



Linda's T'ai Chi

March's full **Moon**, called the full **Worm Moon**, will appear on Monday, March 9. Look for the exceptionally bright **Moon** as it rises above the horizon. This full **Moon** will also be the first of three super moons in **2020**—the other two occurring in April and May.

If you are a star gazer you may have observed the Pleiades or Seven Stars earlier in the month. It is a cluster of over 500 stars but only a few are observable with the naked eye. Some people can see 14 but most see 7 stars. The Pleiades star cluster is one of the most noticeable of all of the star patterns. To most people's unaided eyes, the cluster looks like a tiny misty dipper of six little stars. Yet the Pleiades is sometimes called the Seven Sisters.

In Greek mythology, the Pleiades were the seven daughters of Atlas, a Titan who held up the sky, and the Oceanid Pleione, protector of sailing.

Modern-day astronomy sees the Pleiades quite differently. Astronomers say this cluster of several hundred stars condensed out of a cloud of gas and dust some 100 million years ago. The Pleiades stars lie nearly 400 light-years away. So we know the cluster's stars must be very bright for us to see their light across this span of space. These stars are thought to be hundreds of times more luminous than our sun.

In Set 3 of Yang Style T'ai Chi, we "step up to the Seven Stars" This posture refers to the seven sisters. The seven sisters are the 2 shoulders, the 2 elbows, the 2 wrists and the neck. It is a beautiful posture.

The automaker "Subaru" (Japanese for "unite") uses the Pleiades star cluster in its logo. Even though the car's logo only has 6 stars, they represent the ones most visible to the naked eye. Thus, the Pleiades constellation is known for being a "unification of the stars."

The goal of T'ai Chi is harmony and unity of our mind- body and spirit. The Seven Sisters or seven stars represent the flow of energy within our mind, body and spirit.

