



Linda's T'ai Chi Weekly Handout July 30, 2023

A Moment of Awe or Should I say Two Moments of Awe?



We have an exceptional opportunity in the month of August to look to the heavens for A Moment of Awe- actually two moments of awe this month. T'ai Chi and Qigong are guided by nature and the moon is very important in Asian culture. Actually, the moon holds symbolism in many cultures- it represents immortality, enlightenment, and love. In mythology the moon is a guide, protector, a guardian spirit and is associated with transformation. It is yin energy.

On August 1, the Sturgeon Full moon will rise. Look toward the southeast sky after sunset to glimpse the Sturgeon Moon. It is the first of 2 full moons this month. It is also a supermoon, appearing larger than other full moons because of its orbit closer to the earth. It is called the Sturgeon Moon because this was the time of year that the giant sturgeon of the Great Lakes and Lake Champlain were most readily caught.

Of recent times, sturgeon has been added to the threatened species list. These fish can be traced back to around 136 million years ago and many refer to the sturgeon as “living fossils. “

Blue Moon – our second moment of awe and another Supermoon

Later in the month, on August 31, 2023 a second full Moon, a [Blue Moon](#) will make an appearance. The term Blue Moon is most commonly used when we have two full Moons in a single month.

Check the NASA site for times in your time zone.

We need clear skies to view these wondrous events. Fingers crossed.

Peace

Linda

