

大寒

Da

Han

Da Han: 24th Solar Term

'Major Cold'

January 20, 2014

Sun = 300°

Da Han occurs this year on January 20th 2014 and is known as '**Major Cold**'. It is the twenty-fourth 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.

Da Han, '**Major Cold**', is the last of the 24 Solar Terms and represents the time of extreme cold. **Da Han** completes the cycle, and denotes a time of Extreme Yin (Tai Yin 太陰), before the cycle begins anew with the February 4th arrival of **Li Chun** (Start of Spring 立春). As with the completion of any cycle, take advantage of the cold and quiet to assess what has gone before as you prepare to manifest and nurture what lies ahead.