

# **ESOTERIC VITAMINS** FOR YOUR SPIRITUAL HEALTH

A 2024 CALENDAR







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# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

YES, YES, I KNOW, I KNOW, WOWWWW MAAAAAN. BUT WAIT! NUTRITIONISTS HAVE KNOWN FOR CENTURIES THAT SPECIFIC COMPOUNDS ARE VITAL TO HEALTH AND VITALITY. WHAT'S SO HARD ABOUT IMAGINING NONPHYSICAL NUTRIENTS AS WELL? MAYBE POSITIVITY AND KINDNESS ARE KINDA WOOWOO, BUT THAT DOESN'T MAKE THEM WRONG. IT CAN BE TEDIOUS DRAWING THE LINE BETWEEN "GOOD" AND "BAD", BUT THERE'S NO PROBLEM AT ALL WITH DISCERNING THE DIFFERENCE BETWEEN "SICK" AND "HEALTHY". SO LET'S GET TREATING THOSE ELECTION YEAR BLUES WITH SOME GOOD OL' WHOLESOME THOUGHTS AND ACTIONS. WHAT THE HECK, IT CAN'T HURT.

## JANUARY 2025

SUN	MOON	TIW	WOTAN <small>NOO YEAR'S DAY</small>	THOR	FREYA	SATURN
			1 	2	3	4
	<small>EPIPHANY</small>					
5	6	7	8	9 	10	11
12	13	14	15	16 	17	18
	<small>M.L.K. JR. BIRTHDAY (OBS)</small>					
19	20	21	22	23 	24	25
26	27	28	29	30	31	

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN Z: SLEEP

BECAUSE IT KNITS UP THE RAVELED  
SLEEVE OF CARE. CHECKED YOUR SLEEVES  
LATELY?

### JANUARY 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
	NOO YEAR'S DAY					EPIPHANY
	1	2	☾	3	4	5
7	8	9	10	●	11	12
14	15	16	☽	17	18	19
	MLK JR. BIRTHDAY (OBS)					
21	22	23	24	○	25	26
28	29	30	31			

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN F: FAMILY/ FRIENDS

TO HECK WITH YOUR ENEMIES: KEEP YOUR FAMILY AND FRIENDS CLOSEST. WE'RE A SOCIAL SPECIES AND WE THRIVE BEST IN GROUPS.

### DECEMBER 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
1	2	3	4	5	6	7
D 8	9	10	11	12	13	14
○ 15	16	17	18	19	20	21 WINTER SOLSTICE
◐ 22	23	24	CHRISTMAS DAY 25	26	27	28
29	● 30	31				

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN Y: YOU

IN THE MIDST OF SAVING THE WORLD,  
DON'T FORGET THE ADAGE OF RESCUE  
DIVERS: "ONE RESCUE AT A TIME."

### FEBRUARY 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
					LADY DAY	
				1		2
3						
4	5	6	7	8		9
		MARDI GRAS	VALENTINE'S DAY			10
11	12	13	14	15		16
	PRESIDENTS' DAY					
18	19	20	21	22	23	
24						
25	26	27	28	29		

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## VITAMIN G: GRATITUDE

OVERHYPED? SURE. BUT GRATITUDE IS  
THE SOVEREIGN CURE FOR RESENTMENT.  
AND RESENTMENT IS SOCIAL AND  
PSYCHOLOGICAL POISON.

### NOVEMBER 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
					ALL SAINTS DAY	ALL SOULS DAY
					● 1	2
DAYLIGHT SAVINGS TIME ENDS		<b>VOTE!</b>				
3	4	5	6	7	D 8	9
	VETERANS DAY					
10	11	12	13	14	○ 15	16
17	18	19	20	21	☾ 22	23
				THANKSGIVING		
24	25	26	27	28	29	● 30

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN X: EXERCISE

THERE IS NO SUBSTITUTE FOR SWEAT  
AND FAST BREATH. MORE IS BETTER,  
BUT ANY IS BETTER THAN NONE. DON'T  
DELAY, START TODAY!

### MARCH 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
					1	2
☾ 3	4	5	6	7	8	9
DAYLIGHT SAVINGS TIME BEGINS						
● 10	11	12	13	14	15	☽ 16
ST PATRICK'S DAY		VERNAL EQUINOX				
17	18	19	20	21	22	23
24 PURIM						
EASTER 31	○ 25	26	27	28	29	30

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN H: HUGS

SOCIAL SPECIES, REMEMBER? PHYSICAL CONTACT. BUT IN ORDER TO PROPERLY RECEIVE IT, ALSO "HYGENE."

### OCTOBER 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
		1 ●	2	3	4	5
6	7	8	9	D	10	11
	INDIGENOUS PEOPLES' DAY					
13	14	15	16	○	17	18
20	21	22	23	◐	24	25
				ALL HALLOW'S EVE		
27	28	29	30	31		



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## VITAMIN W: WATER

THIS WOULD BE "HYDRATION", BUT "H"  
IS TAKEN.

### APRIL 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
	ALL FOOL'S DAY  1	2	3	4	5	6
7	 8	9	10	11	12	13
14	 15	16	17	18	19	20
	EARTH DAY PASSOVER  22	 23	24	25	26	27
28	29	30				

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## VITAMIN J: JOY

WITHOUT JOY, NONE OF THE OTHER  
VITAMINS ARE WORTH TAKING. TRUST  
ME ON THIS.

### SEPTEMBER 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
	LABOR DAY					
1	●					7
8		D				14
15		○				21
AUTUMNAL EQUINOX						
22		☾				28
29						
30						

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN P: PURPOSE

DO SOMETHING!

### MAY 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
			MAY DAY			
			☾ 1	2	3	4
5	6	●	7	8	9	10
MOTHER'S DAY						
12	13	14	☽ 15	16	17	18
19	20	21	22	○	23	24
	MEMORIAL DAY (OBS)					
26	27	28	29	☾	30	31

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN L: LOVE

“FAITH, HOPE AND LOVE, BUT THE  
GREATEST OF THESE IS LOVE.”

YEAH, IT'S IN THE BIBLE. WHAT?

### AUGUST 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
				1	2	3
● 4	5	6	7	8	9	10
11	D 12	13	14	15	16	17
18	○ 19	20	21	22	23	24
25	☾ 26	27	28	29	30	31

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN N: NOVELTY

BOREDOM CAN BE WORSE THAN PAIN,  
BECAUSE THERE'S NO ANALGESIC FOR  
ANESTHESIA.

### JUNE 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
						1
2	3	4	5	●	6	7
9	10	11	12	☾	13	14
FATHER'S DAY			JUNETEENTH	SUMMER SOLSTICE		
16	17	18	19	20	○	21
23						
30	24	25	26	27	D	28
						29

# ESOTERIC VITAMINS FOR YOUR SPIRITUAL HEALTH

## VITAMIN M: MONEY

LOVE IT OR HATE IT, WITHOUT IT YOU  
CAN'T HAVE ANYTHING ELSE, IN THIS  
WORLD ANYWAY.

WHICH KINDA MAKES IT VITAMIN J'S  
GRUMPY TWIN.

### JULY 2024

SUN	MOON	TIW	WOTAN	THOR	FREYA	SATURN
				INTERDEPENDENCE DAY		
	1	2	3	4	●	5
6	7	8	9	10	11	12
						D
13	14	15	16	17	18	19
20	21	22	23	24	25	26
						☾
27	28	29	30	31		