



Linda's T'ai Chi

Weekly Handout April 5, 2020

The Pink SuperMoon April 7, 2020

“The April full moon is known as the pink moon, on account of the herb moss pink, also known as wild ground phlox” , according to NASA. In the eastern U.S., the herb moss pink is one of the earliest widespread flowers of spring, “Other names for this Moon include the Sprouting Grass Moon, the Egg Moon, and among coastal tribes the Fish Moon, as this was the time that the shad swam upstream to spawn,”



The full moon this month is also nicknamed the pink moon. But don't look for a pinkish hue to the moon this month. According to the Old Farmer's Almanac, April's full moon often corresponded with the early springtime blooms of Phlox subulata, a pink wildflower native to eastern North America. The wildflower is commonly called creeping phlox or moss phlox – and also goes by the name “moss pink.”

For millennia, people across the world, including Native Americans, named the months after nature's cues. The Old Farmers' Almanac said that full moon names in our part of the world date back to the Native Americans who lived in the northern and eastern USA.

Each full moon has its own name, from January's wolf moon to December's cold moon, the Worm Moon...

The moon is yin and the sun is yang. The moon counterbalances the sun, the yang energy.

The relationship between yin and yang is often described in terms of sunlight playing over a mountain and a valley. Yin (literally the 'shady place' or 'north slope') is the dark area occluded by the mountain's bulk, while yang (literally the "sunny place' or "south slope") is the brightly lit portion. As the sun moves across the sky, yin and yang gradually trade places with each other, revealing what was obscured and obscuring what was revealed.

Yin is characterized as slow, soft, yielding, diffuse, cold, wet, and passive; and is associated with water, earth, the moon, femininity, and night time.

As you practice your T'ai Chi whether the form, individual postures or breathing exercises, we are striving for balance; both internal balance of mind, body and spirit and external balance with each other and with the world. We can achieve this even during times of stress and chaos by quieting the eyes, breathing deeply from the belly and letting our mind focus on the here and now of our mind, body and spirit. I certainly have no easy answers to what we are all facing but I do believe that a few minutes a day of quieting the eyes, focusing on the breath and a soft body, of letting go and performing simple T'ai Chi postures will help ease some of the anxiety we may carry.

Wishing you and yours peace and good health

Linda