

# 寒 露

Han

Lu

Han Lu: 17<sup>th</sup> Solar Term  
'Cold Dew'

October 8, 2013

Sun = 195°

**Han Lu** occurs this year on October 8 and is known as '**Cold Dew**'. It is the seventeenth 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.

**Han Lu** is a time when the dropping night time temperatures result in cold dew in the mornings. The air becomes more unpredictable in both temperature and humidity. Guard against wind. Process any grief and sadness as we further prepare for eventuality of increasing yin and darkness. Nature withdraws inside. Find comfort in this and embrace that we are a part of, and not apart from all things.