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Shuang Jiang

Shuang Jiang: 18th Solar Term
'Frost Descent'

October 23, 2013

Sun = 210°

Shuang Jiang occurs this year on October 23 and is known as 'Frost Descent'. It is the eighteenth of the 24 Solar Terms which divide the year into 24 'terms' or seasonal markers. Based on the 360° passage of the Earth around the Sun, each term is 15° which translates into 15 days per term.

Shuang Jiang is the last solar term of the autumn season and heralds the arrival of the winter season with decreasing temperatures, increasing hours of darkness and the further preparation of nature for the coming period of yin dormancy. Understanding the cycles of nature is the key to understanding ourselves. "Observe nature and live according to your observations."