

小雪

Xiao

Xue

Xiao Xue: 20th Solar Term

'Minor Snow'

November 22, 2013

Sun = 240°

Xiao Xue occurs this year on November 22 and is known as '**Minor Snow**'. It is the nineteenth 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.

Xiao Xue as we are in the depth of shao yin (小陰), approaching tai yin (太陰), remember that nature is pulling back and going deep within itself. Do not let our fast paced society shout down the wisdom of nature and our bodies. Rest more, eat warming soups and strew, spend time in quiet contemplation. Discover the peace, serenity and wisdom of the darkness.