

Corn and Maya Time Corn and Calendar Tradition

Sac Ha'

Since ancient times, the Sac Ha' ceremony has been conducted by Maya farmers in the Yucatán, México.

This ceremony is presented several times per year and is offered during key stages in the growth cycle of corn.

Sac Ha', which means "white water" in Yucatec Mayan, is tied to the annual solar cycle and the Haab calendar.

The sacred beverage is prepared with boiled corn that is ground and mixed with water gathered from morning dew or from the depths of a cave.

The Sac Ha' is presented on a special altar made of wood. The four stones under the altar represent the cardinal directions. The stone in the center marks the vertical connection between the Earth and the sky.

The Sac Ha' is a powerful tradition, and grandparents warn future generations that these ceremonies must continue in the same place and at the same time every year. Otherwise, the Earth will be out of balance.