



# Learning the Prime Directions and Energetic Metaphors are the start to your journey as a Digital Nomads.

Prime Directions known as the “Dauh” in the Balinese energetic calendar cycles determine the distribution of time throughout the day. These energetic directions are based on the Wariga system, which is a science that teaches the three harmonious paths (people to people, people to nature and people to universal consciousness) known as Tri Hita Karana that can be action research via an ancient energetic cycles and integrated within via “taksu” spiritual energy (aka bioelectric) connections.

The essence of understanding the Wariga Science is to identify specific times and space that are energetically favorable for various activities. We have used energetic metaphors to help you deeply connect to your feeling and intuiting; sensing to the essence of each moment, which is essential for your “taksu” spiritual energy developments. The Prime Directions and Energetic Metaphors also helps in determining auspicious or inauspicious days to begin work, meeting with people and the energy may be directed within the quantum fields. These energetics also define other important timing in our daily life; energetic cycles that guide practitioners in making choices that lead to their best outcomes.

In most indigenous cycles, the change of the day begins at sunrise which typically occurs at 05:30 AM (Solar (sun) based bioregion). According to ancient traditions, the day officially starts as the sun rises; usually between 05:30 to 06:00 am, with the standard time being 05:30 AM.

The Panca Dauh system divides the day into 10 parts, with five parts for daylight (from sunrise to sunset) and five for nighttime (from sunset to the next sunrise). These energetic cycles help Wariga Science practitioners make informed choices about the timing of their activities and align themselves with the larger energetic cycles and detailed behavior energetics, from micro to macro (heart mind coherence) developments for harmonious living, learning and of course self-healing.

## ENERGETICS FROM PRIME DIRECTIONS:

### Red = Negative Energy & Blue = Positive Energy

Important to connect to the energetics of the prime directions and sense the connections for later developments of your spiritual energy, coined as “Taksu” here in Bali.

	EAST	WEST	NORTH	SOUTH
Sunday	U	R	M	A
Monday	U	R	S	H
Tuesday	U	R	S	M
Wednesday	U	S	H	R
Thursday	U	R	S	H
Friday	R	H	U	S
Saturday	R	H	U	R

<b>S</b> ymbiotic	Energetic offer a mutually beneficial resolution.
<b>H</b> opeful	Energetic brings promising news and future planning.
<b>A</b> dvisor	Energetic will channel positive guidance for both.
<b>R</b> esilience	Energetic will ignite challenges and demand dedication.
<b>U</b> plift	Energetic will provide powerful empowerment.
<b>M</b> alice	Energetic comes with ill will.

*Acronyms of S.H.A.R.U.M represents is Great Leader, Discipline, Protector in the Persian language.*

*For instance, if guests and you are traveling and arriving on Sunday from the South, “energetic will channel positive guidance for both.”*

## PANCA DAUH – FIVE SECTIONS TIMING AND ENERGY

### BASIC: Red = Negative Energy & Blue = Positive Energy

Important to connect to the energetics of metaphors for Taksu Spiritual Developments!

	DAY	NIGHT	Energetic Metaphors for Sensing & Intuiting
SUNDAY	05.30 - 07.45	17.30 - 19.45	<b>Slipping through fingers, empty palm</b>
	07.48 - 10.18	19.45 - 22.8	Completing the picture; shared journey
	10.18 - 12.42	22.18 - 24.42	<b>Stormy seas; testing strength of ship</b>
	12.42 - 15.06	24.42 - 03.06	Happiness; sunshine that warms the soul
	15.06 - 17.30	03.06 - 05.30	<b>Danger's lurking shadow, ready to pounce</b>
MONDAY	05.30 - 07.45	17.30 - 19.45	<b>Flames of desire, burning fiercely within heart</b>
	07.45 - 10.18	19.45 - 22.18	Happiness; sunshine that warms the soul
	10.18 - 12.42	22.18 - 24.42	<b>Lurking storm cloud, rain on our parade</b>
	12.42 - 15.06	24.42 - 03.06	Happiness; sunshine that warms the soul
	15.06 - 17.30	03.06 - 05.30	Abyss beneath our steps, catching off guard
TUESDAY	05.30 - 07.45	17.30 - 19.45	<b>Distant thunder, signaling approaching storm</b>
	07.45 - 10.18	19.45 - 22.18	<b>Lurking storm cloud, rain on our parade</b>
	10.18 - 12.42	22.18 - 24.42	Happiness; sunshine that warms the soul
	12.42 - 15.06	24.42 - 03.06	Silver lining in sky of life
	15.06 - 17.30	03.06 - 05.30	Silver lining in sky of life
WEDNESDAY	05.30 - 07.45	17.30 - 19.45	Completing the picture; shared journey
	07.45 - 10.18	19.45 - 22.18	Happiness; sunshine that warms the soul
	10.18 - 12.42	22.18 - 24.42	<b>Danger's lurking shadow, ready to pounce</b>
	12.42 - 15.06	24.42 - 03.06	Silver lining in sky of life
	15.06 - 17.30	03.06 - 05.30	Silver lining in sky of life
THURSDAY	05.30 - 07.45	17.30 - 19.45	<b>Barren field, dreams struggle to take root</b>
	07.45 - 10.18	19.45 - 22.18	Tightrope over a safety net; <b>one misstep to chaos</b>
	10.18 - 12.42	22.18 - 24.42	<b>Broken heart; shattered vase of memories</b>
	12.42 - 15.06	24.42 - 03.06	Completing the picture; shared journey
	15.06 - 17.30	03.06 - 05.30	Silver lining in sky of life
FRIDAY	05.30 - 07.45	17.30 - 19.45	Silver lining in sky of life
	07.45 - 10.18	19.45 - 22.18	<b>Into lion's den, danger lurks every turn</b>
	10.18 - 12.42	22.18 - 24.42	Completing the picture; shared journey
	12.42 - 15.06	24.42 - 03.06	<b>Flames of desire, burning fiercely within heart</b>
	15.06 - 17.30	03.06 - 05.30	Silver lining in sky of life
SATURDAY	05.30 - 07.45	17.30 - 19.45	<b>Bitter taste of disappointment in life's cup</b>
	07.45 - 10.18	19.45 - 22.18	<b>Abyss beneath steps, catching off guard</b>
	10.18 - 12.42	22.18 - 24.42	<b>Abyss beneath steps, catching off guard</b>
	12.42 - 15.06	24.42 - 03.06	Silver lining in sky of life
	15.06 - 17.30	03.06 - 05.30	Silver lining in sky of life

*Fridays and Tuesday's energy comes with level of obscurity or uncertainty for our emotions. Tuesday's higher sea waves and heavier rain are potentially challenging or turbulent day. On the other days, the expectation is milder, less intense weather, possibly a sense of relief or normalcy.*