

# 冬至

Dong Zhi

Dong Zhi: 22<sup>th</sup> Solar Term  
'Winter Extreme'  
December 22, 2013  
Sun = 270°

**Dong Zhi** occurs this year on December 22<sup>nd</sup> and is known as 'Winter Extreme'. It is the twenty-second 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.

**Dong Zhi, 'Winter Extreme'**, more commonly known as the 'Winter Solstice', is the moment Yin (陰), having achieved its maximum, pauses for a moment before the spark of Yang (陽) ignites and begins its ascent. This Sacred Silence is the birth of life. Take a moment, align yourself with heaven and earth, settle your breath, pause your breath and reside in the emptiness and silence from which all things originate.