

# The Alliance with Gaia

## Passage Sixteen



## *Pegasus Healing*

It's the midnight hour and where do you stand?

How is your energy? Are you wobbling, are you consolidated.



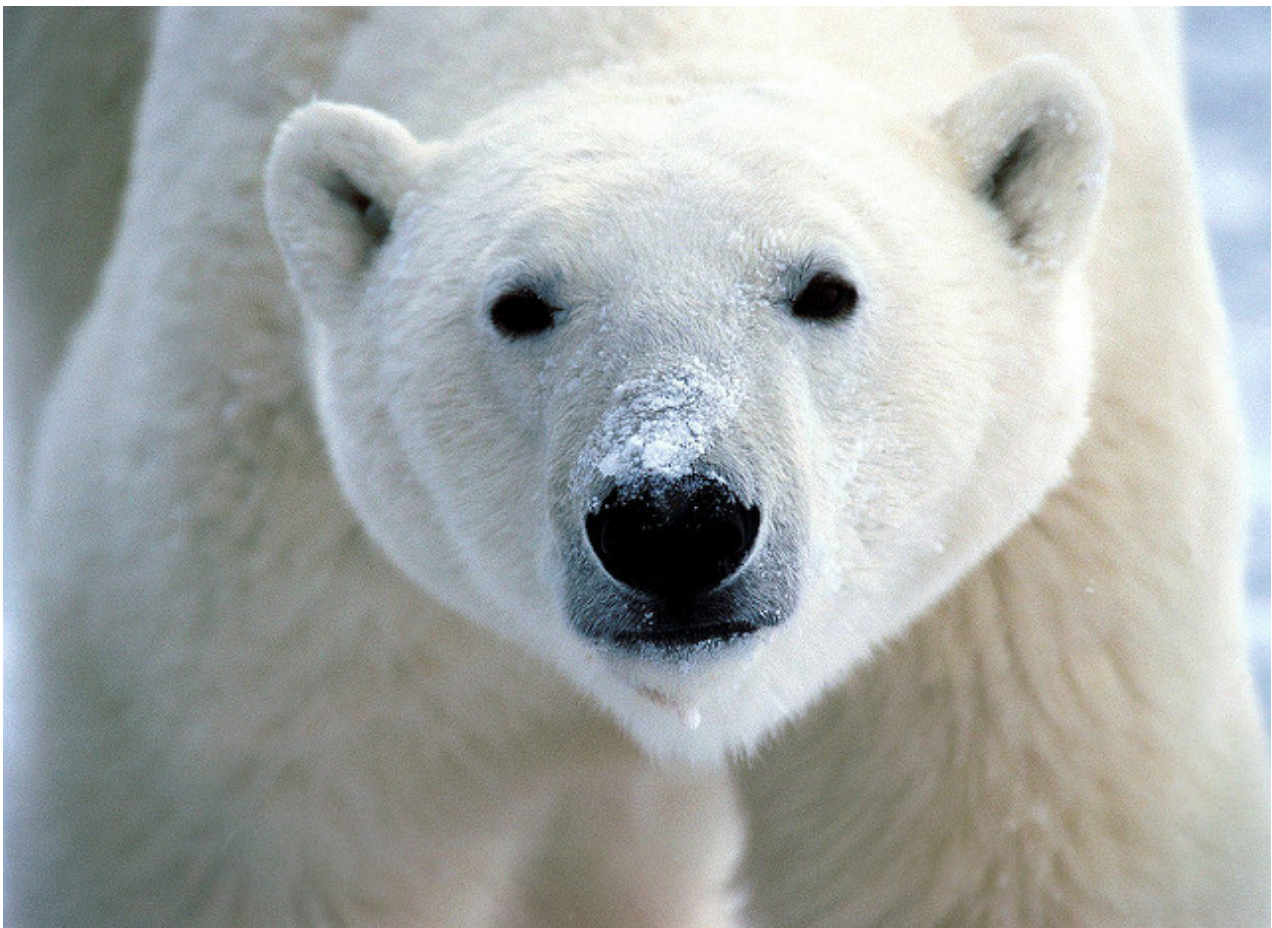
Don't worry we travel together though the journey is yours. Each person is responsible for themselves and there is always help along the way, the infinite way.

It's also about balance, animals when left to their own devices are good at this. They know when to rest and what to eat, when to run, when to be still when to be active when to be silent and when not to be.

We humans can fall into complexity-the ego and dictates.

Listen to the soft and gentle voice of spirit and don't be fooled because you will get information and instructions beyond the mouse wheel of intellect and incessant opinion if you care to still your mind.

Now before we take a rest a pause as ordered by the white rabbit, lets see what Joseph has to tell us about polar bears.



## Polar Bears

*Polar Bears are a carnivorous species of bear that reside largely within the Arctic Circle. They are closely related to the brown bear but have adapted over time in order to handle the extreme weather conditions of the Arctic Circle. Their scientific name is Ursus Maritimus - Sea Bear, however they are also known in other cultures as 'the Rider of Icebergs', 'The Ever Wandering One', and 'the Ice Bear'.*

*They are one of the larger species of bear with the adult male weighing around 350 – 700 kg and measuring up to 3 metres in length. The adult female in contrast weighs around half that amount and measures up to 2.4 metres in length.*

*With winter temperatures in the Arctic Circle dropping to -34C, Polar Bears can survive and thrive in arguably some of the harshest conditions on earth. They are heavily insulated by a thick layer of fat, skin, and a double layer of fur. This allows them to maintain their body temperature and metabolic rate even when temperatures reach -37C. Interestingly, although their fur appears white, it is actually pigment free and transparent.*

*Polar Bears call the sea-ice home and depend on the ice to travel, hunt seals, breed and in some cases, den. They don't really have territories partly due to their ever changing ice habitat but instead have home 'ranges'. Their home ranges can be quite vast and depend mainly on the quality of the habitat and the availability of seal. Seals make up their primary food source but they are highly flexible and will eat eggs, birds, plants, berries and kelp for example, if they need to.*

*Although they are solitary animals, they are not anti-social. A bear will often share food with another if they approach in the right way and young males will frequently play fight to develop themselves and prepare for finding a mate. Young cubs are especially playful and siblings will often travel together for weeks or months when first separated from their mothers.*

*Even though they have no predators apart from maybe humans, living in the Arctic wouldn't be an easy task. They are incredibly adaptable however, as well as being independent, self-sufficient and patient. They can handle and navigate the most extreme conditions alone and are comfortable on both land and water (one Polar Bear has been observed swimming continuously for 9 days straight, some 687 km, in order to reach land). They are very patient hunters often waiting for hours by a seal breathing hole in order to catch their prey and can fast for several months at a time during summer.*

*The indigenous people of the Arctic held Polar Bears in high regard for example holding various ceremonies to 'give thanks' and appease the spirit of the bear after a successful hunt. They considered Polar Bears to be wise and mighty and with the sheer size and strength of the animal, along with their keen survival skills, it's not too hard to see why.*

### Interesting Polar Bear Facts

- Polar Bears are almost invisible to infra-red cameras.
- The polar bears' layers of fur and blubber trap their body heat deep below their skin, leaving the outer layer to be a similar low temperature to the snow around them so just the bear's face and breath can be seen in infrared.
- Grizzly/Polar bear hybrids exist- rare -Pizzly Bears in captivity and in the wild.
- Underneath their fur, Polar Bears actually have black skin.
- Female Polar Bears give birth to 1, 2, or 3 cubs though usually give birth to twins.
- Polar Bears can reach speeds of up to 40 km (25 mph on land) and 10 km in water.



# **Nature's Peace**

So now for a rest let's relax and feel the peace of nature. I will see you there.

<http://www.pegasus-animal-healing.com/awg-year-2-library/>

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