

Courage of the ► Bear

H.E Beriault





Bear

The Bear teaches us Courage!

Courage is the ability to face danger, fear or changes with confidence and bravery.

The bear represents courage because of its strength and natural ability to overcome challenges. A mother bear, for example will stand up against a much larger stronger male bear or others threats to protect her cubs.

Just as the bear hibernates during the winter and reawakens each spring, we too, need rest and rejuvenation. The bear shows us how to live a balanced life, where there is time to be playful and time to be assertive and courageous.

Indigenous people believe that the Bear calls them to awaken potential and stand up for what they believe in.



Medicine Wheel

The Medicine Wheel is a circular symbol representing the wholeness of traditional Indigenous life.

It is a perfectly balanced shape without a top or bottom, length or width. It represents constant movement and change. It also represents and symbolizes unity, peace, harmony and courage.

It is a testimony of the human being's ability to survive and to maintain balance. The goal is to strike a harmonious balance in life.

The circular form of the Medicine Wheel shows the relationship of all things in a unity, a perfect form, and suggests the cyclical nature of all relationships and interactions. Everything in the universe is part of a single whole.



Four Directions

The four directions represent:

North, East, South & West

Stages of life: birth, youth, adult, elder

Seasons of the year: spring, summer, winter, fall

Aspects of life: spiritual, emotional, intellectual, physical

Elements of nature: fire, air, water, and earth

Animals: Eagle, Bear, Wolf, Buffalo and many others

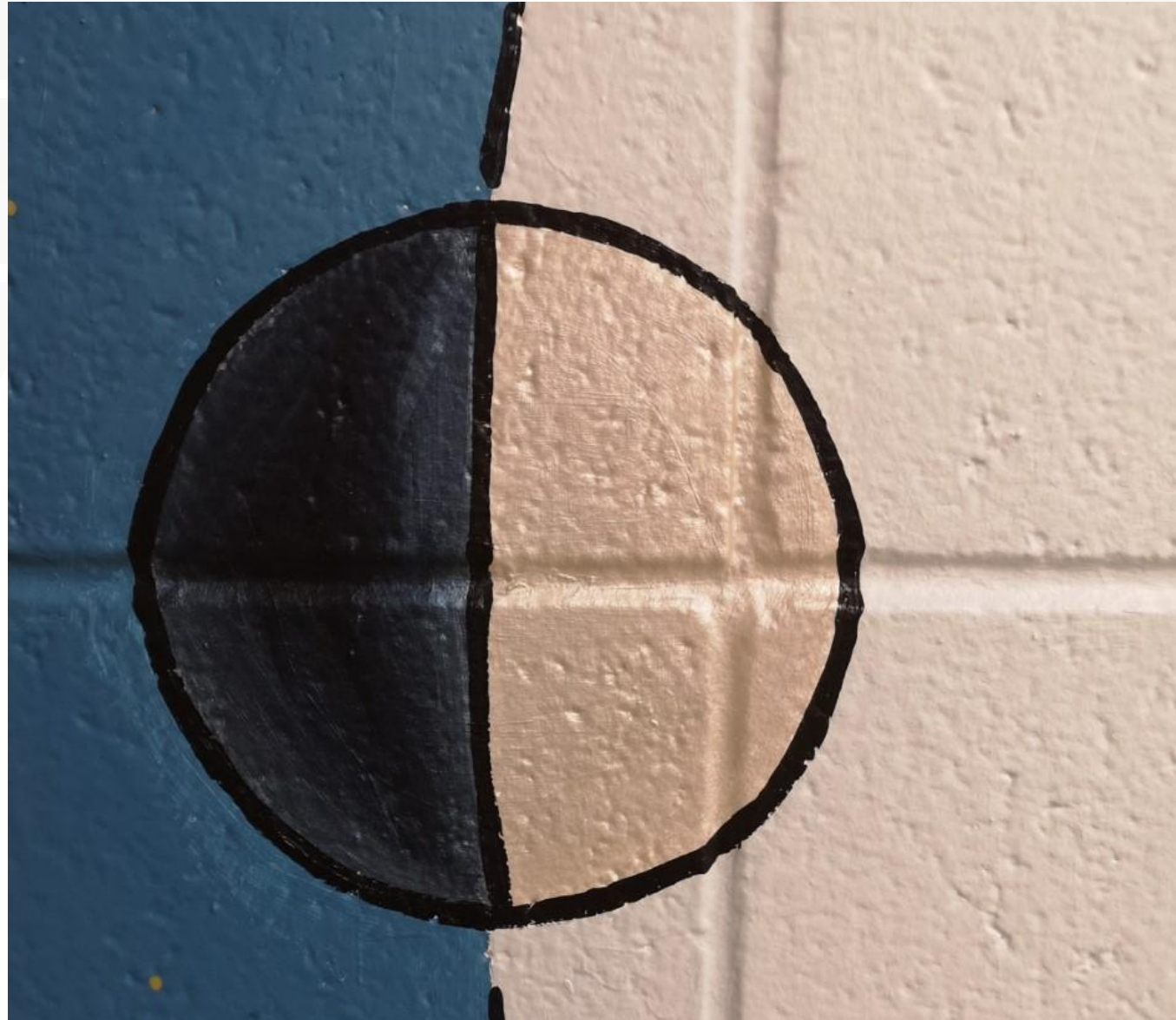
Ceremonial plants: tobacco, sweet grass, sage, cedar



Lunar Phases

The eight different moon phases are represented in our mural: Full Moon, Waxing Gibbous, First Quarter, Waxing Crescent, New Moon, Waning Crescent, Last Quarter and Waning Gibbous.

Without the moon, Earth would not be habitable for plant-life, animals or human beings. The moon unconditionally provides our planet with balance, stabilizing the planet's rotation and regulating ocean's tides.



Cross

The principal symbol of the Christian religion, recalling the Crucifixion of Jesus Christ and the redeeming benefits of his Passion and death.

The cross is thus a sign both of Christ himself and of the faith of Christians.



