

Linda's T'ai Chi

Supermoon February 8, 2020

The Snow Moon, so named by **Native American** tribes for February's wintery weather, will reach its peak at 2:33 a.m. ET on Sunday, February 9, 2020 according to NASA. A **supermoon** occurs when the full moon is closest to Earth in its elliptical orbit, making it appear brighter and larger than normal. The Native Americans also referred to this moon as the Full Hunger Moon since hunting was difficult during the wintery months. Other names include the Storm Moon, Hunger Moon, Magha Purnima, Magha Puja, the Mahamuni Pagoda Festival Moon, and the Chinese Lantern Festival Moon

According to the Museum of the Moon, a touring artwork by UK artist Luke Jerram, "the moon is an important part of the world's cultures. From the beginning of human history, the moon has acted as a 'cultural mirror' to our beliefs, understanding and ways of seeing. Over the centuries, the moon has been interpreted as a god and a planet, as well as a timekeeper and calendar. Different cultures have their own historical, cultural and religious relationships to the moon, so depending on where the artwork is presented, its meaning and interpretation will shift.

Here in the West, the moon and moonlight, has romantic connotations, or we may marvel at the wonder of space exploration and that 12 humans walked on the moon's surface in the late 1960's and 70's. When we look up at the moon at night, we might see the 'Man in the Moon' and wonder at space exploration, yet other cultures see very different things." In Chinese tradition, the full moon is a symbol of peace, prosperity, and family reunion. On the 15th day of the 8th month of the lunar calendar, the moon is full and it is time to mark the Moon Festival, or the Mid-Autumn Festival. The round shape symbolizes family reunion

There have been hundreds of songs with the moon as theme. Here are some of them:

Harvest moon by Neil Young

Moon River, Henry Mancini and sung by many performers

Man on the moon, REM

Moon Shadow by Cat Stevens

Blue Moon sung by many performers

One of the postures in Shibashi which is based on Yang style Tai Chi is called "Looking at the Moon".

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