

Legends of the Phoenix

A Basis in Biblical History

*The bird proudly willing to burn,
So that he may live again,
Chooses the flames of fires
That burn the aged Phoenix
The nature stands still
Till a new young bird starts again,
and begins the legend of the Phoenix. - Claudian*

Most ancient cultures have their Legends of the Phoenix. A common theme of these traditions is the death and renewal of this mythical bird after a certain number of years. In what is believed to be one of the oldest Indo-European language texts, the Rig Veda, calls this mythical bird the Vena. Ancient Egypt associated this legend with the Bennu bird and the Palm tree. Modern Greek tradition calls this bird the Phoenix. While each of these culture's legends has a common theme they vary widely as to the number of years they claim for the renewal of the Phoenix. So much so it led the 17th century German scholar, George Caspard Kirchmayer, to write the following:

“This creature is quite a myth, and has never been seen except in pictures (I used the words of Herodotus). No man has ever seen it in true reality. Except a “ ‘tis said,” “ ‘tis reported,” “ ‘tis a tale,” or “so they say,” no one can bring forward a clear statement in regard to the matter. I regard as impossible, absurd, and openly ridiculous whatever, except in the way of a fiction, has been told of this creature. Such a belief as that in the phoenix is a slander against Holy Writ, nature, and sound reason. Faced with such a hostile world, the Western phoenix withdrew to the land of fable.”

Is the legend of the Phoenix a myth? Or is it, as it is with many traditions, a legend built in part upon the ashes of some ancient historical truth? Perhaps we might find clues to the identity of the Phoenix in the details of the various traditions.

Jewish Legends of the Phoenix

Jewish tradition from the Bereshit Rabbah (19:5) states the following concerning their legend of the Phoenix:

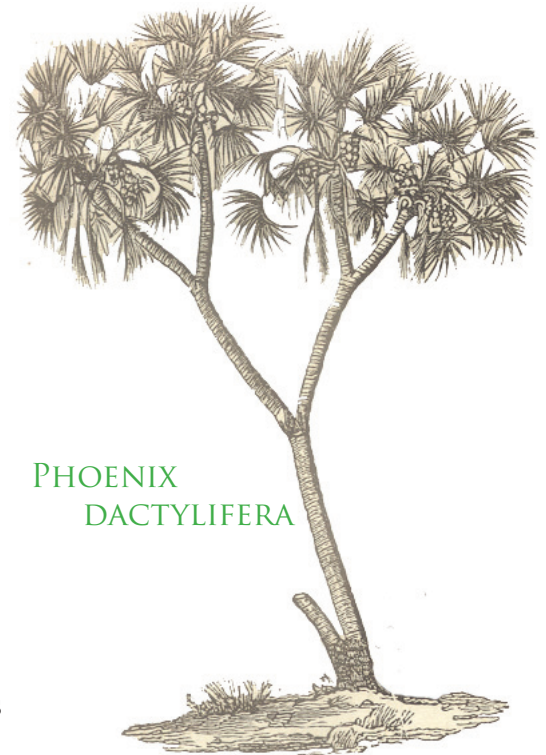
“[Eve] gave the cattle, beasts, and birds to eat of it [i.e. the forbidden fruit from the tree of knowledge]. All obeyed her and ate thereof, except a certain bird named chol, as it is written, “Then I said: I shall die with my nest, and I shall multiply my days as the chol .”

Rabbi Shelomo Yitzhaki or Rashi as he was commonly called had this to say concerning the Phoenix:

“It is a bird whose name is chol, and death has no power on it, because it did not taste the fruit from the tree of knowledge. At the end of thousand years it renews itself, and returns to his youth.”

Rabbinic tradition believed the Phoenix or “chol” is what was referenced in Job 29:18-19 were it states the following:

¹⁸ Then I said, I shall die in my nest, and I shall multiply my days as the sand {chol}. ¹⁹ My root was spread out by the waters, and the dew lay all night upon my branch. - Job 29:18-19



The English word “sand” in verse 18 is the Hebrew word “chol”. This association of the Phoenix with “chol” is further confirmed by the LXE and TNK translations of Job 29:18-19: Notice in the verses below the association of the Phoenix with Palm Tree as in ancient Egypt.

LXE Job 29:18-20 ¹⁸ And I said, My age shall continue as the stem of a palm-tree; I shall live a long while. ¹⁹ My root was spread out by the water, and the dew would lodge on my crop. ²⁰ My glory was fresh in me, and by bow prospered in his hand.

TNK Job 29:18-19 ¹⁸ I thought I would end my days with my family, And be as long-lived as the phoenix, ¹⁹ My roots reaching water, And dew lying on my branches;

It seems the Jewish legend of the Phoenix involves a mythical bird the Chol. This bird because it did not partake of the forbidden fruit was “taken” to heaven to live for a 1000 years.

Greek Legends of the Phoenix

The modern usage of the term Phoenix comes from the Greek association with the Date Palm. In ancient Egypt the Bennu bird and the Date Palm were given the same name and in many cases were considered synonymous. Some historians speculate the Greeks associated the purple color of the murex shellfish, made famous by the Phoenicians, with the similar purple color of the Date Palm fruit. Hence they believe the term Phoenix was applied to the Bennu bird / Date Palm idea of renewal of the ancient Egyptians. This association was understood in later Medieval thought as shown by Juan de Horozco’s *Sacra symbola* (Agrigento 1601)(on the right). In this Latin book of emblems he shows the Phoenix nesting in the Palm tree. As already mentioned this same idea is found in various translations of Job 29:18-19 where the Palm Tree and the Phoenix were used interchangeably.



According to many accounts of the Greek legend, the Phoenix was reborn or renewed after 500 years (Herodotus, Ovid, Mandeville). Pliny gives 540 years. The historian, Tacitus, in his *Annals* (VI 29), give both 500 years and 1461 years as the lengths of the Phoenix cycle. In addition the Jewish traditions, Martial, Claudian, Lactantius and Nonno also ascribe 1000 years to the Phoenix cycle. R. Stuart Pool argued the cycle was 1460 years. It was his opinion the Phoenix cycle was synonymous with the Egyptian Sothic cycle.

Chinese, Indian and Native American Legends of the Phoenix

In China, the legend centers around Fung or Geng-Huang. This mythical bird comes to earth to help in the development of mankind and then returns to heaven. In India the bird was called the Vena and the native Americans called it the Thunderbird.

Egyptian Legends of the Phoenix

Most traditions concerning the Phoenix appear to originate in the legends of ancient Egypt. It was in Egypt where the Bennu bird (a heron or stork like bird) and the Palm tree are 1st associated with the Phoenix legend. Interestingly a Palm tree or Palm shoot is the hieroglyph for the 365 day year in ancient Egypt. Horapollinis in his *Hieroglyphica* (1595) states the following concerning the year:

Palm - Hieroglyph
the symbol used
for the year in
Ancient Egypt



1.03—When they would represent a year, they delineate Isis, i.e., a woman. When they would represent the year otherwise, they delineate a Palm Tree [branch], because of all others this tree alone at each renovation of the moon produces one additional branch, so that in twelve branches the year is completed.

On the surface it does not appear obvious why the Egyptians associated the Bennu bird and the Palm Tree with the Phoenix. We know both Jewish and Greek thought realized this association but they do not give a reason for it. The symbolism of a bird's renewal or rebirth and flight into heaven is a common theme regardless of the tradition. But where does the Palm Tree fit into this symbolism? It is obvious from the Latin name for the Palm Tree (*Phoenix dactylifera*) that there is some relationship between the Palm Tree and the Phoenix idea. What is the relationship?

We know from Egyptian and Greek thought the Palm tree was representative of the year cycle of 365 or 365.25 days. It appears the ancient Egyptian traditions concerning the Phoenix cycle and its associated legends have origins in a much earlier civilization. A careful investigation of the chronology of ancient Egypt shows the Phoenix cycle was associated with their dynastic calculations. Whatever the root of the Phoenix legend it has had a profound impact on the collective consciousness of ancient chronologists.

Even those who do not believe the Bible is an "inspired" text may appreciate the Biblical version of the Phoenix legend. In fact, it is the Biblical narrative which provides the key to understanding the various legends associated with the Phoenix.

In ancient Egypt the Pa prefix to a proper name designates the "father of the house of" or "the house of" that person. Phoenix or Ph - Oenix (Pa-Hanok) is the Grecianised form of the Egyptian title for the "house of" Hanok or Enoch. The Legend of the Phoenix is nothing more than the ancient traditions concerning the life of Biblical hero Enoch. According to the Biblical narrative Enoch was taken to Heaven after 365 years. In ancient Egypt this was considered a "great year". Hence the Date Palm tree (*Phoenix dactylifera*) is the designated hieroglyphic for the year. This might also explain the Jewish and Egyptian traditions concerning the Phoenix and the Palm tree as mentioned above. According to the Biblical narrative,

Herodotus- *"They have also another sacred bird called the phoenix which I myself have never seen, except in pictures. Indeed it is a great rarity, even in Egypt, only coming there (according to the accounts of the people of Heliopolis) once in five hundred years, when the old phoenix dies. Its size and appearance, if it is like the pictures, are as follow:- The plumage is partly red, partly golden, while the general make and size are almost exactly that of the eagle. They tell a story of what this bird does, which does not seem to me to be credible: that he comes all the way from Arabia, and brings the parent bird, all plastered over with myrrh, to the temple of the Sun, and there buries the body. In order to bring him, they say, he first forms a ball of myrrh as big as he finds that he can carry; then he hollows out the ball, and puts his parent inside, after which he covers over the opening with fresh myrrh, and the ball is then of exactly the same weight as at first; so he brings it to Egypt, plastered over as I have said, and deposits it in the temple of the Sun. Such is the story they tell of the doings of this bird."*

Enoch in his 365th year, "walked with God" and he was taken to heaven. According to Hebrews 11:5 Enoch was "translated" because he pleased God. According to Biblical chronology it was the 987th year from Adam (*almost 1000 yrs.*) when this translation of Enoch (Phoenix) occurred. This 987th year (*rounded*) may be the basis for the legend of the 1000 year phoenix cycle. This 1000 year cycle of Jewish and Greek tradition is further strengthened by the following interesting "coincidence". In times past the ancient Egyptian Calendar consisted of a year of 360 days (*12 months of 30 days*). Every 5 or 6 years an intercalary month of 30 days was added. This system naturally resulted in a 103 year cycle. Now 900 years of 360 days was 324,000 days. 100 years of 365 days was 36,500 days. Numerically this 900 + 100 years was 1000 years. These 1000 years were equal to 360,500 days. The 987th year from Adam, when Enoch was translated, is equal to 360,495 days. This almost exact coincidence (*within 5 days*) may also have been the basis for the tradition of the 1000 year Phoenix cycle.

Many of the other traditions for the length of the phoenix cycle can be shown to have some relationship to the chronology of the life of Enoch. Some cycles are relative to Enoch's age of 365 years at his ascension into heaven. Others are relative to the 987 years from Adam to Enoch's ascension. A few examples are

Hebrews 11:5 ⁵ *By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.*

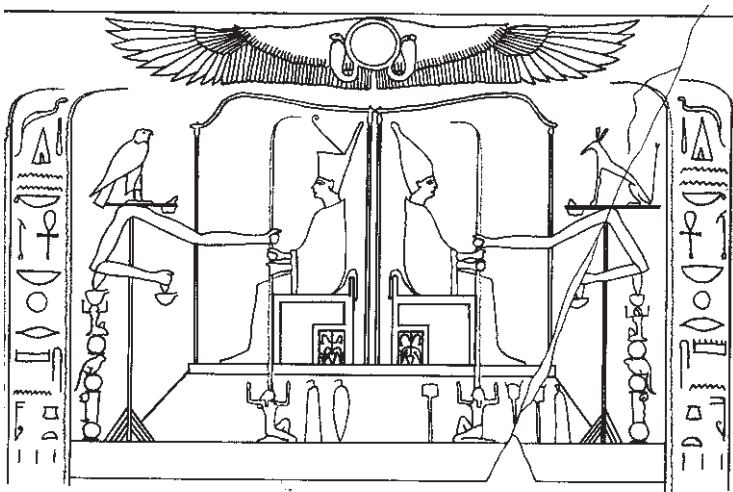
Genesis 5:23-24 ²³ *And all the days of Enoch were three hundred sixty and five years: ²⁴ And Enoch walked with God: and he was not; for God took him.*



The Phoenix
from Wilkinson's manners and
customs of the ancient Egyptians

adequate to illustrate the point. Both 1460 and 1461 years have been claimed by some to represent the Phoenix cycle. 1460 and 1461 are 4×365 and 4×365.25 years respectively. Both are 4 cycles of Enoch's life. The 500 years of the Greeks is half the earlier traditions of the 1000 years of the Hebrews and Egyptians. In ancient Egypt one of the most important cycles in their dynastic chronology is the 329 years cycle. This 329 year cycle is $1/3$ of the 987 years of Enoch from Adam. This cycle is likely the original lost Phoenix cycle of the ancient Egyptians.

It seems the ancient traditions of the Phoenix legend, regardless of their origin, have a common root in the Biblical narrative of Enoch. The various legendary cycles of the *House of Enoch* (Pa Enoch or Phoenix) can be shown to have a common root in dynastic chronologies of Genesis. A case can also be made that the ancient Egyptians likely inherited much of their cyclical traditions from this earlier civilization. The Biblical chronology from Adam to Noah shows they were aware or possibly originated the ancient cycles of Sed festival, the Sep Tep Sed festival, the 103 year intercalary cycle, the 329 year (*Phoenix*) cycle, the 1460 Year Sothic cycle, and 365 "great year" cycle. Each of these cycles figures prominently in the Biblical chronology. Many of these cycles are associated with Legend of the Phoenix or as we now know the traditions surrounding the Biblical hero Enoch.



1 Palm branches presented to the king, lintel of Sesostris III, from Naq el- Madamud. Twelfth Dynasty.

Mandeville- *"In Egypt is the city of Heliopolis, that is to say, the city of the Sun. In that city there is a temple, made round after the shape of the Temple of Jerusalem. The priests of that temple have all their writings, under the date of the fowl that is clept phoenix; and there is none but one in all the world. And he cometh to burn himself upon the altar of that temple at the end of five hundred year; for so long he liveth. And at the five hundred years' end, the priests array their altar honestly, and put thereupon spices and sulphur and other things that will burn lightly; and then the bird phoenix cometh and burneth himself to ashes. And the first day next after, men find in the ashes a worm; and the second day next after, men find a bird quick and perfect; and the third day next after, he flieth his way. And so there is no more birds of that kind in all the world, but it alone, and truly that is a great miracle of God. And men may well liken that bird unto God, because that there is no God but one; and also, that our Lord arose from death to life the third day. This bird men see often- time fly in those countries; and he is not mickle more than an eagle. And he hath a crest of feathers upon his head more great than the peacock hath; and is neck his yellow after color of an oriel that is a stone well shining, and his beak is colored blue as ind; and his wings be of purple color, and his tail is barred overthwart with green and yellow and red. And he is a full fair bird to look upon, against the sun, for he shineth full gloriously and nobly."*

Credit for many of the ideas for this essay must be given to D. Davidson. It was from his Pyramid Records on the Great Pyramid that I first read about the association between Enoch and the legend of the phoenix. For those who may be interested in a more detailed explanation of the relationship between the cycles mentioned above and the Biblical chronology of Genesis, I have included my adaptation of some of Davidson's old tables. The information is the same with a slight change in some of the formatting.

Table II
Ancient Intercalary Cycle and its Intercalary Periods

Cyclic years' duration	Intercalated 360 days Calendar Year. Duration on Cycle		Intercalated 365 days' Calendar Year. Duration on Cycle		Number of days in mean years of Cycle Days
	In Months	In Days	In Months	In Days	
6	73	2190	73	2190	2191.45632
11	134	4020	134	4020	4017.66992
17	207	6210	207	6210	6209.12624
23	280	8400	280	8400	8400.58256
28	341	10230	341	10230	10226.79616
34	414	12420	414	12420	12418.25248
40	487	14610	487	14610	14609.7088
46	560	16800	560	16800	16801.16512
51	621	18630	621	18630	18627.37872
57	694	20820	694	20820	20818.83504
63	767	23010	767	23010	23010.29136
68	828	24840	828	24840	24836.50496
74	901	27030	901	27030	27027.96128
80	974	29220	974	29220	29219.4176
86	1047	31410	1047	31410	31410.87392
91	1108	33240	1108	33240	33237.08752
97	1181	35430	1181	35430	35428.54384
103	1254	37620	1254	37620	37620.0000

Table III

THE CONSTRUCTION OF THE INTERCALARY CYCLE OF 103 YEARS

Cyclic Years' Duration	Cumulative Days for Duration in Mean Years of Cycle	360 Days' Calendar Year.			365 Days Calendar Year.		
		Duration On Cycle		Day I Month I Commencing Before (-) or After (+) Beginning of Mean year of	Duration On Cycle		Day I Month I Commencing Before (-) or After (+) Beginning of Mean year of
		In Months	In Days	Cycle	In Months	In Days	
0	0	0	0	0.00	0	0	0.000
1	365.24272	12	360	-5.24	12 1/6	365	-0.243
2	730.48544	24	720	-10.49	24 1/3	730	-0.485
3	1095.72816	36	1080	-15.73	36 1/2	1095	-0.728
4	1460.97088	48	1440	-20.97	48 2/3	1460	-0.971
5	1826.2136	60	1800	-26.21	60 5/6	1825	-1.214
6	2191.45632	72	2160				
Intercalary month added		(+1)	(+30)	-1.46	73	2190	-1.456
		73	2190				
7	2556.69904	85	2550	-6.70	85 1/6	2555	-1.699
8	2921.94176	97	2910	-11.94	97 1/3	2920	-1.942
9	3287.18448	109	3270	-17.18	109 1/2	3285	-2.184
10	3652.4272	121	3630	-22.43	121 2/3	3650	-2.427
11	4017.66992	133	3990			4015	
Intercalary month added		(+1)	(+30)	2.33	134	(+5)	2.330
5 Intercalary days added		134	4020			4020	
12	4382.91264	146	4380	-2.91	146 1/6	4385	2.087
13	4748.15536	158	4740	-8.16	158 1/3	4750	1.845
14	5113.39808	170	5100	-13.40	170 1/2	5115	1.602
15	5478.6408	182	5460	-18.64	182 2/3	5480	1.359
16	5843.88352	194	5820	-23.88	194 5/6	5845	1.116
17	6209.12624	206	6180				
Intercalary month added		(+1)	(+30)	0.874	207	6210	0.874
		207	6210				
18	6574.36896	219	6570	-4.37	219 1/6	6575	0.631
19	6939.61168	231	6930	-9.61	231 1/3	6940	0.388
20	7304.8544	243	7290	-14.85	243 1/2	7305	0.146
21	7670.09712	255	7650	-20.097	255 2/3	7670	-0.097
22	8035.33984	267	8010	-25.34	267 5/6	8035	-0.340
23	8400.58256	279	8370				
Intercalary month added		(+1)	(+30)	-0.583	280	8400	-0.583
		280	8400				
24	8765.82528	292	8760	-5.83	292.16	8765	-0.825
25	9131.068	304	9120	-11.07	304 1/3	9130	-1.068
26	9496.31072	316	9480	-16.31	316 1/2	9495	-1.311
27	9861.55344	328	9840	-21.55	328 2/3	9860	-1.553
28	10226.79616	340	10200			10225	
Intercalary month added		(+1)	(+30)	3.204	341	(+5)	3.204
5 Intercalary days added		341	10230			10230	
29	10592.03888	353	10590	-2.04	353 1/6	10595	2.961
30	10957.2816	365	10950	-7.28	365 1/3	10960	2.718
31	11322.52432	377	11310	-12.52	377 1/2	11325	2.476
32	11687.76704	389	11670	-17.77	389 2/3	11690	2.233
33	12053.00976	401	12030	-23.01	401 5/6	12055	1.990
34	12418.25248	413	12390				
Intercalary month added		(+1)	(+30)	1.748	414	12420	1.748
		414	12420				
35	12783.4952	426	12780	-3.50	426 1/6	12785	1.505

36	13148.73792	438	13140	-8.74	438 1/3	13150	1.262
37	13513.98064	450	13500	-13.98	450 1/2	13515	1.019
38	13879.22336	462	13860	-19.22	462 2/3	13880	0.777
39	14244.46608	474	14220	-24.47	474 5/6	14245	0.534
40	14609.7088	486	14580				
Intercalary month added		(+1)	(+30)	0.291	487	14610	0.291
		487	14610				
41	14974.95152	499	14970	-4.95	499 1/6	14975	0.048
42	15340.19424	511	15330	-10.19	511 1/3	15340	-0.194
43	15705.43696	523	15690	-15.44	523 1/2	15705	-0.437
44	16070.67968	535	16050	-20.68	535 2/3	16070	-0.680
45	16435.9224	547	16410	-25.92	547 5/6	16435	-0.922
46	16801.16512	559	16770				
Intercalary month added		(+1)	(+30)	-1.165	560	16800	-1.165
		560	16800				
47	17166.40784	572	17160	-6.41	572 1/6	17165	-1.408
48	17531.65056	584	17520	-11.65	584 1/3	17530	-1.651
49	17896.89328	596	17880	-16.89	596 1/2	17895	-1.893
50	18262.136	608	18240	-22.14	608 2/3	18260	-2.136
51	18627.37872	620	18600			18625	
Intercalary month added		(+1)	(+30)	2.621	621	(+5)	2.621
5 Intercalary days added		621	18630			18630	
52	18992.62144	633	18990	-2.62	633 1/6	18995	2.379
53	19357.86416	645	19350	-7.86	645 1/3	19360	2.136
54	19723.10688	657	19710	-13.11	657 1/2	19725	1.893
55	20088.3496	669	20070	-18.35	669 2/3	20090	1.650
56	20453.59232	681	20430	-23.59	681 5/6	20455	1.408
57	20818.83504	693	20790				
Intercalary month added		(+1)	(+30)	1.165	694	20820	1.165
		694	20820				
58	21184.07776	706	21180	-4.08		21185	0.922
59	21549.32048	718	21540	-9.32		21550	0.680
60	21914.5632	730	21900	-14.56		21915	0.437
61	22279.80592	742	22260	-19.81		22280	0.194
62	22645.04864	754	22620	-25.05		22645	-0.049
63	23010.29136	766	22980				
Intercalary month added		(+1)	(+30)	-0.291		23010	-0.291
		767	23010				
64	23375.53408	779	23370	-5.53		23375	-0.534
65	23740.7768	791	23730	-10.78		23740	-0.777
66	24106.01952	803	24090	-16.02		24105	-1.020
67	24471.26224	815	24450	-21.26		24470	-1.262
68	24836.50496	827	24810			24835	
Intercalary month added		(+1)	(+30)	3.495		(+5)	3.495
5 Intercalary days added		828	24840			24840	
69	25201.74768	840	25200	-1.75		25205	3.252
70	25566.9904	852	25560	-6.99		25570	3.010
71	25932.23312	864	25920	-12.23		25935	2.767
72	26297.47584	876	26280	-17.48		26300	2.524
73	26662.71856	888	26640	-22.72		26665	2.281
74	27027.96128	900	27000				
Intercalary month added		(+1)	(+30)	2.039		27030	2.039
		901	27030				
75	27393.204	913	27390	-3.20		27395	1.796
76	27758.44672	925	27750	-8.45		27760	1.553
77	28123.68944	937	28110	-13.69		28125	1.311
78	28488.93216	949	28470	-18.93		28490	1.068
79	28854.17488	961	28830	-24.17		28855	0.825
80	29219.4176	973	29190				
Intercalary month added		(+1)	(+30)	0.582		29220	0.582
		974	29220				

81	29584.66032	986	29580	-4.66		29585	0.340
82	29949.90304	998	29940	-9.90		29950	0.097
83	30315.14576	1010	30300	-15.15		30315	-0.146
84	30680.38848	1022	30660	-20.39		30680	-0.388
85	31045.6312	1034	31020	-25.63		31045	-0.631
86	31410.87392	1046	31380				
Intercalary month added		(+1)	(+30)	-0.874		31410	-0.874
		1047	31410				
87	31776.11664	1059	31770	-6.12		31775	-1.117
88	32141.35936	1071	32130	-11.36		32140	-1.359
89	32506.60208	1083	32490	-16.60		32505	-1.602
90	32871.8448	1095	32850	-21.84		32870	-1.845
91	33237.08752	1107	33210			33235	
Intercalary month added		(+1)	(+30)	2.912		(+5)	2.912
5 Intercalary days added		1108	33240			33240	
92	33602.33024	1120	33600	-2.33		33605	2.670
93	33967.57296	1132	33960	-7.57		33970	2.427
94	34332.81568	1144	34320	-12.82		34335	2.184
95	34698.0584	1156	34680	-18.06		34700	1.942
96	35063.30112	1168	35040	-23.30		35065	1.699
97	35428.54384	1180	35400				
Intercalary month added		(+1)	(+30)	1.456		35430	1.456
		1181	35430				
98	35793.78656	1193	35790	-3.79		35795	1.213
99	36159.02928	1205	36150	-9.03		36160	0.971
100	36524.272	1217	36510	-14.27		36525	0.728
101	36889.51472	1229	36870	-19.51		36890	0.485
102	37254.75744	1241	37230				
Intercalary month added		(+1)	(+30)	-24.76		37255	0.243
		1242	37620				
103	37620.00016	1253	37590	0.00		37620	0.000

Table IV
The Series Comprising the Period of the Cycle of 721 Years

No. of Series.	Interval in years.	Cumulative Years	Intercalary year of Table II. equivalent to Year of Series	Subtraction of periods of 103 years cycle from cumulative years of series to obtain year in preceding column.	
				120 -103 =17	Cumulative years of series. Deduct 103 = 1 Primary Solar Cycle Year of Tables II & III
1	120	120	17		
				240 -206 =34	Cumulative years of series. Deduct 206 = 2 Primary Solar Cycle Year of Tables II & III
2	120	240	34		
				360 -309 =51	Cumulative years of series. Deduct 309 = 3 Primary Solar Cycle Year of Tables II & III
3	120	360	51		
				480 -412 =68	Cumulative years of series. Deduct 412 = 4 Primary Solar Cycle Year of Tables II & III
4	120	480	68		
				601 -515 =86	Cumulative years of series. Deduct 515 = 5 Primary Solar Cycle Year of Tables II & III
5	121	601	86		
				721 -618 =103	Cumulative years of series. Deduct 618 = 6 Primary Solar Cycle Year of Tables II & III
6	120	721	103		

30 years	=	365	months of 30 days
60 years	=	730	months of 30 days
90 years	=	1095	months of 30 days
120 years	=	1461	months of 30 days

Birth of Enoch	622 A.K.
Interval of	1461 years
Hebrew date for the Call of Abram	2083 A.K.

Table V
The Antediluvian Dynasties of Genesis V.

The house of	Duration of Dynasty		The cyclic significance of the terminal dating
	From	To	
Adam	0 A.K.	930 A.K.	Commencement of last year of 31st Sed Festival from 0 A.K. Since $721+210 = 931$ years.
Sheth	130 A.K.	1042 A.K.	14 Sed Festivals (420 years) from Epoch of Enoch at 622 A.K.
Enosh	235 A.K.	1140 A.K.	Commencement of last year of 38th Sed Festival from 0 A.K. Since $721+420 = 1141$ years.
Kenan	325 A.K.	1235 A.K.	Commencement of last years of XIIth cycle of 104 years.
Mahalaleel	395 A.K.	1290 A.K.	Commencement of last year of 43rd Sed Festival from 0 A.K. Since $721+570 = 1291$ years.
Jared	460 A.K.	1422 A.K.	Termination of 4 Calendar Cycles of 200 years from Initial Epoch of Enoch, 622 A.K.
Hanok (Enoch)	622 A.K.	987 A.K.	Termination of 3rd Phoenix Cycle of 329 years from 0 A.K. Since $3 \times 329 = 987$ years.
Methuselah	687 A.K.	1656 A.K.	Termination of 20 Sed periods from Epoch of Noah, 1056 A.K. Termination of Deluge and beginning of new era from Egyptian Sed periods.
Lamek	874 A.K.	1651 A.K.	Commencement of last year of 55th Sed Festival from 0 A.K. The last Sed Festival of the Antediluvian reckoning from 0 A.K. Since $721+721+210 = 1652$ years.
Noah	1056 A.K.	1656 A.K.	The last Sed period (20 periods) from epoch of Noah, 1056 A.K. Termination of the Deluge, and
Noah (New Era)	1656 A.K.	2006 A.K.	Beginning of New Era for Egyptian Sed Festivals. A period of 350 years, the duration of manetho's last Dynasty of Demi-gods; as the interval from the commencement of Adam to the commencement of the Dynasty of Noah, 1056 years, is the duration of Manetho's last Dynasty of Gods.