

Preparing the Way

Written by Dave Tuscany

Welcome to Mother Bear Sanctuary. We are the stewards of this land, and as such ask it to help us to teach and model many things including healing the divide between the masculine and feminine. Energy vortexes have become apparent to us as we've been here and we invite you to experience them, to receive their message of healing. We also ask you to give back to her in whatever way feels appropriate to you. This giving back, especially by masculine essence beings, is a way to support the feminine, nurture, and maintain the masculine container to make way for the feminine. Whether you are in a relationship with another or not, nurturing the feminine essence (even within yourself) helps to balance and create symbiotic growth, healing, and love.

Please visit and commune with these special spots. Linger there, allow yourself reflection, prayer, and meditation. Feel the amazing healing that many have reported. Enjoy!

The Trails are lush and beautiful; both wide and narrow, manicured and wild. Just like the dance between masculine and feminine energy. Perhaps while you walk the trails, be mindful of the beautiful moss growing beneath your feet; go barefoot to feel its soft holding of you. How often do you allow yourself to be held; simply held? Notice where there are always fallen limbs and branches. Perhaps consider picking some up with specific intention- cleaning and preparing a space for the feminine. What comes up for you as you do this?

The Pine Grove and Beautiful Mother Pine is a wonderful spot to allow any past hurt or trauma from your lineage to be transformed. Allow the Grandmother Pine to take the pain that your relatives endured and the pain they may have perpetrated. Allow the healing of whatever dynamics you have lived through your relatives. Allow the Grandmother Pine to hold you and take your tears or pain. Is it time to forgive your ancestors; forgive yourself for perhaps acting out of this old family dynamic? Is it time to create a shift in your family lineage? Even if you don't have or may never have children, is it time for the old patterns of hurt or pain to end? Consider asking the Grandmother Pine to take it from you and transmute it into fertilizer. Our dog Masa is buried there, as a symbol of Death and life, letting go and creating a new story. Is it time to create your new story instead of amending and updating the old one?

The Elephant Vortex is a beautiful place to stop and visit. Sit on one of the moss-covered rocks, and see the beautiful Elephant tree. The elephant represents majesty and wisdom. It symbolizes longevity, intelligence, and the link with our ancestral memory. With its ancient soul, which has lived for many years, the elephant spirit animal inspires and helps you to know how to live a balanced life. It invites you to connect with your own inner wisdom. Notice we have left some gold ribbon for you to say a prayer or intention from your own inner wisdom. Take a

gold ribbon and tie it on the Elephant Tree to leave your prayers and intentions here to give back, to bless and nurture this land. What inner wisdom do you hold that would be expressed toward the Elephant Tree?

The Feminine Prayer Wheel is nearby; a place to honor the feminine in your life, and the feminine within you. Notice the rock pile, which is next to the Prayer Wheel; asking for you to take one of her rocks and put your prayers and intentions into the rock and for you to place the rock on the prayer wheel. That spot is already powered and energized by many, many prayers and intentions by those who have already communed with this land. Also, notice the trail off the West of the rock pile traveling down the hill to the open grounds. This rock trail represents the lingam, the male essence which claims the feminine. Notice the yoni just to the East of the prayer wheel, with its wild brush covering it, and the beautiful stone which had been placed there some time ago to represent the clitoris; the place to remind all beings to simply enjoy pleasure. What part of you needs to embrace pleasure and passion?

The Newly enhanced entrance fence and gate to our grounds represent the masculine container. The gate is new. The gate is closed and locked during all rituals here; sealing the container. It keeps the energy of the world out there; keeps out negative or dangerous energies. It is an Arcana which is a process of sealing in the light, which we use in ritual space. This entrance fence and gate help us to support you in sealing in the light; your light. It symbolizes the importance of a strong masculine container. How can you lean in and create a stronger masculine container in your life?

Our Fur Family have come to us; each with their own message of facilitating healing. Each has its own message if we listen. They want to help foster your healing and do so by simply being themselves. Please don't approach them without our attendance and guidance, as each one should be approached and treated in their own special way. We ask for their permission to connect. Ask us, we are happy to share more about these powerful and helpful beings. If you would like to know the steps to consciously journey with the animals and safety details please keep reading,.

How to connect to the animal's consciousness to expand your own.

The steps to shaman the divine feminine with Mother Bear Sanctuary animals. (And safety and logistics.) Written by WhiteCrow

Embodiment is feminine spirituality. Thank you for your willingness to Shaman the feminine into your Being. As a Divine Feminine Shaman, you are an animal, plant, angelic expansive consciousness, healed ancestors, the stars.

Your full Soul FELT embodied brilliance awaits. Embody the light and you now taste God as you, Feel Love in your Breath and no longer feel the need to "figure out" what You Already Are. You Come Home to Yourself.

Each of the animals on the land are co-facilitators and holds a collective consciousness. This was/is intentionally done. Like an awakened embodied human, a plant or animal is a Buddha. A thousand Buddhas await your honoring interaction.

As already said above, please respect and honor our animals and nature. This means, as best you can, wait to feel the invite in your heart to connect, just as you would with a human.

Each animal (like humans) goes through a healing process to clear collective industrial growth trauma so that they can be portals to the collective consciousness they represent.

The animals and land are healers and sovereign beings. They are not pets, objects for play or without voice. Divine Feminine Shamans hear, listen and respect the voice of nature and thus reclaim our true nature.

How we treat one...registers with the whole. How we treat ourselves registers in the whole. In the micro small is the whole universe.

There are physical logistics to consider when engaging and spiritual intentionality.

Logistics and safety first:

Double triple check gates when you go through.

Double triple check the white barn door

Large pasture has a HOT wire.

When around animals there will be poop on the ground

Horses' general safety:

Do not walk behind.

Do not race towards with front body energy. This scares them.

Ears flat and back means leave me alone.

They can see behind them and around, they cannot see directly in front.

They are frightened by quick movements, large objects held above and possibly an unexpected loud noise.

Specifics needs and consciousness of the horses

Ronin does not have an awareness of his belly and body. His old body cannot navigate space. So, please give him lots of space when he moves. He is clumsy with his aging hips. **He loves to be touched.** He loves his neck scratched, and tummy rubs. Ronin holds connection, love and community energy in his broader consciousness. He teaches connection. And, be aware of your feet. He is clumsy.

Savannah is super wonderfully sensitive to energy. She requires slowness, listening, and respect. She is still healing from being “manhandled” her whole life. If someone creeps on her, or energy comes in too fast she will move away. When (and if) touched she prefers you don’t go to the side of her head near her eyes. The forehead and heart are her favorite contact points. **She holds powerfully the collective horse consciousness. It is a huge energy field.** Like horse angels” or consciousness does, she pulls people into their hearts, awakens still presence, and invites you to honor your sensitivity as a strength.

You don’t “have to pet” to feel them, Most animals do not like humans’ hands invading space without intention, respect and permission. Many animals have been programmed OUT of their sovereignty and voice. Like humans.

Like animals, humans have been domesticated out of their wild untamed authenticity. You will feel a soft invite or yes in your body if they are ready to be in touched. They feel you from 50 feet away. They are super beautifully sensitive.

You Are Welcome to go into barn and pasture. Remember this is a different world. Go into the barn and sing to them, talk and/or feel their energy. Be aware of space when you In the barn. Ronin will push you over by mistake. Only get close in barn if you have horse maneuvering experience.

In the pasture or near the garden Ronin is easy to engage. Savannah will normally only allow people close who need her touch. You are welcome to try to approach her in the pasture or coral if you feel the invite.

Chickens general safety

Roosters’ job is to protect the flock and mate. They are not “being mean” when they attack. Possibly see this as an opportunity not to take an attack personally?

Use the shovel to block Nikki and Ferdinand. They are 2 pounds. You are safe.

They can break skin so have your shins covered with pants.

Chickens love scraps. However, citrus is a bit hard on their stomachs.

Please double-check the door. Chickens are threatened by hawks, opossums, ferrets, coyotes, and foxes.

Specific Needs and Consciousness of Chickens and Ducks

Izzy and Tizzy (white hens) hold the collective consciousness of chickens beautifully. They are not domesticated, and this affords them this access. They awaken curiosity, going towards what you want and presence.

Ferdinand (black fluffy) is a peaceful king. He rules with a gentle hand

Nickie (multi-colored) is aggressive and always looking to be Alpha rooster. He is a trickster.

Miley is the alpha hen. She holds a queen presence and does not back down to Teddy the cat the roosters. At times as a chicken she will run away from the rooster's mate. But in general, she is a being who knows who she is.

Sophia (red and brown hen) is awakening to her connection with Sophia Christ. She is still healing trauma from a recent rescue.

Mary Lou (blind eye and red) has healed! She was unwinding a freeze response in her nervous system. She loves now human contact, She loves to be held. She will follow you around if give the chance.

Lou La (white duck) holds joy and ease. She has bonded with Nicki the rooster and loves her water pool. She does not like human contact and prefers to stay in the energy of the flock and coop

Safety with cows

Gracie Petunia loves to feel people with her. Feel free to go into your paddock or stall. Cow poop is stickie to the feet so watch your step. She is still a baby and wants milk. She may head bop your butt or Yoni to get milk. Just be aware of your body in relation to her head, especially if you volunteer to give her a bottle.

SHE IS QUICK. Watch the gate.

She is learning to not step on feet. BE mindful of her feet. She's still little however.

Specific Needs and Consciousness of Cows

She is arriving into her body. She still hasn't fully arrived. Humans if supported incarnate in the first seven years, cows seven months.

Please pour all sorts of mother love energy on her. She needs to be held seen and presence.

Cow consciousness holds a powerful womb feminine wisdom. It is why they are worshiped in Hindu cultures and around the world. Their womb goes deep into the mother and are potent portals. I will be excited to see how Gracie unfolds.

Dragon Dali

Holds lots of Shakti fire energy. Dragons are a archetypical energy that iginite. A “dragon” can show up as an active land site, a person or a cow! Dragon Dali loves to play. Be mindful of her heard as she likes to toss it at you to play. She loves belly rubs and neck scratches a lot. Watch your feet!! She does not like the hair tossle on top of her head touched. She will move away from you if you touch. Please ask for assistance in giving her hay or cow treats. She is VERY playful bucking and skipping when give hay, grain or treats. Just make sure you give her space and keep your body facing her if you join us in giving her food.

Goats general safety:

He loves to butt his head into legs. You can run away. Or, put your hands on his neck and push back. It's a fun rough and tumble. Be careful of his one horn.

He loves to play and will rear up. As a very old 12 year old goat he never lands his head on anything.

He loves to pee on things. If he likes you, he will mark your feet with his pee. Be careful to not be in his stream of pee when he urinates. It goes towards the front of his body on the side.

He loves to get into any trouble he can. Eat flowers, eat the deer feed, or push over benches. It's adorable to me. However, please come get me, or my apprentice Michelle or animal care assistant Jen if you see this.

Specific needs of goats and consciousness

Smooochie lovvvvvvessssss touch of any kind. He is safe to touch and no mites or icky. However, goats do have a potent smell. Be aware of your hands and where you touch them. He was overly domesticated and has anxious attachment needs. He is afraid of being abandoned again and still fears being left behind. Pl

Smoochie holds beautifully rebellious joy. Stubborn to his joy!! He also holds the wonderful sacred masculine energy. Its drips from his being. Goats in general hold a consciousness of rebellious joy. We are grateful for Smoochie and his powerful portal.

Cat Safety

He does bring back chipmunks live. Please come get me, or my animal assistant Jen if he does this.

He cannot be out after 5. Coyotes will eat him.

Teddy can go out during the day.

Specific needs and consciousness of cats

He has in his consciousness he might starve. The vet believes this cannot be shifted. I know it can. Please, when you hear him begging pick him up or pet him. His trauma brain is caught in scarcity of when he was homeless.

Teddy loves to touch and especially his belly and under his chin. He loves to be held like a sack of potatoes against the body. He loves to play

Teddy holds collective cat consciousness of relaxed body ease, safety in vulnerability, and invites connection. He will ask for space when he needs it and loves connection. He is a great teacher of healthy relationships and felt body presence.

Rafae----His name means the divine heals. It also means Ra (God) and Fae (fairy).

Super mellow, securely attached, and easy to communicate with. Loves affection, touch and any praise. Has not completely arrived in his body so does not have a wider consciousness attached to him. Currently a puppy. Watch his sharp chewing puppy teeth. If he is putting his teeth on you please give him a chew toy. He barks when he needs to pee and poo. If you let him out please keep on eye on him.

In general please bring as much respect, honor, and intention to each animal. Please see them not as pets or objects but living personalities that also, when re-wilded and healed (like humans) have access to the collective wisdom in their being.

Plants have consciousness too. Anything we are in a relationship with awakens oneness in our being and our broader Divine Feminine Shaman self or Buddha nature. Relationships heal us. Plants (food, herbs, mushrooms) are being objectified, disrespected and used. Like our treatment of animals, this affects OUR psyche, our ability to let go, feel held and feel safe. What we send out always has a return to sender message within it.

The land is awaiting your play, connection, and energy

Grandmother tree attunement

Bird tree with air wisdom

Prayer wheel collective holding

Ancient sacred masculine rocks to still ones being

Water portal in front of house

Pines ancestral healing

Moss mycelium womb network

Elephant vortex

Clearing the push distortion from our original separation from the feminine (nature, our innocent sensual bodies, and emotions) takes time.

What we are touching is touching us. What we are perceiving is perceiving us. Reciprocity to our perception allows us to FEEL Life holding us. Yet, softness takes time to cultivate within our wombs (Hara for men) and psyche

We all have been collectively traumatized by the power-over models to our bodies, animals, and plants. (BIPOC far more than others) Racism, corporatize dominance structures, western medicine, traditional educational systems and factory farming animal agriculture are founded on this original power-over model. Anything close to nature is now “justified” to mistreat.

When we feel connected to others, and nature, we seek to protect not from moral theology but from the preservation of Self. (Ecopsychology Teachers to explore: John a Powell lecture on Bioneers.org, Books by: Theodore Roszak, Mary E.Gomes, Joanna Macy). Ecopsychology seeks to lessen our “othering” of each other, nature, people of color, and the God of our understanding.

The unwinding and gentle way of being is a real sustainable power in the world, and the way to access your full brilliance. However, this takes time and is a process. Be patient with yourself. Have the utmost self-acceptance for all the parts that are ready to be healed. The ancestral wounding is not your fault and allowing nature, animals, and community to hold you will midwife your True Self into Being.

There is an innate brilliance within us all if given the support and cultivation it needs. How we treat ourselves will be how we treat others.

Self-Love and intimate embodied connection with nature and each other is a rebellious act against the dominant culture. Pathological individualism has become a false badge of honor that costs one’s happiness, health, and ability to sustainably create positive change.

The moment we choose to love we begin to move against domination, against oppression. The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others.

– Outlaw Culture: Resisting Representations, 1994

The ancestral wounding is not your fault and allowing nature, animals and community to hold you will midwife your Buddha Christ Nature into Being.

Nature allows us to ROOT to rise. The elements, plants and animals help us TRULY EMOBDY our light and make a mighty consciousness shift within ourselves and in the collective consciousness.

Thank you for doing your work. We need men, women and non-binary courageous enough to shaman the feminine.