

Rewilding Your Sacred Self with 5- Animal Qigong for Vitality, Joy, Empowerment & Confidence

Mama Bear!



The Way of Bears

- The Mother Bear is responsible for taking care of the cubs and bringing them up in the world
- She teaches them survival skills, how to play and the ways of the Bears ...



Bear Paws

- Bears have dominate paws and claws
- The Bear paws are very significant because:
 - They release over 20 different kinds of scents
 - Communicate long distance to other bears via their scents
 - It can be a mating scent, dangerous scent, territorial scent
 - When they twist their paws in the ground they are leaving a scent behind to indicate a message across the way for their tribe

Get Up, Stand Up & Stand Up for your Rights!

- Reason Bears stand up is to be able to notice and bring the scent into their awareness!
- Also to scan their environment
- They stand up to do the “bump”!





Bear Diet

- Omnivorous
- Catch Fish
- Eat Berries
 - From the berries they are known to spread the seeds after digestion into the environment



Time for Hibernation ...

During hibernation
bears can go without
food and drink for up to
100 days ...



Bear ~ Qualities

- Inner Wisdom
- Understanding
- Solitude
- Inspiration
- Flexibility
- Speed ~ can run at the speed of 25-35 miles an hour
 - Faster than the fastest human!



Bear ~ TCM

- Yin Organ: Spleen
- Yang Organ: Stomach
- Element: Earth
- Sense Organ: Mouth
- Tissues Governed: Flesh & Muscles
- Emotion (Negative): Worry, Anxiety
- Emotion (Positive): Clarity, Concentration
- Colour: Yellow
- Season: Late Summer