



The Three Months of Autumn

From Su Wen ch. 2 (四氣調神大論)

translated by Claude Larre & Peter Firebrace

秋三月，
此謂容平，
天氣以急，
地氣以明，

The 3 months of autumn
are called plentiful and balancing
the qi of Heaven becomes pressing
the qi of Earth is resplendent.

早臥早起，
與雞俱興，
使志安寧，
以緩秋刑，

One goes to bed early, one gets up early,
one does the rooster.
Exerting the will
peacefully and calmly
to soften the repressive effect of autumn,

收斂神氣，
使秋氣平，
無外其志，
使肺氣清，

harvesting the spirits
and gathering the qi
pacifying the autumn qi,
without letting the will be scattered outside
clarifying and freshening
the lung qi.

此秋氣之應
養收之道也，

This corresponds with the autumn qi.
It is the way
that maintains the harvesting of life.

逆之則傷肺，
冬為殭泄，
奉藏者少

To go countercurrent
would injure the lung,
causing, in winter, diarrhoea,
through an insufficient supply for storing.