



Linda's T'ai Chi Weekly Handout May 23, 2021

A Moment of Awe: May 2021 Supermoon



May 2019

A particular posture that I love in the “Five Treasures” qigong routine is “gathering starlight.” We form broad sweeping circles to capture the starlight from the universe. We also “look at the moon” in this routine. We get another opportunity to view the beauty of our natural world on May 26, 2021.

The Moon will be located on Earth's opposite side from the Sun and fully illuminated May 26, 2021, at 9:50 PM in the Southeast and sets at 5:26 AM in the southwest. Weather permitting, the view will be 100%. This Full Moon was known by early Native American tribes as the Flower Moon because this was the time of year when spring flowers appeared in abundance. (Wikipedia) According to the Farmer's Almanac, there are other names as well. The Cree names Budding Moon and Leaf Budding Moon celebrate the awakening of local flora, which really begin to leaf out now in many areas. Similarly, Planting Moon (Dakota, Lakota) marks the time when seeds should be started for the farming season ahead. (Farmer's Almanac)

If you are an early riser, you will also get a chance to view a total eclipse of the moon. The full moon will move through the Earth's dark umbral shadow creating a total eclipse of the moon. This May's full moon is 2021's closest, biggest and brightest full moon of the year: a supermoon. This particular eclipse is unique because the totality, or total phase, is so short-lived, lasting less than 15 minutes. (NASA)

Pacific Daylight Time (May 26, 2021)

Partial umbral eclipse begins: 2:45 a.m. PDT

Total eclipse begins: 4:11 a.m. PDT

Greatest eclipse: 4:19 a.m. PDT

Total eclipse ends: 4:26 a.m. PDT

Partial umbral eclipse ends: 5:52 a.m. PDT



Enjoy your moment of awe

Peace

Linda