



Linda's T'ai Chi Weekly Handout June 12, 2022

On June 14th at 4:52 AM (PT) in the eastern sky, we have an opportunity for another Moment of Awe. Weather permitting, our skies will reveal a full moon, actually, a Supermoon. The Supermoon will appear about 10% bigger than a regular full moon because it is closer to earth than normal. You don't have to set your alarm to get up early, it will start appearing close to a full moon a night or 2 before.

The full moon of June is often called a Strawberry Moon, from the berries that appear in North America around this time of year (though modern varieties are available at other times as well). Used by the Algonquin, Ojibwe, Dakota, and Lakota peoples, among others, this name came about because ripe strawberries were ready to be gathered. According to the Ontario Native Literacy Coalition, the Ojibwe treated the Strawberry Moon (Ode'miin Giizis) as a time for annual feasts, welcoming friends and family, and letting go of judgement. The Ojibwe people were also called Chippewa who lived in what is now known as Ontario and Manitoba, Canada as well as Minnesota and North Dakota, U.S., from Lake Huron westward onto the Plains. Unlike other first nation people, the Chippewa were sedentary people who hunted, fished and cultivated crops.

By contrast the Cree (mostly in Canada) called it Opiniyawiwipisim, the Egg Laying Moon, as it was when birds and waterfowl started laying eggs. Other names include the Rose Moon and the Hot Moon.



To perform “Look at the Moon” in our Qigong Shibashi routine, keep your feet connected to the earth. Let your arms and hands float lightly upward and over the shoulder. Let the lower part of your body lift your arms through the bubbling well spring. Keep your body light, calm and relaxed and most importantly, rotate your hips, creating a circle as you open and close your hips left, center and right. Avoid twisting your knees and back. From our 5 Breaths Qigong, elongate your spine, honoring the String of Pearls.

Peace and Goodwill to all people,

Linda

Thank you to NASA, the Almanac for content from which I stole shamelessly.