

冬至

Dong Zhi

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

Dong Zhi occurs this year on December 22nd 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.