

# 小滿

Xiao Man

Xiao Man: 8<sup>th</sup> Solar Term  
'Grains are Plump'  
May 21, 2013  
Sun = 60°

**Xiao Man** occurs this year on May 21 and is known as '**Grains are Plump**'. It is the eighth 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 Man** begins as the sun reaches the celestial longitude of 60°. It is the time of the year that summer crops like barley and wintry wheat are close to, but not absolutely mature. During this time it is still very important that people pay attention to the healthcare value of precaution when it comes to illness. There is still instability in nature. Be ever mindful of the subtly with which your body speaks. Learn to listen.