

The Great Red Bear

~ A Journey Toward Courage ~

Owen loved walking in the woods, but sometimes he would get scared when no one else was around. We all know it can be scary being all by ourselves. One day, when Owen was walking deep in the woods, he ran across a huge bear. He froze right where he was standing. He was so scared!

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Would this bear eat me? Owen wondered, but just then he heard someone talking.

“Don’t be afraid, my dear, there is no reason to be afraid.”

Owen looked around, but he didn’t see anyone. He kept watching the bear and hoped she wouldn’t notice him. Again, he heard the voice, “Come over and play with the little ones, my dear.”

Owen still couldn’t figure out who was talking, but the huge bear rolled over onto her back as two little bear cubs playfully jumped on top of her. The bear looked back over her shoulder and peered right at Owen. Owen’s knees were shaking. His eyes were as big as watermelons! He was terrified! But it actually looked like the bear was smiling at him.

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This bear was unlike anything Owen had ever seen. She was a beautiful reddish color with very kind and gentle eyes. She was looking right at him when she opened her mouth and said, "My dear, please don't be afraid of me."

Owen was so surprised that he fell backward over a low tree limb. "Wh-wha? Did you just talk?"

"Of course I just talked, my dear. I was talking to you." Said the huge red bear still smiling. "I am special sort of bear."

"A special sort of bear?" Questioned Owen.

"Yes, my dear. I am a spirit guide."

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"What is a 'spirit guide'?" Owen wasn't so afraid now. He was more just curious about these very odd red bears. The huge bear seemed very gentle and loving as she was playing with her little bear cubs, but Owen didn't take his eyes off the huge red bear for a single second.

"I am a special teacher. I have come to help you to not be afraid and to keep you safe from the things that do make you afraid. Only you can see me because it is you who needs me. This is what makes me a 'spirit guide'. I am here to help you, my dear." Said the huge red momma bear.

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"But, I am afraid of huge red bears!" Owen's knees were still shaking.

"I know my dear. This is why I have brought along my little ones. They are more your size. They would love to meet you." And the bear moved aside to sit under a tree. Her two little cubs bounded over a little closer to Owen.

"Hi!" Said the little bear cubs. These little bears looked like smaller versions of their mother. Owen was still a little afraid of them, but he slowly walked toward them anyway. Something inside Owen made him feel like these friendly little fur balls really did just want to meet him. Owen felt like he didn't need to be afraid of them.

When Owen was just about face to face with the little red bears, one of them nuzzled his arm. Owen stepped backed a bit, and then slowly reached out his hand toward the little bear. The little boy bear put his head under Owen's hand. Then the little girl bear bumped up against Owen's other arm, so he reached out to pet her too. Owen soon found himself standing right in between the little bears, a brother and a sister.

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"Come and play in the stream!" Said the little girl bear. "Oh, my name is 'Anicka' by the way, and this is my brother 'Horus'." Owen followed the little bears over to the stream where they both jumped in splashing him with water. They all laughed and Owen jumped in, too. Owen and two little bears put their heads under the water and looked at each other, and then they popped back up with a splash of laughter. The little bears showed Owen all the pretty fish under the water, how to swim like a bear, and even how to do upside down bear paw stands under the water.

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Pretty soon, Owen and the two little bears were all playing together just like old friends. Since the little bears could talk and stand on two legs just like Owen, he totally forgot that they were bears. They looked more like fuzzy little friends! Owen had forgotten all about the huge red bear that was their mother, too. He looked over at the tree where she was and saw her smiling back. Owen couldn't explain why, but he somehow felt like this bear was watching over him just like she watched over her cubs.

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Just then, an enormous brown grizzly bear appeared on the other side of the stream. He wasn't just grizzly; he was grumpy too! The grizzly bear let out a low growl, and the two little bears jumped back leaving Owen the closest to the grouchy grizzly. Owen was afraid, but he didn't know what to do. Just then, Owen felt something very soft on his arm and looked over to see the big red momma bear standing next to him.

"Back off, Gus!" She roared.

"I'm sorry, Maxine." Said the grizzly. "I just wanted some lunch."

Lunch? Owen hoped the grouchy grizzly bear didn't have him on the menu!

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Maxine grabbed up a large fish from the water and tossed it into the air. "Here you go; now there's no reason to be grouchy!" Gus the not so grouchy grizzly caught the fish and trotted off in the other direction.

"You see, my dear," Said Maxine, "Gus is just a bully. There's no need to be afraid. You just have to stand your ground with him. He is bigger than me, but I don't let him bother me. A little courage can go a long way."

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Owen realized that he was now standing in the middle of a stream with a huge red momma bear and her two babies, and he was not afraid. It hadn't been very long ago that he was shaking in his shoes at the sight of them, but he wasn't afraid now. Actually, he felt very safe with them.

"My dear, I will help you to be brave when you are afraid." Said the huge red momma bear. "Other people may not be able to see me, but remember that I am your guide in spirit. I will protect you and give you courage. When you are afraid, just call on Maxine."

"And Anicka!"

"And Horus!" Said the little red bears.

Owen gave his new friends big hugs and promised to come back and play with them again. He started off on his way home no longer afraid of the forest because he knew there would always be a big red momma bear watching over him.

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Draw a picture of your own Spirit Guide!

Hang your picture in your room to remind yourself that you are always watched over and protected by a guardian in Heaven.

Draw a Spirit Guide for a family member or friend!
Give a wonderful protective guardian to someone you love. 😊