



Linda's T'ai Chi Weekly Handout May 15, 2022

A Moment of Awe: The Blood Moon



The Blood Moon 2021

LBH Enterprise May 15, 2022

I begin with a disclaimer. I have stolen shamelessly from various websites to share with you this week's handout on the Blood Moon. Thank you, NASA, the Museum of the Moon and the Almanac. The May 2022 Full Moon is so much more because we will also experience a lunar eclipse weather permitting.

I write often about Full Moons as they occur throughout the moon cycles for two main reasons. First, the sky above gives us many opportunities to immerse our soul into "Moments of Awe." Moments of Awe are those experiences that resonate with our mind, body, and soul, to feel a connection to a greater world outside of ourselves. Waterfalls, lightening, music, art, poetry, dance, forest bathing, to name only a few, all invite us to connect to a greater good; something outside of our daily life and experiences that allow us to connect with our inner humanity.

"From the beginning of human history, the moon has acted as a 'cultural mirror' to our beliefs, understanding and ways of seeing. Over the centuries, the moon has been interpreted as a god and a planet, as well as a timekeeper and calendar." (Museum of the Moon)

Different cultures have their own historical, cultural and religious relationships to the moon, so depending on where the artwork is presented, its meaning and interpretation will shift. Here in the West, the moon and moonlight, has romantic connotations, or we may marvel at the wonder of space exploration and those 12 humans who walked on the moon's surface in the late 1960's and 70's. When we look up at the moon at night, we might see the 'Man in the Moon' and wonder at space exploration, yet other

cultures see very different things. In Chinese tradition, the full moon is a symbol of peace and prosperity. The round shape symbolizes family reunion. In our Shibashi, we “Look at the moon.” The May 2022 full moon is referred to as the Flower Moon, attributed to the Algonquin people, to symbolize the return of the flower blossoms from the cold winter. (The Algonquin first nation people (Omàmiwinini) are from Eastern Canada.

If we are lucky, we will see the Full Moon AND the total lunar eclipse on May 15 and 16 in the Southwest sky. Not only a full moon and a lunar eclipse but this moon is also a Super Moon which means it will appear much larger than other full moons. Most full moons appear yellowish or white. This moon may appear reddish because of the eclipse. In some parts of the Pacific Northwest, the already-eclipsed moon will rise just before the sun sets, brightening as it climbs into the night sky. The total phase of the eclipse, when the moon is at its deepest red, will begin Sunday at 8:29 p.m. PDT and will last until 9:54 p.m.

You can watch the full moon and eclipse live on the NASA website or wait until November 8th when another full moon brightens our sky and offers us a Moment of Awe.

Peace,

Linda