun and the Moon, which were placed in beautiful golden chariots.

‘And from the flaming world, where Muspel reigns,
Thou sent’st and fetched’st fire, and madest lights:
Sun, moon, and stars, which thou hast hung in heaven,
Dividing clear the paths of night and day.’

Matthew Arnold (Balder Dead)

The steeds Árvakr (early waker) and Alsviör (rapid goer) were harnessed to the Sun chariot. Great skins filled with cooling air were placed under the withers to protect the steeds. A shield named Svalinn was also fashioned to shelter from the powerful rays of the Solar orb.

The gods needed a rider for the chariot and found Sól, the Sun maid who was the spouse of Glaur (glow) and daughter of the giant Mundilfari. Sól took up the reigns with delicate divinity and hence from that day fulfilled the appointed duty, guiding the steeds along the path of the heavens.

¹ Muspelheim is a realm of fire and is one of the Nine worlds, home to the Fire elementals.
² A warm thanks to Zoe Abou Samra for introducing the art of Nicolas Roerich (flame chariot)
The Norse god of Light was named Balder and as Apollo before him, the Solar deity was blessed with inner radiant beauty, projecting his happy and light-hearted glow into the world of Man. He wore golden hair and had striking bright blue eyes, a symbol for the clear sky. His smile infected all heart’s that were fortunate to meet him along his eternal journey.

Balder was well versed in the science of runes which were carved on his tongue and he knew the virtues of the flora and fauna.

‘Of all the twelve round Odin’s throne, 
Balder, the Beautiful, alone, 
The Sun-god, good and pure, and bright, 
Was loved by all, as all love light.’

J.C. Jones (Valhalla)

One day the gods were greatly troubled for they knew Balder to be smiling and happy, but noticed that gradually the light had died out of his blue eyes, an emptiness came to him and his step grew heavy and slow.

Odin and Frigga saw their beloved son’s depression and asked him what was troubling him. Balder confessed to his worried parents that his dreams of late were dark and oppressive and constantly haunted him with a feeling of fear and foreboding.

Frigga sent her servants in every direction with strict orders for all creatures of the Earth and heavens, not to harm Balder. All of creation heeded to the instructions from the blessed mother of Nature.

‘On a course they resolved that they would send 
To every being, assurance to solicit, Balder not to harm. 
All species swore oaths to spare him; 
Frigg received all their vows and compacts.’

Saemund’s Edda (Thorpe translation)
Frigga resumed her *spinning of the clouds*, content that no harm would come upon her beloved son as she trusted all her *children of the world*.

Odin in the meantime resolved to consult one of the dead *Vala*, a *prophetess* who resided *deep in the Underworld*. He rode on his eight footed steed *Sleipnir* over the bridge *Bifröst* into *Niflheim*¹, passing through *Helgate* and straight into *Hel’s sanctuary*.

Once Odin encountered the *ancient Seer*, he did not announce himself as the *Father of the Gods*, but as *Vegtam*, son of *Valtam*. Vala told him that *Hel* was expecting Balder as an *honoured guest* and that he would be slain by *Hodur*, his brother.

There was nothing else Odin could do as this was not his domain, so he started his journey back to *Asgard*².

¹ *Niflheim* is one of the *primordial realms*, the world of *mist and shadow*.

² *Asgard* is the *capital city* where *Odin* and *Frigga* reside as *mother and father*, together with the *Aesir*. 
Meanwhile, the gods were at play on the green plains of Ida and having heard that Balder could not be harmed by any missile, they cast all manner of weapons at him, part of a game to amuse themselves. Only Hodur was not participating in the festivities as he was blind.

Loki, the god of Fire, who was disguised as an old woman, saw the merriment and was fiercely jealous of Balder. Having spied Hodur standing to the side he joined the blind God and tricked him into firing a stem of mistletoe¹ at Balder.

‘At Balder, whom no weapon pierced or clove;
But in his breast stood fixed the fatal bough
Of mistletoe, which Lok, the Accuser, gave
To Hodur, and unwitting Hodur threw –
‘Gainst that alone had Balder’s life no charm.’

Matthew Arnold (Balder Dead)

The mistletoe pierced Balder’s side and the god fell dead. Asgard was plunged into grief and sorrow for the radiance that had been.

¹ Mistletoe is symbolic of the Winter Solstice when the Sun dies and journeys into the Underworld, only to rise again after three days.
**Hermod**, the *messenger of the Gods* was sent to **Hel**, *goddess of the Underworld*, praying to restore Balder to life.

In the meantime, Odin removed Balder’s body to **Breidablik** and directed the gods to cut down huge pines.

A giant funeral pyre was built for Balder on his ship, **Ringhorn** and his body was laid reverently on the deck. Offerings were made to Balder in the form of *flowers, swords, armour* and *cloth*. Balder’s wife **Nanna** was watching and sadly the sight of his lifeless body was too painful for her and her *heart was broken*. She was laid beside her dead husband. Odin added his precious *magical ring Draupnir* as a *protective gift of rejuvenation* for his dear and loving son and whispered him a private message.

The pyre was set light and started its journey *across the waters towards the west*, the *flames lighting the sea and sky*, until the fire sank into the sea, mirroring its symbol, the **Sun** – Balder had now entered the **Underworld**.
Balder's Funeral Pyre

‘But when the gods and heroes heard, they brought the wood to Balder's ship, and built a pile, full the deck’s breadth, and lofty; then the corpse of Balder on the highest top they laid.

And they set jars of wine and oil to lean against the bodies, and stuck torches near, splinters of pine-wood, soak’d with turpentine, and brought his arms and gold, and all his stuff, and slew the dogs who at his table fed, and his horse - Balder's horse – whom most he loved, and placed them on the pyre, and Odin threw a last choice gift thereon, his golden ring.

The mast they fixt, and hoisted up the sails, then they put fire to the wood; and Thor set his stout shoulder hard against the stern to push the ship through the thick sands; - sparks flew.

From the deep trench she plough’d, so strong a god furrow’d it; and the water gurgled in. And the ship floated on the waves, and rock'd. But in the hills a strong east wind arose, and came down moaning to the sea; first squalls ran black o'er the sea's face, then steady rush'd the breeze, and fill'd the sails, and blew the fire.

And wreathed in smoke the ship stood out to sea. Soon with a roaring rose the mighty fire, and the pile crackled; and between the logs sharp, quivering tongues of flame shot out, and leapt, curling and darting, higher, until they lick’d the summit of the pile, the dead, the mast, and ate the shrivelling sails; but still the ship drove on, ablaze above her hull with fire.

And the gods stood upon the beach, and gazed. And while they gazed, the sun went lurid down into the smoke-wrapt sea, and night came on. Then the wind fell with night, and there was calm; but through the dark they watch’d the burning ship still carried o'er the distant waters on, Farther and farther, like an eye of fire.
And long, in the far dark, blazed Balder’s pile; but fainter, as the stars rose high, it flared, the bodies were consumed, ash choked the pile.

And as, in a decaying winter-fire, a charred log, falling, makes a shower of sparks – so with a shower of sparks the pile fell in, reddening the sea around; and all was dark.’

Matthew Arnold (Balder Dead)

In the meantime, Hermod, having entered Hel, bargained with the maiden of the Underworld. Hel consented to release Balder on condition that all creatures of the Earth should weep for the once radiant god. Messengers were sent to all corners of the world with a message to shed tears for the brave god of Light.

A giantess, who was really Loki in disguise, encountered the messengers and replied ‘Let Hel keep what she has’ – once again showing envy for Balder.

In our present age, Sol, the Sun maid is found on commercial products such as Sun Maid raisins, for it is the glowing Orb who ripens the juicy grapes and forms the raisin.

Balder is honoured in literature as Balder’s Gate, which in the world of fantasy is a port city where civilisation thrives. The story of Balder is also contained in comics by Marvel. Ships and oil rigs have also been named after the glorious Solar hero.
In the rich and vibrant Hindu mythos, Surya is the chief Solar deity, who belongs to the family of Ādityas. His father is Kashyap, an ancient sage (rishi) who is father of the Nāgas and humankind.

Surya travels the heavens in his chariot, pulled by seven magnificent horses, symbolizing the seven chakras. His golden hair and arms light the way to knowledge and enlightenment. His is the form of God that is visible, manifesting as the divine Trimurti; Brahma in the morning, Vishnu during the day and Shiva at night. Surya is known to be one of eight forms of Shiva, named the Astamurti.

Surya is often depicted with four hands, holding a lotus, chakra, conch and mace. The lotus symbolizes the causal power of illusion from which the Universe arises. The chakra represents the connection to Spirit and Mind. The conch is the symbol for the creative force of the five elements, while the mace signifies individuality and strength. Surya is also known as Mitra, meaning friend.

The Solar God had three queens; Saranyu (goddess of the dawn and clouds), Ragyi and Prabha. Saranyu gave birth to Vaivascvata Manu and the twins Yama (Lord of Death) and Yami. The twins, Nasatya and Dasra, also known as the Ashwins, divine horsemen to the Devas, are also daughters of Surya.

1 Ādityas are Solar children of Āditi, the mother of the Celestial Gods and Universe.

2 Trimurti is the trinity of Gods personified by Brahmā the creator, Vishnu the maintainer and Shiva the deconstructor.
Saranyu, who was unable to bear the *radiance of Surya*, created an entity from her shadow called *Chhaya*, who was instructed to act as *Surya’s wife* in her absence. Chhaya mothered two sons; *Savarni Manu* and *Shani* (the planet *Saturn*), and two daughters; *Tapti* and *Vishti*. Surya also has a son through *Ragyi*, known as *Revanta*.

*Shani* and *Yama* are responsible for the *judgment of human life*. Shani serves as judge in the *physical realm*, while Yama presides over the *kingdom in the afterlife*.

In *Ramayana*, Surya is described as father of *King Sugriva*, who helps Rama and *Lakshmana* in defeating the demon, *King Ravana*. He also trains *Hanuman* as his adept and friend.

In the *Mahabharata*, *Princess Kunti* receives instruction for a mantra from the sage *Durvasa* which states; that by reciting the spell, she would be able to *summon any god and bear a child by him*. Kunti unwittingly tests it on Surya, but when Surya appears, she gets scared and requests him to go back to his personal kingdom. However, because of the *power of the words*, Surya has an obligation to fulfil the mantra before returning home and magically causes Kunti to bear the child, whilst *retaining her virginity* so that as an unmarried princess, she need not face any embarrassment. Kunti feels compelled to abandon the child, *Karna*, who grows up to become one of the central characters in the great *battle of Kurukshetra*. 
In *Vedic astrology*, Surya is considered a *mild malefic* on account of his hot and dry nature and is the governor of *soul, will-power, fame, eyes, vitality, courage, kingship, father, highly placed persons and authority*. He is exalted in the sign of *Mesha* (Aries) and is in decline in the sign of *Tula* (Libra). In yoga, the *Sūrya namaskār*, also known as the *Sun salutation* is in honour to the Solar hero.

There are *Surya temples* all across India. The most famous is the *Sun Temple* in *Konark*. There are also various *Festivals* dedicated to Surya in India.

*Makara Sankaranthi* is the most widely celebrated *Hindu festival*. The nature of the day of honour ensures a good harvest where the *first grain is dedicated to Surya*.

*Ratha Saptami* is a *Hindu festival* that falls on the Seventh day (*Saptami*) of the bright half of the Hindu month *Maagha*. This day is also known as *Surya Jayanthi* because it celebrates the power of the Sun as an *incarnation of Lord Vishnu*. Lord Vishnu in his form as Surya is usually worshiped on this day. Usually, *Ratha Saptami* begins in households with a *purification bath* while holding a few *bilva leaves* on one's head. It also involves doing a *puja* with the ritual ‘*Naivedya*’ together with *flowers and fruits*. 

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35
Size Comparison of Celestials

I thought it wise to examine the comparisons between the sizes of the Celestials whilst also keeping in mind the nature and personality of the Gods related to the heavenly spheres.

It is interesting to note that whilst Jupiter (Thor) and Saturn are of a similar size, it is also worthwhile mentioning that these were also regarded as the Fathers, the Giants, the ones who had the final word within their cluster.

The Sun would of course remain as the eye of the Creator, with the Moon as the consort and ally, part of the same dynamic flowing and curving pattern.
Ancient Order of the Planets

The *order of the week* can be calculated geometrically from a *septagram* which dates to the *Hellenistic* \(^1\) period in history. The *luminaries* are arranged in such a way that tracing the line from one *planet* to the next gives the *weekday order*.

The *order of the days* was explained by *Vettius Valens* and *Cassius Dio* \(^2\) who stated that it was the *principle of astrology* that the *heavenly bodies* presided in succession over the *hours of the day*. The *first hour* of the day began at sunset, which followed *Greek* and *Babylonian* convention and the light and dark halves of the day were presided over by the *heavenly bodies* of the *first hour* of each half.

The *Ptolemaic* \(^3\) system asserts that the *order of the heavenly bodies* from the farthest to the closest to *Earth* is; *Saturn, Jupiter, Mars, Sun, Venus, Mercury, Moon*, which also presents itself as an *archetypal cycle*.

In *astrological theory*, the hours of the day are also governed by the *seven luminaries*. If in this cycle, *Saturn* \(♃\) presides over the *first hour*, *Jupiter* \(♃\) governs the *second hour*, *Mars* \(♂\) oversees the *third hour*, the *Sun* \(☉\) shines over the *fourth hour*, the *fifth hour* belongs to *Venus* \(♀\), the *sixth* to *Mercury* \(☿\) and the *seventh* is ruled by the *Moon* \(☽\), so that the sequence repeats every *seven hours*, then the *twenty-fifth hour* which is the *first hour* of the following day is dominated by the *Sun* and the *forty-ninth hour* (the day after) would be ruled by the *Moon*. The table on the following page shows this *sequence*.

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\(^1\) The *Hellenistic* period (323 - 146 BC) describes the *era* which followed the conquests of *Alexander the Great*. During this time, *Greek* cultural influence and power was at its zenith in *Europe* and *Asia*.

\(^2\) *Vettius Valens* was a *2nd Century* *Astrologer* and *Cassius Dio* a *Roman historian*.

\(^3\) The *Ptolemaic* period began when *Ptolemy I Soter* declared himself *Pharoah of Egypt* in 305 BC and ended with the death of *Cleopatra* in 30 BC.
Chart showing order of planets related to the hours of the day and the days of the week

| Hour | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Day 1 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |
| Day 2 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |
| Day 3 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |
| Day 4 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |
| Day 5 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |
| Day 6 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |
| Day 7 | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ | ☽ | ☾ | ☿ |

* Saturn comes at the end of the week and the end of the seven planets and Monday which many people consider to be the first day of the week, also begins the planet sequence.
Language Comparison of Days

The following tables show the names of the days in the languages of the world, so comparisons can be made between the many forms the words take and also see where the words have their ‘root.’

<table>
<thead>
<tr>
<th>Celestial</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Sol</td>
<td>Mona / Mani</td>
<td>Tiw / Tyr</td>
<td>Woden / Odin</td>
<td>Thunor / Thor</td>
<td>Frige / Freya</td>
<td>Saturn</td>
<td></td>
</tr>
<tr>
<td>Old English</td>
<td>Sunnandæg</td>
<td>Mönandæg</td>
<td>Tiwædæg</td>
<td>Wodnesdæg</td>
<td>Punresdæg</td>
<td>Frigesdæg</td>
<td>Sæternesdæg</td>
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<tr>
<td>Old High German</td>
<td>Sunnuntag</td>
<td>Mānetag</td>
<td>Ziestag</td>
<td>Wodanstag</td>
<td>Donerestag</td>
<td>Friatag</td>
<td>Sambaztag</td>
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<td>German</td>
<td>Sonntag</td>
<td>Montag</td>
<td>Donerestag</td>
<td>Mittwoch</td>
<td>Donnerstag</td>
<td>Freitag</td>
<td>Samstag</td>
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<tr>
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<td>Fringr</td>
<td>Porsdagr</td>
<td>Fríadagr</td>
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<td>onsdag</td>
<td>onsdag</td>
<td>donderdag</td>
<td>fredag</td>
<td>Lördag</td>
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<tr>
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<td>måndag</td>
<td>Óðensdagr</td>
<td>onsdag</td>
<td>torsdag</td>
<td>vrijdag</td>
<td>zaterdag</td>
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<td>sunndag</td>
<td>mandag</td>
<td>onsdag</td>
<td>onsdag</td>
<td>torsdag</td>
<td>feredag</td>
<td>laurdag</td>
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<tr>
<td>West Frisian</td>
<td>snein</td>
<td>maanantai</td>
<td>teisipâev</td>
<td>keskiviiko</td>
<td>torstai</td>
<td>perjantai</td>
<td>lauantai</td>
</tr>
<tr>
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<td>onsdag</td>
<td>kolmaapâev</td>
<td>neljapâev</td>
<td>tongersdei</td>
<td>reede</td>
<td>laupâev</td>
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<tr>
<td>Danish</td>
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<td>rharlagar</td>
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<td>lauantai</td>
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<td>esmaspäev</td>
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<td>kusmipäev</td>
<td>tongersdei</td>
<td>reede</td>
<td>Freed</td>
</tr>
<tr>
<td>West Frisian</td>
<td>snein</td>
<td>moandei</td>
<td>tiisdei</td>
<td>woansdei</td>
<td>tongersdei</td>
<td>freed</td>
<td>Saterdei</td>
</tr>
</tbody>
</table>

1 The German word *mittwoch* means ‘mid-week.’

2 The Swedish word *lördag* means ‘wash-day.’

3 West Frisian is a language spoken in the province of Friesland (Fryslân) in the north of the Netherlands.
## Languages from the Greco-Roman Tradition

<table>
<thead>
<tr>
<th>Celestial</th>
<th>Sunday</th>
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<th>Wednesday</th>
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<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ancient Greek</td>
<td>Sôl</td>
<td>Luna</td>
<td>Mars</td>
<td>Mercury</td>
<td>Jupiter</td>
<td>Venus</td>
<td>Saturnus</td>
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<tr>
<td>Latin</td>
<td>heméra Heliou</td>
<td>heméra Selènes</td>
<td>heméra Áreos</td>
<td>heméra Hermou</td>
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<td>dies Solis</td>
<td>dies Lunae</td>
<td>dies Martis</td>
<td>dies Mercurii</td>
<td>dies Jovis</td>
<td>dies Venēris</td>
<td>dies Saturni</td>
</tr>
<tr>
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<td>lundi</td>
<td>martedi</td>
<td>mercoledi</td>
<td>giovedi</td>
<td>venerdi</td>
<td>sabato</td>
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<td>lunes</td>
<td>martes</td>
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<td>jeudi</td>
<td>vendredi</td>
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<td>marți</td>
<td>miércoles</td>
<td>joi</td>
<td>vieri</td>
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<tr>
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<td>martars</td>
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<td>Lundi</td>
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<td>An Luain</td>
<td>An Mhàirt</td>
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<td>An Déardaoin</td>
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<td>Dé Luain</td>
<td>Dé Máirt</td>
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<td>Dé hĀoine</td>
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<td>Dy Lūn</td>
<td>Dy Meurth</td>
<td>Dy Mergher</td>
<td>Dy Yow</td>
<td>Di-Gwener</td>
<td>Dy Sadorn</td>
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<td>dydd Llun</td>
<td>dydd Mawrth</td>
<td>dydd Mercher</td>
<td>dydd lau</td>
<td>Di‘gwenre</td>
<td>Di‘sadorn</td>
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<tr>
<td>Cornish</td>
<td>Dy Sul</td>
<td>Dy Lūn</td>
<td>Dy Meurth</td>
<td>Dy Mergher</td>
<td>Dy Yow</td>
<td>Di‘gwenre</td>
<td>Di‘sadorn</td>
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<tr>
<td>Breton</td>
<td>D‘isul</td>
<td>Di‘lun</td>
<td>D‘i-meurzh</td>
<td>D‘i-merch`er</td>
<td>Jērein</td>
<td>Jehiney</td>
<td>Jesarn</td>
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<td>Jedoonee</td>
<td>Jelune</td>
<td>Jemayrt</td>
<td>Jecrean</td>
<td>E enijte</td>
<td>E premte</td>
<td>E shtunę</td>
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<td>E hēnē</td>
<td>E martē</td>
<td>E mërkurē</td>
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<td>Biyernes</td>
<td>Sabado</td>
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<td>Linggo</td>
<td>Lunes</td>
<td>Martes</td>
<td>Miyerkules</td>
<td>Huwebes</td>
<td>Biyernes</td>
<td>Sabado</td>
</tr>
</tbody>
</table>

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1 Interlingua is an international auxiliary language developed between 1937 and 1951 by International Auxiliary Language Association (IALA).

2 Ido is a constructed language created with the goal of becoming a universal second language for speakers of different linguistic backgrounds.

3 The Breton language is a Celtic language spoken in Brittany, France.
### Languages based on Hindu Astrology

<table>
<thead>
<tr>
<th>Day</th>
<th>Celestial</th>
<th>Sanskrit</th>
<th>Hindi</th>
<th>Marathi</th>
<th>Bengali</th>
<th>Gujarati</th>
<th>Urdu</th>
<th>Burmese</th>
<th>Maldivian</th>
<th>Tamil</th>
<th>Telugu</th>
<th>Malayalam</th>
<th>Kannada</th>
<th>Thai</th>
<th>Mongolian</th>
<th>Javanese</th>
<th>Balinese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Surya</td>
<td>भूनवासरम् ब्हानु</td>
<td>रविवार</td>
<td>रविवार</td>
<td>रोबिर</td>
<td>रविवार</td>
<td>इत्वार</td>
<td>टाइनिंगनवाय</td>
<td>अड्डेहेत्त्वा</td>
<td>न्यायित्रू डे</td>
<td>अडी वारम्</td>
<td>धानु वाराण</td>
<td>रविवार</td>
<td>आदिया</td>
<td>रादिया</td>
<td>रेडिटे</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Soma</td>
<td>इत्द्वासरस्म् इंदु</td>
<td>सोमपेट्र</td>
<td>सोमपेट्र</td>
<td>शोमबर</td>
<td>सोमवर</td>
<td>शंभार</td>
<td>तानिंगनवाय</td>
<td>आड्डेहेत्त्वा</td>
<td>न्यायित्रू डे</td>
<td>अडी वारम्</td>
<td>धानु वाराण</td>
<td>रविवार</td>
<td>इत्वार</td>
<td>टाइनिंगनवाय</td>
<td>अड्डेहेत्त्वा</td>
<td>न्यायित्रू डे</td>
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<tr>
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<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
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<td>मंगलवारुं</td>
<td>मंगलवारुं</td>
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<td>बुधवार् बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
<td>बुधवार्</td>
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<td>बुधवार्</td>
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<td>बुधवार्</td>
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<tr>
<td>Thursday</td>
<td>Guru</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
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<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
<td>गुरु गुरु</td>
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<tr>
<td>Friday</td>
<td>Shukra</td>
<td>शुक्रवार् शुक्रवार्</td>
<td>शुक्रवार्</td>
<td>शुक्रवार्</td>
<td>शुक्रवार्</td>
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<td>शुक्रवार्</td>
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<td>शुक्रवार्</td>
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<td>शुक्रवार्</td>
<td>शुक्रवार्</td>
</tr>
<tr>
<td>Saturday</td>
<td>Shani</td>
<td>शनिवार् शनिवार्</td>
<td>शनिवार्</td>
<td>शनिवार्</td>
<td>शनिवार्</td>
<td>शनिवार्</td>
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<td>शनिवार्</td>
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</tbody>
</table>

1. Hindu Astrology was adopted from the Greco-Roman scheme of planetary names during 2nd Century AD. Sanskrit attestations of the navagraha 'nine astrological forces', seven of which are used for day names, date to the Yavanajataka 'Sayings of the Greeks', a 150 AD translation of a 120 AD Greco-Alexandrian text.

2. The word 'raat' means eve, so in translation 'the eve of Jumaa.'

3. The word graha, meaning 'seizing, laying hold' of is a 'cosmic influencer' on the living beings of mother Bhumidevi (Earth). This is the origin of the name Graham.
### The Seven Luminaries of East Asia

<table>
<thead>
<tr>
<th>Celestial</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun (日)</td>
<td>日曜日</td>
<td>月曜日</td>
<td>火曜日</td>
<td>水曜日</td>
<td>木曜日</td>
<td>金曜日</td>
<td>土曜日</td>
</tr>
<tr>
<td>Moon (月)</td>
<td>Nichiyōbi</td>
<td>Getsuyōbi</td>
<td>Kayōbi</td>
<td>Suiyōbi</td>
<td>Mokuyōbi</td>
<td>Kin'yōbi</td>
<td>Doyōbi</td>
</tr>
<tr>
<td>Mars (火星)</td>
<td>月曜日</td>
<td>月曜日</td>
<td>火曜日</td>
<td>水曜日</td>
<td>木曜日</td>
<td>金曜日</td>
<td>土曜日</td>
</tr>
<tr>
<td>Mercury (水星)</td>
<td>月曜日</td>
<td>月曜日</td>
<td>火曜日</td>
<td>水曜日</td>
<td>木曜日</td>
<td>金曜日</td>
<td>土曜日</td>
</tr>
<tr>
<td>Jupiter (木星)</td>
<td>Kayōbi</td>
<td>Huóyàorì</td>
<td>Shuíyàorì</td>
<td>Shuíyàorì</td>
<td>Mùyàorì</td>
<td>Jīnyàorì</td>
<td>Tǔyàorì</td>
</tr>
<tr>
<td>Venus (金星)</td>
<td>Kayōbi</td>
<td>Huóyàorì</td>
<td>Shuíyàorì</td>
<td>Shuíyàorì</td>
<td>Mùyàorì</td>
<td>Jīnyàorì</td>
<td>Tǔyàorì</td>
</tr>
<tr>
<td>Saturn (土星)</td>
<td>Kayōbi</td>
<td>Huóyàorì</td>
<td>Shuíyàorì</td>
<td>Shuíyàorì</td>
<td>Mùyàorì</td>
<td>Jīnyàorì</td>
<td>Tǔyàorì</td>
</tr>
</tbody>
</table>

1. The *East Asian* naming system of week-days closely parallels that of the *Latin* system and is ordered after the ‘Seven Luminaries’ which consists of the *Sun*, *Moon* and five planets visible to the naked eye. The five planets are named after the five elements in traditional *East Asian* philosophy: *Fire* (*Mars*), *Water* (*Mercury*), *Wood* (*Jupiter*), *Gold* (*Venus*), and *Earth* (*Saturn*). The earliest references in *East Asia* to the seven-day week in its current order and name is in the writings attributed to the *Chinese astrologer Fan Ning* of the *Jin Dynasty*, who lived in the late 4th Century. Later diffusions from the *Manichaeans* are documented in the writings of the *Chinese Buddhist monk Yi Jing* and the *Ceylonese Buddhist monk Bu Kong* of the 8th Century under the *Tang Dynasty*.

2. In *Japan*, the seven day cycle was kept in use mostly for *astrological purposes*, until its promotion to a full-fledged Western-style calendar during the *Meiji* era.

3. In *China*, with the founding of the *Republic of China* in 1911, *Monday* through *Saturday* in *China* are now numbered one to six, with the reference to the *Sun* remaining for *Sunday*.
### Numbered Weekdays (beginning from Sunday)

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day Number</td>
<td>First Day</td>
<td>Second Day</td>
<td>Third Day</td>
<td>Fourth Day</td>
<td>Fifth Day</td>
<td>Sixth Day</td>
<td>Seventh Day</td>
</tr>
<tr>
<td>¹ Hebrew</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Ecclesiastical Latin</td>
<td>Dominica</td>
<td>feria secunda</td>
<td>feria tertia</td>
<td>quarta-feira</td>
<td>quinta-feira</td>
<td>sexta-feira</td>
<td>sabbatum</td>
</tr>
<tr>
<td>² Portuguese</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Greek</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>³ Icelandic</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Arabic</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Malay</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Indonesian</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Sundanese</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Javanese</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Persian</td>
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<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Kazakh</td>
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<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Turkish</td>
<td>yom rishon</td>
<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
<tr>
<td>Old Turkic</td>
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<td>yom sheyni</td>
<td>yom shishi</td>
<td>yom revi'i</td>
<td>yom khamishi</td>
<td>yom shishi</td>
<td>yom Shabbat</td>
</tr>
</tbody>
</table>

1 For the majority of the Abrahamic religions, the first day of the week is Sunday. Biblical Sabbath, which originally corresponded to Saturday, (when God rested from six-day Creation), made the day following Sabbath the first day of the week (corresponding to Sunday).

2 Saint Martin of Dumio (circa 520 - 580) who was the archbishop of Braga, decided it unworthy to call days by ancient gods and decided to use religious terminology to designate them. This was the birth of the present Portuguese numbered system. Martin also tried to replace the names of the planets, but was unsuccessful. Galician and Portuguese retained both systems in the Middle Ages. The Roman Gods’ names are still used in Galicia.

3 Iceland maintains only the Sun and Moon (sunnudagur and mánudagur) while dispensing with the names of the planetary gods in favour of a combination of numbered days whose names are linked to pious and domestic routines (föstudagur, ‘Fasting Day’ and laugardagur, ‘Washing Day.’)
### Numbered Weekdays (beginning from Monday ¹)

<table>
<thead>
<tr>
<th>Day Number</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Polish</strong></td>
<td>poniedziałek</td>
<td>wtorek</td>
<td>środa</td>
<td>czwartek</td>
<td>piątek</td>
<td>sobota</td>
<td>niedziela</td>
</tr>
<tr>
<td><strong>Belarussian</strong></td>
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<td>серада</td>
<td>Чытвёрка</td>
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<td>Antradienis</td>
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<td>星期二</td>
<td>星期三</td>
<td>星期四</td>
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<td><strong>Chinese, Hanyu, Pinyin</strong></td>
<td>xīngqī yī</td>
<td>xīngqī èr</td>
<td>xīngqī sān</td>
<td>xīngqī sì</td>
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<td><strong>Mongolian</strong></td>
<td>neg deh odor</td>
<td>hoyor dahi odor</td>
<td>gurav dahi odor</td>
<td>dorov deh odor</td>
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</table>

¹ Monday nowadays is considered to be the first day of the week for business and social calendars in the United Kingdom, Canada, Australia, most of Europe, parts of Asia, some USA calendars, as well as several other countries.

² The Slavic, Baltic and Uralic languages (except Finnish) adopted numbering but took Monday rather than Sunday as the ‘first day.’

³ Chinese Sunday means ‘week day’ and Monday is literally named ‘week one’, Tuesday is ‘week two’, and so on. When China adopted the Western calendar, Sunday was at the beginning of the calendar week but today Monday is preferred.
It is of interest to note that the cultures that numbered their days, still retained the three primary luminaries as start days to their weekly cycle, confirming that the Sun, Moon and Saturn remain the primary forces in the psyche of Man, steering the steads of thought, along the sparkling river that Is and has always been so in the eternal Now.

¹ Originally when the Romans named the week-days after the heavenly Gods, Saturnus (Saturday) was the first day of the week (first planet in the cycle).

² In the Ţejane dialect of Istro-Romanian, lur (Monday) and virer (Friday) follow the Latin convention, while utorek (Tuesday), sredu (Wednesday) and četrtok (Thursday) follow the Slavic convention.

³ Basque is the ancestral language of the Basque people, who inhabit the Basque Country, a region in north-eastern Spain and south-western France.
Psychology and the Cycle of Seven

To be added at end of study
Etymology of Words

Day

The word day was first recorded in 1883 and comes from daeg (Old English) and the Proto-Germanic word dagaz. Also from Proto-Indo-European dhegh and Sanskrit word dah, meaning ‘to burn.’ The Lithuanian word dagas for ‘hot season’ and Old Prussian dagis (Summer) are also related. Originally meaning ‘the daylight hours’ and in late Anglo-Saxon times expanded to encompass the twenty-four day.

Week

From Old English, wice which comes from Proto-Germanic, wikon (Old Norse, vika and Old Frise, wike. Also Middle Dutch, weke and Old High German wecha and German woche.

Originally meant a ‘turning’ and change, alteration. The word is linked to the division of time based on the cycles of the Moon.

Month

Comes from Old English word monad and Proto-Germanic maenoth, Old Norse, manaor, Middle Dutch, manet, Dutch, maand and Gothic menops, meaning ‘month’ and related to ‘moon.’

Moon

Moon comes from the Greek mene and Latin, mensis. The base word me, means ‘to measure’ and is related to the measuring of the phases of the Moon. The Greek selene comes from selas which means ‘light’ and ‘brightness’ of the heavenly bodies.

The English slang phrase ‘to shoot the moon’ meaning ‘to leave without paying the rent’ was first ascribed in 1823. The phrase ‘the man in the moon’ who carries a bundle of thorn twigs and is accompanied by a dog goes back to circa 1310. Is found is Shakespeare’s ‘A Midsummer Night’s Dream.’

Babylon

Comes from the Greek version of Akkadian word bab-ilani meaning ‘the gate of the gods,’ bab – ‘gate’ and ilani, plural of ilu (god). The Old Persian form, babiru shows characteristic transformation of I to r in words assimilated from Semitic.
Deities Symbolizing the Sun

A list of Gods (Deities) that have symbolized the Sun in anthropomorphized form across the ages is as follows;

Zoroaster and Mithras (Mithra) of the Persians
Athom, Atom, Amun (Ra) of Egypt
Brahma of the Hindus
Bel and Crite of the Chaldeans
Adonai of the Phoenicians
Adonis, son of the virgin Io of Greece
Odin, Woden, Wotan, Balder of the Northmen
Zulis (Zhule), Osiris, Orus of Egypt
Dionysus, Attis, Apollo of Greece
Buddha Sakia, Krishna of India
Christna of Hindorstan
Salivahana of Bermuda
Baal and Taut, ‘the only Begotten of God’ of Phoenicia
Malakbêl of Palmyra
Indra of Tibet
Bali of Afghanistan
Wittoba of the Bilingonese
Phtha, Osiris, Horus of Egypt
Deva Tat and Sammonocadam of Siam
Hesus, Eros, Bremrillah, Nudd, Ludd of the Druids
Thammuz of Syria
Jao of Nepal
Atys of Phrygia
Xaniolxis of Thrace
Zoar of the Bonzes
Adad of Assyria
Alcides of Thebes
Mikado of the Sintoos
Beddru of Japan
Thor, son of Odin of the Gauls
Cadmus, Jove, Zeus of Greece
Hil and Feta of the Mandaites
Gentaut and Quezalcote of Mexico
Universal Monarch of the Sibyls
Ischy of the Island of Formosa
Divine Teacher of Plato
Holy One of Xaca
Fohi and Tien of China
Ixion and Quirinus of Rome
Prometheus of Caucasus
Mohamud, Mahomet of Arabia
Arinna (Hebat) of the Hittites (Syrian)
Jesus Christ of the Christian Solar Sect
Varuna, Surya and Agni of the Hindus
Ahura Mazda of the Persians
Helios and Sol of the Romans
Utu and Shamash of the Sumerians and Babylonians
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