

# Vermillion Brush

## Seasonal Energetics

According to Daoist calendrics, fall begins on August 8<sup>th</sup> 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

Non-action (*wuwei* 無為) is a foundational principle and practice of Daoist inner cultivation (*neixiu* 內修). This is effortless activity, non-interference, and non-intervention. Daoist non-action involves only doing what is necessary to do something well. In more technical Daoist terms, we cease doing everything that prevents us from being who we are. *Wuwei* may, in turn, be connected to other Daoist principles such as “being carefree” (*xiaoyao* 逍遙), “making things equal” (*qiwu* 齊物), and “letting be” (*zaiyou* 在宥). The practice of *wuwei* culminates in the state of “suchness” (*ziran* 自然), the Dao as such as well as our original and innate connection to that sacred mystery.

## 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 thirteenth-century *Nei riyong jing* 內日用經 (Scripture on Daily Internal Practice; DZ 645), an anonymous work possibly connected to Quanzhen 全真 (Complete Perfection) Daoism, succinctly elucidates the Daoist emphasis on stillness: It is complete emptiness and silence. We abide in a state of meditative absorption and pure consciousness, free of mundane concerns.

**“Not allowing even a single thought to arise:/This is called stillness.”**  
*Scripture on Daily Internal Practice, 1a*

## News

- Bi-weekly Daoist practice sessions in San Diego’s Presidio Park will recommence in September.
- Daoist women’s practice continues to be offered through Root Medicine in Evanston, Illinois.
- We are planning a fall/winter Daoist retreat through our Gallagher Cove Daoist Association (Olympia, Washington), with a projected date of October 20.
- Louis Komjathy and Harold Roth are in the process of submitting the manuscript of their new book, tentatively titled *Daode jing: A Contextual, Contemplative and Annotated Translation*, to Columbia University Press for review.

## Fall and Winter Nodes

Autumn Begins - 8/7  
Limit of Heat - 8/22  
Pure Dew - 9/7

Autumn Equinox - 9/22  
Cold Dew - 10/7  
Frost Descends - 10/23

Winter Begins - 11/7  
Light Snow - 11/21  
Heavy Snow - 12/6

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