

# The Grizzly Bear



In the kingdom of [spirit animals](#), the bear is emblematic of grounding forces and strength. This animal has been worshiped throughout time as a powerful totem, inspiring those who need it the courage to stand up against adversity. As a spirit animal in touch with the earth and the cycles of nature, it is a powerful guide to support physical and emotional healing.

## **Bear Meaning**

The bear has several meanings that will inspire those who have this animal as totem:

- The primary meaning of the bear spirit animal is strength and confidence
- It is a time to take responsibility and set boundaries and learn to honor the boundaries of others.
- Standing against adversity; taking action and leadership
- The spirit of the bear indicates it's time for healing or using healing abilities to help self or others
- The bear medicine emphasizes the importance of solitude, quiet time, rest
- The spirit of the bear provides strong grounding forces

## The bear, a spirit animal symbolic of strength and courage

The spirit of the bear is a strong source of support in times of difficulty. It provides courage and a stable foundation to face challenges. When the bear shows up as a spirit guide in your life, it's perhaps time to stand for your beliefs or your truth. This power animal will provide for support and strength.

The bear is also a guide to take leadership in your life or in other people's lives. This animal is feared and admired for its strength. Its presence inspires respect. Its strength and powerful stature will inspire you to step into a leadership role in your life and take action without fear.

When you invoke the power of the bear totem, reflect on the qualities of inner strength, fearlessness, and confidence in yourself and how you can project them in your world.

### Details of

The **grizzly bear** (*Ursus arctos* ssp.) is a large subspecies of [brown bear](#) inhabiting [North America](#). Scientists generally do not use the name grizzly bear but call it the **North American brown bear**.

### Classification

#### Meaning of "grizzly"

[Meriwether Lewis](#) and [William Clark](#) first described it as *grisley*, which could be interpreted as either "[grizzly](#)" (i.e., "grizzled"—that is, with golden and grey tips of the hair) or "[grisly](#)" ("fear-inspiring", now usually "gruesome").<sup>[6]</sup> The modern spelling supposes the former meaning; even so, naturalist [George Ord](#) formally classified it in 1815 as *U. horribilis*, not for its hair, but for its character.<sup>[7]</sup>