

Equinox Message March Equinox, 2026

As we approach the Vernal Equinox in the Northern Hemisphere, and the Autumnal Equinox in the Southern Hemisphere, one of the two days each year at which the length of the day is exactly the equal to the length of the night, we see a striking reminder of the periodicity of nature. In ancient times, the occurrence of the equinoxes was one of the subtler of phenomena demonstrating that periodicity. The most obvious example was, of course, the daily rising and setting of the sun, followed by the 28-day cycle of the waxing and waning of the moon. The lengthening and shortening of the daylight hours happen with a period that requires an entire year to complete, and that repeating pattern may have been humankind's first indication that our planet travels around the sun, rather than the other way around.

As time went on humanity discovered other phenomena which have a periodic or vibrational nature. The planets move through the heavens in patterns which may take tens of years to repeat themselves. A tightly stretched string, when plucked, vibrates with a unique and particular shape. Indeed, if one were to track the length of the daytime over the course of a year and make a graph of it, one would see that it takes exactly the same shape as a vibrating guitar string, or a ripple on a pond of water. The points of balance that we honor as the Equinoxes occur twice in a year. The points of balance of the ripples on a pond occur many times in a second. But their natures are identical. The same pattern occurs everywhere in nature. From the waves on the ocean to the mathematical functions which describe abstract quantum mechanical systems, the form is the same. The vibrations in the air that we call sound occur thousands of times in a second, the vibrations of electromagnetic fields that we call light may occur more than trillions of times every second. And our solar system moves back and forth across the plane of the milky way galaxy in a cycle that occurs only once in about thirty million years. But still, the form is the same. And it's not just the outside world that revolves in cycles. In our inner lives too, we have our daily cycle of sleep and wakefulness. We have various physiological and psychological cycles with time scales weeks and months. We live through economic and political cycles which may have time scales of months, years decades and centuries.

As spiritual aspirants we cannot escape the cyclical nature of creation. Even the Masters of Wisdom are subject to the ebb and flow of life. We cannot seek to escape the cyclical nature of creation, but we can seek to transcend it. In Qabalah, the sephirah Kether, the highest sephirah on the tree of life, is called "The Beginning of the Whirlings", and the other sephiroth are each and every one, expressions of that whirling vibrational energy pervading the universe and expressing itself in every facet of life. But there is something beyond Kether. Something ineffable, indescribable. Just as time has its source in the timeless, so the vibrational nature of creation has its source in the uncreated. It is our goal, it is our work, as spiritual aspirants, to find that place within ourselves that is timeless and changeless. As we say in our Vibratory Attunement ritual: "Through all change I have borne witness to a God who never changes."

The day of the Equinox is a good time to remind ourselves of our aspiration, and to rededicate ourselves to its unfolding in our lives.