

Vermillion Brush

Seasonal Energetics

According to Daoist calendrics, fall begins on August 8th this year. Fall corresponds to minor yin and the Metal phase, while winter corresponds to major yin and the Water phase. With the arrival of fall, we move from the high activity of summer to a time of deepening stillness, which culminates on the winter solstice. During this time, emphasis is placed on harvesting and storing. Following the cycles of the sun, our sleep patterns increase as daylight decreases. We also adjust our eating to add more cooked and warming foods in order to balance the increasing yin. It is natural to place greater emphasis on stillness practices, such as standing and seated meditation to harmonize spirit.

Inner Cultivation

Daoist inner cultivation (*neixiu* 內修) focuses on the dual cultivation of innate nature (*xing* 性) and life-destiny (*ming* 命), which are associated with spirit and vitality, respectively. We enrich spirit through stillness practice (meditation), and we enrich vitality through movement practice (health and longevity techniques). This approach to Daoist practice-realization focuses on complete psychosomatic transformation through holistic and integrated training. It is informed by Daoist views, the most important of which is understanding that our original nature (stillness) is a manifestation of the Dao (Stillness). Our being becomes infused with the mysterious and numinous presence of the Dao.

Scripture Study

Scripture study (*jingxue* 經學) centers on deep engagement with Daoist sacred writings. "Scriptures" (*jing* 經), or "classics," are one of the external Three Treasures of the Daoist tradition. The fourth-century BCE *Zhuangzi* 莊子 (Book of Master Zhuang), one of the most important Daoist scriptures, encourages us to awaken from the dream of mundane concerns. The text tells us that dedicated and prolonged Daoist practice will lead to a "great awakening." This involves realizing that our innate nature is inherently and originally connected to the Dao.

**"Someday there will be a great awakening when we realize that all of this is a great dream."
Book of Master Zhuang, ch. 2**

News

- Louis Komjathy is currently on his annual solitary wilderness retreat in the Sierra Nevada mountains during the month of August.
- Bi-weekly Daoist practice sessions (every other Sunday morning) in San Diego's Balboa Park will recommence in September.
- We are planning a fall/winter Daoist retreat through our Gallagher Cove Daoist Association (Olympia, Washington), with the dates to be determined.
- Louis Komjathy's new book on Daoist contemplative practice titled *Taming the Wild Horse* has been submitted to Columbia University Press and is forthcoming in 2017.

Fall and Winter Nodes

Autumn Begins - 8/7
Limit of Heat - 8/23
Pure Dew - 9/7

Autumn Equinox - 9/22
Cold Dew - 10/8
Frost Descends - 10/23

Winter Begins - 11/7
Light Snow - 11/22
Heavy Snow - 12/7

Winter Solstice - 12/21
Slight Cold - 1/5/17
Major Major - 1/20/17