

What is the Chinese Double Ninth Festival?

The Double Ninth Festival, also referred to as **the Chongyang Festival** (重陽節 | 重陽節 zhòng yáng jiē), is celebrated on the ninth day of the ninth month of the Chinese lunar calendar. In 2023, this corresponds to October 23.

In accordance with the mysterious book *Yi Jing*, six is regarded as a feminine number in the Yin (陰 | 陰) character, and nine is treated as a masculine number in the Yang (陽 | 陽) character. "Chong" (重) in Chinese characters means double. It is believed that the double ninth day in the lunar calendar is a fortunate day to be celebrated. Endowed with new significance, this festival has been designated as **the Senior's Festival** since 1989, to express respect for elders.

Why is the Double Ninth Festival celebrated?

The festival has its roots in ancient Chinese Taoism, which views the number nine as a highly auspicious number. The ninth day of the ninth month is also the highest point in the autumn season, which is associated with longevity and good health.

Over time, the Double Ninth Festival has become a day to celebrate the elderly and to show respect for their wisdom and experience. It is also a day to appreciate nature and to enjoy the beauty of the autumn season.

In 1989, the Chinese government designated the Double Ninth Festival as the Senior Citizens' Day. This day is used to raise awareness of the importance of respecting and caring for the elderly.

Today, the Double Ninth Festival is a popular holiday in China and other parts of Asia. It is a time for families and friends to come together and celebrate the elderly, to appreciate nature, and to enjoy the beauty of the autumn

