

立秋

Li

Qiu

Li Qiu: 13th Solar Term
'Autumn Begins'
August 7, 2013
Sun = 135°

Li Qiu occurs this year on August 7 and is known as '**Autumn Begins**'. It is the thirteenth 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.

Li Qiu begins as the sun reaches the celestial longitude of 135°. It is the time that the cool wind comes and the heat leaves, and also means the coming of autumn. A transition period from hot to cool, it is the time that Yang Qi continues to wane as Yin Qi increases. The harvest of crops is also during this period. In autumn, it is the time to take care of the lungs. Guard against sorrow. Exercise to build lung Qi for the coming winter.