



Linda's T'ai Chi Weekly Handout for August 2, 2020

August's Full Moon



If you are over 60, you may have seen the movie *Moon Over Miami*. It is a 1941 Technicolor musical film directed by Walter Lang, with Betty Grable and Don Ameche in leading roles and co-starring Robert Cummings, Carole Landis, Jack Haley, and Charlotte Greenwood. It was adapted from the play by Stephen Powys. These were the movie stars of the day and if you did not see this movie, you may have seen many others starring Betty Grable and Don Ameche. I don't know if Denny's, a deli-type restaurant chain, knew about the movie but they have a dish on their menu called, Moon over My Hammy- lots of ham, apparently. You may be thinking where is she going with this?

July has been a wonderful month for looking upward into the sky. We have seen the International Space Station, NEOWISE, the Big Dipper and so many more stars and planets. August is another opportunity to star gaze a full moon, Venus and Mars.

Beginning late Saturday through early Wednesday morning, we will get a chance to see a full moon. This full moon is referred to as the Sturgeon Moon as well as the Full Green Corn Moon," "Wheat Cut Moon," "Moon When All Things Ripen," and "Blueberry Moon." The tradition of naming the various phases of the moons is rich in Native American folklore, colonial history and culture. Early people kept track of the seasons for planting, harvesting and caring for the land by the phases of the moon. Many of these names like the Sturgeon Moon comes from the Algonquin people who were prominent along the Atlantic Coast and into the interior along

the St. Lawrence River and around the Great Lakes. The August full moon was the sign that time had come to fish for the Sturgeon as well as harvest corn and blueberries.



These prehistoric-looking fish have been traced back to around 136 million years ago and many people call them “living fossils.” This is a face only a mother could love. Females can live up to 150 years. There are about 29 species worldwide and are still found in the Great Lakes. They have evolved in size from the size of a bass to the size of a small car. Unlike so many fish, the lake sturgeon is rare today as a result of intense overfishing in the 19th century, pollution and damage to their habitat.

The moon is important in many cultures. “The phases of the moon symbolize immortality and eternity, enlightenment or the dark side of Nature herself. In astrology, the **moon** is a **symbol** of the soul, and in the horoscope it determines the subject's capacity for reflection and adaptation.” (Wikipedia)

I find looking at the moon and star gazing in general awe inspiring and I feel connected to something greater than we. I like the idea that there is something beyond us and beyond our world. I experience a sense of calm and peace when I can quietly look upward. I love looking at a full moon. It is glorious in its shape and brightness.

In Shibashi we “look at the moon,” “raise the sun,” “scoop the sea” “push waves,” and “wave hands like clouds”. All beautiful visions of how nature informs our postures in T'ai Chi. T'ai Chi is guided by nature in its softness, flow, and imagery of each posture. It is based on circles and spirals. The moon is not completely round but more egg-shaped. This elongated circle is often found when we perform flat circles and many of our postures.

This weekend, I do hope you can find the peace and quiet of looking upward to witness the first full moon of the summer. Breathe deeply and be grateful for the momentary feeling of peace and calm.

Peace,

Linda