

## **Bear New Moon of January**

Pour your morning beverage. Look out the window and say your prayer for the day. Toast the Sacred Parents and all of life. Then watch for a sign. A bird, a dog, a... how do you feel? Now you've set the tone of your day. Smile... it makes others what you've been up to. xo shima

The Bear Cycle is Union through the Dream. According to the tlish diyan, we should engage in that which affirms life, and the Dream gives us direction on this path. When the Ancients gathered to Dream and Channel, they expressed their part in the great Union of all things manifesting, acknowledging the fact that when we live in harmony with nature, nature provides for us, in all energetic forms, all we need to progress infinitely on the path of our evolution.

To this, the teachings of Ten Bears have been added. He wanted all that walked this way of life to realize that the basic character of life is first felt within the Dream and, that realization of that Dream is produced in co-creative acts - vision manifesting. The first thing he asked to be done was to quiet our minds, to understand that Grandmother Bear leads us in a circle of dream from which all things manifest - self-fulfilling prophecy. Ten Bears, being a great philosopher and understanding human nature thoroughly, asked us to walk a path of harmony, to transmute negative emotions into positive life affirming beliefs, and live our lives believing in our power as co-creators of our reality.

“All of Earth and Sky, such a dewdrop, a measurement of your love, trembles within the heart of the Changing Mother, mirroring for all eternity, the spirit of All Our Relations. Here is the Dream, realized! Our love is sacred ecstasy. Changing Mother gives us the fragrance of infinite! Through the Dream we learn that we too are creators of reality. That we too are made of Spirit.” -- Apache Juan Ten Bears Yracébûrû.

The Dream is the deepest and highest of all teachings which originates from the Four Directions. It is basic philosophy, making itself known. Because of its basic character of healing, it moves into manifestation through our intent and actions. Ideals become synthesized in the philosophy of peace.

From the Dream and Grandmother Bear of ancient legend come the most

ancient concepts on life and the universe. The origins of these concepts are held deep within the womb of the sacred Changing Mother, and the philosophy they engender is itself ancient history.

January 11

I heal by embracing my need for annual pilgrimage (Apache Tear) to honor my ancestors and the Changing Mother. Those that were born before time, we move our attention back to awareness.

January 12

The foundation of my life is based in feasting (Burdock). Changing Mother earth gathers the Grandmothers. Bare knowledge was formerly no knowledge. We're growing.

January 13

I ground in gentle transformation (Butterfly). Cleansed by water, in the third vision, a secret is revealed, and we center all our love. The first vision was good, the second better, but the third is the best of all. This vision comes from Changing Mother earth because we have chosen life. It shall not be taken away from us.

January 14

I ground in my spiritual leadership potential (Jaguar). Come. Inheritance accounts for genetic purpose, the responsibility of medicine more powerful with each generation. Life purpose generates action, and sacred change blesses us. Supernatural powers free us in the journey.

January 15

I heal by embracing a decision made (Magnesite) and moving on. The Sun rises in truth. We have resurrected the powers of hope.

January 16

I ground by outwitting fear (Viper). Come, lie upon the ground. Results: the comprehensive job of boosting our immune systems. Two important types of immune cells – Sig A, and T cells. Simple relaxation eliminates colds and flus.

January 17

The foundation of my life is based in old pain relieved (Castor Bean). I Wonder One of Ten. The peace-filled lives are the dynamic of the 5th World actualizing. We transform. A new sense is being activated. Such is the truth and power of evolution – measured by humans.

January 18

I ground in fulfilling family responsibilities (Titmouse). Changing other earth brings the wind. In life, we take moments to really be. Our hearts continue to believe in the beauty of life we see all around us.

January 19

I ground in surefootedness (Gazelle). The wind, the wind, the beautiful Standing Tall People call to us. A beautiful bird with a wondrous song responds, and a blade of grass breathes, catching our attention. Within our relationship to nature, we grow.

January 20

I heal by embracing the Path of Beauty (Dinosaur Bone). Rising from the water, we are very careful in how we choose our words. Empowerment is a practice of Guardians, made possible by affection within our hearts.

January 21

I heal by embracing 4th World Soul Sickness being Cured (Milky Quartz). To all the Ancestors, our extensive work vision includes concept and new thought generation.

January 22

I ground in devotion (Tiger). Because of the wind... we change. The wind has taught us everything that filters into our being.

January 23

I ground in enlightenment (Cobra). Our sacred ancestors! Rain and Sun... weather is Earth attitude. So, when we ponder, it's a mirror of who we are.