

Vermillion Brush

Seasonal Energetics

According to Daoist calendrics, fall begins on August 7th 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 (*nèixiū* 內修) involves tending to innate nature (*xìng* 性), our original and inherent connection with the Dao. This is the heart-mind (心) with which we were born (生). By practicing quiet sitting (*jìngzuò* 靜坐), by sitting-in-stillness, we return to the ground of our being, which is the Dao as Mystery, Oneness, and Silence. By disengaging sense perception, and by stilling excess emotional and intellectual activity, we (re)discover a relaxed ease and quiet resolution beyond personal habituation, free from the trials and tribulations of mundane being and living. We return to sacred connection and numinous pervasion. We remember innate wellness.

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 fourth-century BCE *Nèiyè* 內業 (Inward Training), a recently rediscovered Daoist text that might be referred to as the *Nèixiū jīng* 內修經 (Scripture on Inner Cultivation), directs us to realize our true heart-mind (original nature) within the ordinary heart-mind (habituated nature). This is the lodging-place of spirit, our inherent capacity to connect with the Dao.

**“Within the heart-mind, there is yet
another heart-mind.”**
Inward Training, ch. 14

News

- We just completed a successful Daoist Studies Summer Seminar (July 12-July 16), which focused on Daoist literature and translation.
- The Daoist Foundation recently acquired the *Dàozàng jīnghuá* 道藏精華 (Essential Blossoms of the Daoist Canon) for the Daoist Studies Archive (/projects). We welcome donations to help build this important legacy collection.
- We continue to offer monthly remote Daoist classes, which include formal *Lùndào* 論道 Daoist talks. More information is available on the Daoist Foundation website (/classes).

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 - 1/5/22
Major Cold - 1/20/22