

Spiritual Friends

By NoKi Moon



Bear

The bear is a very strong totem to have. She can be gentle and caring, but can be fierce when threatened. It has been said that humans and bears share a connection. Bears can walk upright on their hind legs and climb trees just like humans. Most of us have seen the cartoon of “Brother Bear.” Much folklore tell of humans who become bears, and bears that become Gods.

Most bears hibernate in the winter. This is a time when she must rely on her reserves and it is also a time when she gives birth. To have the bear as a totem may mean you need to “hibernate,” and find your inner self for the winter. Small projects can be born at this time. In the spring, awaken to a new you and let your projects out into the light and allow them to grow. Also know that it may take a year or two for these new project to reach their full potential and you may need to baby them during this time.

To see a bear in your tea leaves may mean that there is a grumpy person around you, and that you may need strength, courage, and endurance to deal with them. To see a teddy bear, means that you will be dealing with children or something from your own childhood. Surround yourself with love and support of your friends

To dream of a bear means you will be faced with a difficult adversary, but if you kill this bear in your dream, know that you will be free from this adversary.

During summer, large numbers of bears gather along the rivers in Alaska to feed of the bounty of nature during the salmon runs. This may be a good time for you to gather with your friends, put difference aside and benefit from your surroundings. Once the “bounty” is gone, you may part ways but know that the knowledge you gained from each other will be used for years to come. Of better yet, hopefully you have formed new friendships that will last.

So just remember, when someone calls you a bear, it doesn’t necessarily mean that you are a grumpy bugger. You can just smile at them and thank them for their compliment.