



Linda's T'ai Chi Weekly Handout October 31, 2020

## A Moment of Awe



Not since 1944 have we had a full moon on Halloween. What fun! It makes Halloween Spooktacular. Weather permitting, we will be able to view the second full moon this month referred to as a Blue Moon. This moon is also unique in that unlike super moons we have observed this past year, this moon will be a micromoon. It is farthest from the earth and will appear smaller than other full moons.

Saturday night's moon is referred to as the Hunter's Moon or sometimes the Beaver Moon, as beavers get busy readying themselves for a long winter. It also refers to the setting of traps for beavers before the deep winter freeze. ( Farmer's Almanac ). If we miss this full moon, no worry. A full moon on Halloween occurs again in 19 years.

The full moon represents great power, the uttermost point of purity, completion and achieving of objectives. It is the yin to the sun's yang. When the sun rises, the radius of the sun takes over the darkness. The moon hides, waiting, but its power still exists. The moon plays the supporting

role to the sun's power. It continues controlling the movement of the ocean waves. The ocean waves create wind, and the heat from the sun evaporates the water, turning it into a cloud. Then, when the cloud gets heavy and mixes with the cold air, it turns into rain, or a storm. The storm creates thunder and lightning. The lightning occasionally shocks a tree and creates a fire, burning down some of the forest. When the fire stops and the ashes cool down, the ash returns to earth and becomes soil. The opening of the forest from the fire allows the new seeds to grow, the grass, the flowers, the plants, the young trees, and the open sunny spots support the animals to feed. The new cycle begins. (Richard Wan)

At the same time, when the sun sets and the moon rises, the power of the sun does not vanish; it is in hiding, becoming a supporting role for the moon. This is the continuing cycle of nature and life, the give and take of nature; the yin and the yang. In T'ai Chi this is called duality or complimentary opposites.

But, wait, there is more. The moon shares the skies with another celestial orb, Mars. Mars has been brilliant this month and is exceptional in that it lies in opposition with Earth located between Mars and the Sun. Opposition enhances the brightness of Mars. This event takes place every two years.

As we lead up to an important week in our country and society, I wish for moments of awe to bring relief and peace to the anxiety and uncertainty we may be feeling. We find awe in everyday experiences- the changing leaves, the tides as they ebb and flow, the sound of the wind, music, art, sunsets, waterfalls and of course, the evening skies.

Awe is a powerful experience and can improve our mood and bring satisfaction to our life; improve our health, increase our sense of connectedness to something greater than ourselves, enhance our sense of humanity and kindness and create a sense of generosity and cooperation.

As I close this week's handout I wish for peace and calm in our daily lives. Take a time to breathe deeply and fully and to find a moment of awe.



Peace.

Linda