



Linda's T'ai Chi Weekly Handout October 28, 2023

The Hunter's Moon



Different cultures give names to the moon, often based on common seasonal activities. The hunter's moon, also known as falling leaves moon and freezing moon, historically signals a time of year when Indigenous groups stock up on food for winter — especially since deer and other prey

have fattened up after feasting all summer. The hunter's moon is generally in October — although once every four years the hunter moon makes an appearance in November. (Thank you Farmer's Almanac)

The full moon will reveal itself tonight October 28, 2023 and with the help of the weather, we can see it rise in the eastern sky.

Why do I write about the moon so much? First, I find it a moment of awe to see the moon and in particular a full moon. It is inspiring. More importantly, the movements and postures of T'ai Chi and Qigong are guided and informed by nature. I will write more about this at a later date. The moon, sun, clouds, animals, water all create the postures and flow of T'ai Chi and qigong.

Look Up! Enjoy this moment of awe. It is good for the soul.

Peace, Linda