

# Kodiak Bear Medicine

January 25-27, 2019

Twin of the Grizzly Bear

Great teachings

in physical and spiritual realms



The Kodiak bear (*Ursus arctos middendorffi*), also known as the Kodiak brown bear, sometimes the Alaskan brown bear, inhabits the islands of the Kodiak Archipelago in southwest Alaska. It is the largest recognized subspecies of brown bear, and one of the two largest bears alive today, the other being the polar bear.

While there has been much confusion about the taxonomy of brown bears (*Ursus arctos*), taxonomists agree there are at least two subspecies in North America -- the grizzly bear (*U. a. horribilis*) and the Kodiak bear (*U. a. middendorffi*).

**The bear, an ancient spirit animal worshiped in many**

## **traditions**

The bear as a spirit animal or totem is one of the most ancient worshiped animals. Remains of bears have been found in many archeological sites in Europe especially, where bear bones and skulls were found together with human bones dating back to the Neanderthals.

It is said that the Vikings would wear bear skins in times of war to scare off their enemies. They would appear as powerful as these wild animals. Bears symbolize warrior spirit and courage to fight. The bear's spirit would be invoked to help the warriors in the battle.

In ancient Greece and Rome, the bear was a totem animal associated with the Goddess Artemis and Diana, goddesses of fertility. In contrast, for the Celts, the bear would represent the sun.

## **The spirit of the bear and healing**

Since the bear is often associated with shamans in many traditions, this spirit animal can symbolize healing abilities and stepping into the role of the healer. If the bear shows up in your life, it may also be time to take care of your own needs for healing, whether it's at the physical, emotional or spiritual level.

Be sensitive to where you are at and reflect on where you would most need healing. You can call on the bear spirit guidance to direct your energy in a more conservative or focused way.

## **Bear spirit animal and grounding forces**

The bear is an animal that lives a solitary life. Having a bear as a spirit animal can mean that you find balance and comfort in solitude. The presence of this power animal could point to the need to "regroup" and set up boundaries, so you feel comfortable in your own space. It may be a call to find time away from the crowd or busyness and favor quiet time and rest.



The bear spirit can also be a great helper to dedicate time and energy to more introspective practices, such as self-inquiry or meditation. Call on the spirit of the bear to help you find your center and ground yourself in a strong foundation that will support you in more busy and noisy times.

### **Dreaming About Bears**

Dreams are our subconscious minds communicating to us using the language of symbols. Dreaming of bears (or a bear) symbolizes power, strength and protection of yourself or possibly your family. If the bear in your dream is hibernating, it may indicate a need for solitude and to get away. If the bear is dancing, it indicates good luck. If a bear is chasing you, it may mean that you are avoiding a big situation in your life and it is time to take a stand and deal with it. Bear showing up in your dream may also be a message that it is time to show your power to the world.

### **Questions to ask:**

Am I following the crowd or do I need to step out on my own?

Am I willing to face realms that I have dreamed of but never truly experienced?

Am I willing to take the time to develop my powers and abilities, no matter how primal?

Am I being too aggressive in my endeavors?

Is it time to learn new techniques to accomplish what I wish, to be able to move into new realms with great strength?<sup>1</sup>

### **Who Should Come**

The workshop is designed for people from all walks of life. It is focused towards expanding the awareness of spiritual explorers, healing and shamanic practitioners, and the delightfully inquisitive.

### **What to Bring**

Please bring any rocks or crystals that want to come along. A journal notebook is encouraged as well as any comforts for sitting on the floor, such as floor chairs, back supports, blankets, pillows, etc. *Bring lots of grounding stones*

### **Plan for**

We will be in the outdoors of the many sacred energies of Bethel Horizons Camp. Plan for hiking and spending some in nature. Plan to learn to clear your subtle energy field and to adjust it with each moment by being a living, healing presence.

### **Details**

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<sup>1</sup> Source: Ted Andrews, "Animal Wise: The Spirit Language and Signs of Nature", 1999

The workshop is residential and will be held at a beautiful Lutheran kids camp at Dodgeville, WI. You will receive detailed directions and a list of what to bring with your registration.

Please include your email with any registration. Suzette will send out registration confirmation. These emails will come from [rocksandsouls@gmail.com](mailto:rocksandsouls@gmail.com) . Suzette and I will both be able to read any replies.

The fee for the workshop is \$545 that is due by December 1<sup>st</sup>. This includes lodging for Thursday, Friday and Saturday night, a light luncheon on Thursday evening, 3 meals on Friday, 3 meals on Saturday, and brunch on Sunday. There is a fee of \$10 for linens and towels or you can provide your own. Class size is limited to 26.

To Register: Please send a refundable \$100 deposit or the amount in full to Marie Smith 19126 Campbell Hill Dr, Richland Center, WI. 53581. We eat gluten free at these workshops and you can preview the menu upon request. All special needs like vegetarian or dairy-free can be honored. I will take names for the waiting list if/ when the class fills.

We will begin class at 9 am on each day and end at 2:00 pm on Sunday afternoon. If you have questions, please contact Marie Smith at [marie@hawkrdg.org](mailto:marie@hawkrdg.org) or (608) 647- 2366

**Presenter:**



Herb "One White Horse Standing" Stevenson (Shawnee and Cherokee) has been exploring indigenous healing practices for over 20 years. <http://www.onewhitehorsestanding.com>