

A Moment of Awe

September 20, 2021

Linda's T'ai Chi



Take a deep calming breath and look upward to the heavens. There you will see, weather permitting the Harvest Moon.

The next full Moon will be on Monday evening, Sept. 20, 2021, at 7:55 p.m. EDT. The Moon will appear full for about three days around this time, from Sunday evening through Wednesday morning.

Other European names for this full Moon are the Fruit Moon, as a number of fruits ripen as the end of summer approaches, and the Barley Moon, from the harvesting and threshing of the barley.

The Maine Farmers' Almanac first published Native American names for the full Moons in the 1930s, and these names have become widely known and used. According to this almanac, as the full Moon in September – the Algonquin tribes in what is now the northeastern U.S. called this the Corn Moon, as this was the time for gathering their main staple crops of corn, pumpkins, squash, beans, and wild rice. (Reference NASA)

The moon has symbolic meaning in just about all cultures. The moon is a feminine symbol, universally representing **the rhythm of time** as it embodies the cycle. The phases of the moon symbolize immortality and eternity, enlightenment or the dark side of Nature herself. This is the yin yang of life in Tai Chi understanding of life. Complimentary opposites that form the ebb and flow of life.

A symbol of prosperity and good fortune, the Moon has long influenced life patterns and lifestyles in Korea. In traditional communities the lunar cycle provided a dependable schedule for when to start and end each year of agricultural work. In Japanese culture the moon often represents enlightenment. In American culture, the moon's phases represent a person's phases of learning, letting go, and growing.

Peace and Goodwill to all people,

Linda