

# Vermillion Brush

## Seasonal Energetics

According to Daoist calendrics, fall begins on August 7<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

Daoist cultivation/refinement (*xiūliàn* 修煉) involves an orientation (*fāngxiàng* 方向) towards something larger than ourselves. As Daoists, we refer to this as “Dao” 道 (Tao; Way), but divinity is beyond our limited names and ideas. Oneness, Mystery, Silence. Something more. The numinous presence underlying and infusing everything that exists, including our own being. This original and innate sacred connection is accessible in each and every moment. No matter what is happening, we remain attentive to the deeper energetics of our experience. We maintain an “aspiration for the Dao” (*dào zhì* 道志) as a way of life. This is life uninhibited by ordinary circumstances.

## Scripture Study

Scripture study (*jīngxué* 經學) centers on deep engagement with Daoist sacred writings. “Scriptures” (*jīng* 經), or “classics,” are one of the external Three Treasures of the Daoist tradition. The *Bàopǔzi nèipiān* 抱朴子內篇 (Inner Chapters of Master Embracing Simplicity; DZ 1185), a medieval Daoist *summa* by Gé Hóng 葛洪 (283-343), emphasizes the importance of mountain seclusion for alchemical transformation. This includes actual mountain pilgrimage and residence as well as contemplative silence and reverential connection with the Dao as sacred Source.

**“Anyone seeking the Dao goes into  
the mountains.”**  
*Inner Chapters of Master Embracing  
Simplicity, ch. 17*

## News

- Due to the triple pandemic of COVID-19, social injustice, and economic collapse, we have largely shuttered our in-person offerings. We encourage everyone to continue their self-cultivation and to stay safe and well. Retreat is an opportunity for deep inquiry, clarification, and restoration.
- In response to the times, we will begin holding “remote Daoist meetings,” which will include formal Lùndào 論道 talks. More information will be posted on the Daoist Foundation website.
- Louis Komjathy and Kate Townsend have begun working on a new book on Daoist practice-realization.

## Fall and Winter Nodes

Autumn Begins - 8/7  
Limit of Heat - 8/22  
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 - 1/5/21  
Major Cold - 1/20/21