



Full Moon Rise Poem

An initiative of Vita Sapien

Once a synodic month
The Full Moon Rise

The time between Full Moon rises is about 29.53 days. This is called a Synodic month. Slightly different to a calendar month.

The loom enters your view
Before the Moon
An entrée diaphanous
Ahead the main opaque

The Full Moon rise is first visible by a glow around the Moon called the loom. The loom is diaphanous which means translucent (see through), and the Moon is opaque i.e. you can't see through it. In a restaurant, the entrée comes before the main course.

Photons form the loom
Forged by Sun, bounced off rock
Distorted in the bubble of air
That keeps us safe from space

The loom is comprised of photons which are 'particles' of light that are emitted by the sun, reflected from the rocky surface of the Moon, then distorted by Earth's atmosphere (air bubble) to create a glow.

Once there was Earth
Then along came Theia
Now there's just
Earth and Moon

The main theory about the origins of the Moon is that 4 billion years ago, Earth was struck by a planet called Theia. The debris orbited Earth before congealing into a ball that became the Moon.

She's up there alone
Scorched by daylight, frigid by starlight
Her same-face always toward us
Watching-over big sister Earth

There are no people on the Moon. With no atmosphere, the surface of the Moon is about 127° Celsius on the sunlit side, and -173° Celsius on the dark (starlit) side. As the Moon's rotation is in phase with Earth, we always see the same side of the Moon.

Moon is full when celestial bodies align
Sun-Earth-Moon, a sensuous syzygy
On that night and on either side
A Full Moon rise

The Moon is full for a brief instance when the Sun, Earth and Moon come into perfect alignment. The alignment of three celestial bodies is called a syzygy. For most places in the world, the Full Moon rise takes place some hours after the so-called 'Syzygy Moment'.

After loom comes illusion
Astronomy & psychology combine
On horizon, the Full Moon seems
Much larger to our eyes

After the loom, the full Moon becomes visible, causing an optical illusion called the Moon Illusion in which the Moon seems much larger than it really is.

Moon Illusion invokes
Amazement, Wonder & Awe
An inspirited chapter
Once a synodic month

The Moon Illusions fosters a spiritual enlightenment in people, a peak experience provided free by nature once a month. *Thanks nature!*

By light & gravity, the lunar phase
Shapes the sphere of life
Did LUCA evolve in tidal pools
On the shore of an ancient sea?

The Moon has a profound influence on life on Earth. One theory is that life on Earth evolved in pools of water left behind by the rise and fall of ocean tides, the result of the Moon's gravity. LUCA is the Last Universal Common Ancestor.

Spawn of coral
Sprout of seeds
Beach-hatched turtles
Nocturnal bees

Many other biological phenomena are triggered by the Moon phase. Creatures spawning, seeds sprouting, etc.

Migrating birds overfly
Moon-lit hunting fields
Observing Full Moon rise
Is ecological spirituality

When a spiritual enlightenment comes from nature, this is called Ecological Spirituality. Advancing Ecological Spirituality is Vita Sapien's primary mission.

That is why we gather tonight
Time to reflect in reflected light
We've entered a dangerous phase
A time of heat and chaos

Moonlight is sunlight reflected from the Moon. The dangerous phase is the onset of climate & ecological collapse, what we refer to as the Anthropocene Crisis.

How long this lasts is now unknown
That depends on the sapient ones
If we are to survive & thrive
We need to sync with natural cycles

Sapient means wise. We need wisdom to think our way out of the Anthropocene Crisis. We also need to connect spiritually with nature, to become present to her natural cycles.

And we can do that
Every 29 days
Once a synodic month
The Full Moon rise

Once a month, the Full Moon rises, giving us an opportunity to gather together and reaffirm our commitment to protecting our only home.

Vita Sapien innovates at the intersection of
environmental science & ecological spirituality.

Learn more about Vita Sapien:
vitasapien.org