

SPIRIT ANIMAL GUIDE: bear



SYMBOLISM:

The bear symbolizes **strength, protection, and grounded presence**. Deeply connected to the rhythms of nature, bear embodies both power and rest, knowing when to act and when to retreat inward.

As a spirit animal, bear reminds us that true strength includes rest, boundaries, and self-trust. It teaches the importance of honoring cycles of activity and stillness, and of standing firmly in one's own space. Bear energy carries courage, resilience, and a steady sense of inner authority.

Bear invites you to feel supported, protected, and at home within yourself.

WHEN IT APPEARS:

You may feel drawn to the bear during times when:

- You are being called to protect your energy or boundaries
- Rest and restoration are needed after effort or growth
- You are stepping into a role of leadership or responsibility
- Strength is required, but force is not
- You are reconnecting with instinct and inner knowing

Bear often appears as a reminder that slowing down can be an act of strength.

WORK WITH THIS ENERGY:

To work with bear energy, ground yourself and honor your needs.

You might:

- Spend time resting without guilt or urgency
- Notice where stronger boundaries would support you
- Connect with your body through slow, mindful movement
- Spend time in nature or imagine yourself rooted to the earth
- Return to the guided meditation when you feel depleted or overwhelmed

Bear energy teaches that steadiness and self-care build lasting strength.

REFLECTION:

- Where in your life are you being asked to rest or restore?
- How might honoring your needs strengthen you rather than slow you down?

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