

THE SECOND WELL TRUST presents

The Great She-Bear Stories of Nature

Journeys from The Songee Energy



In the Womb of the Mother

SOUL'S JOURNEY ONE

Songee says, I have come to tell you a story. So close your eyes and come with I upon a little journey. Take inside of you the deep breath of life, down into your middle self and let your body relax as we begin our journey.

We are going to dance the spiral of Brother Bear. We are going to dance the spiral now all the way to the center, and in the center we step off the spiral into... nothing.

All around there is darkness, warm darkness. Little Bear opens his eye and lies very still. He has opened his eye before only this time it is different. He lies very still and feels all around him. There is a sound like a deep drum beat, boom, boom, boom. And there is another sound, like another drum beat only a little faster. It goes boom, boom, boom, boom. He takes inside of himself a deep breath and the odors come to him that are now becoming very familiar. He senses the presence of two others with him. One his own size and one very, very much bigger. Both the other one and himself are curled up nice and warm against the belly of their mother, the Great She-Bear that is sleeping, deep, deep in the womb of the Mother. He feels her warmth coming out of her body and surrounding him like a warm blanket of love. He feels the softness of her fur tickling his nose. He whiffles it a bit. And as he whiffles his nose so do his ear waggle a little bit and then his companion in life at this time also begins to stir.

And a foot comes and pokes him in his belly.

"Orff," he says, "That hurt." So he pokes back with his foot. And so it goes on, these little squirmings and movings, the wriggling of the little nose and ear and tail. And the pokings and the prodings until the Great She-Bear awakes. "OOOOOOOH !" She says, "I was having a nice dream, I was walking the spiral

with Brother Wolf and you have bought me back to wakefulness. What are you doing you naughty children?" And the two little bear cubs, for such is who they are look toward where their mother's voice is coming. They cannot properly see her because it is so dark, however they can hear her and they can smell her.

"Come along," She says, "You must have something to drink and then we will go and explore. I will show you many things." And so the little bear cubs snuggle into their mummy and they have a drink from the milk that comes from her teats for them. And when they are quite full up and they are wanting to curl up and go back to sleep, the Great She-Bear stretches and gets up onto her feet. The two little bears tumble off away from her to the ground, rolling around like balls. They get up to their feet and they shake themselves and ask,

"Can they please go back to sleep now?"

And the Great She-Bear says, "No you can't, we are going outside."

"What is outside?" Say the little bears. The Great She-Bear then sits down for a moment and she explains to the little ones what outside is. She tells them how they have been asleep with her in the Womb of the Mother for many months, for the moons to pass over head so that the land that is cold will once more become warm again. And that now they have woken up, she knows that it is time for them to go outside because the cycles of the moon have passed and now the warmth is coming back to the land. She explains to them how the Great Father Spirit Creator sends everything to sleep so that it can renew itself. And so the fires in the Heavens are taken away to be far away from the land so that it does not get so warm and things cannot grow so well. And this means that for bears there is not so much food and in this time of resting this is what bears do. They go to the Womb of the Mother, curl up and go to sleep and in the time that they are asleep this is when the Great She Bears have their babies. And the babies come to life in the Womb of the Earth Mother.

"And now little ones we are going to take the journey outside..."

And this is for the next time.

I am going to go now. Begin to come back now on the spiral of the Brother Bear back up into your own world and we will visit the Great She-Bear and her Babies another day.

I will go now and I leave you with the Power of the Great She-Bear.

SO BE IT

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