

# **The Bear's Manuscript of Lore and Wisdom**

**Translated by  
Bilbo**

# **Manuscript of Lore and Wisdom**

## **(Translation by Bilbo)**

### **Historical Preamble**

This document has been translated from an ancient manuscript passed down through the years to the wisest of the bears. The manuscript, in more recent times, has been held and maintained by The Great Mother Bear, although in times gone by this honour was bestowed upon the oldest and wisest male bear.

Some time ago the concept of wisdom residing with The Great Father Bear was challenged due to the antics of the male bears and some rather dubious decisions made by a series of male bear leaders. As one might expect human contact played a significant part in the decision to remove the role of the Wise One from the male to the female of the species.

While male bears have some endearing qualities and positive attributes there was a time when they were unaware of the human condition and through contact with humans began to acquire some traits they had observed in humans. This led to male bears taking off on their own at weekends, ostensibly to conduct meetings, and building houses out of branches by the riverside where they would indulge in non-productive activities fuelled by jugs of mead that they distilled from honey supplies.

At these times male bears were seen conducting competitions consisting of who could hold their breath for the longest time while remaining submerged in the river. Salmon slapping was another of their games, which consisted of standing on rocks in the river and slapping each other with a salmon until one of them fell off their rock. This latter pursuit was particularly popular in the early hours of the morning after several jugs of mead had been consumed.

The turning point occurred when Biff, the son of The Great Father Bear at the time, became interested in commerce and took off to college to get his degree in money making.

Returning to his community some time later he fell in with some humans who lived locally and were considering a small business

venture. Biff suggested a sporting goods business and soon they were selling products at roadside stands around the community. Biff had been completely indoctrinated into the human lifestyle by this time and was unable to grasp the concept that selling bear traps for a living was somewhat inappropriate and self-defeating. A community meeting of the bears was held. The Great Father Bear at the time reluctantly acknowledged that the male bears were getting out of control, and agreed that the mantle of Wise One should be taken over by the women, at least until the male bears got their act together. The fact that there has not been a Great Father Bear since, speaks volumes, and may have something to do with the fact that male bears continue to enjoy weekends by the river with their buddies and show little if any desire to re-assume the mantle of leadership. Male bears that had difficulty with this lifestyle as a matter of principle left the woods and became domestic bears who lived with humans. Despite the absurdity of the human lifestyle they were able to function quite well in this environment as having principles meant they were contemplative thoughtful bears. As humans seemed to be devoid of these qualities domestic bears were able to evolve, and once again take on leadership roles.

## On Napping and Sleep

Contrary to the human phrase “If he doesn’t get his sleep he’s like a bear,” bears are rarely cranky.

That is because bears follow natural laws when it comes to sleep. Ask a bear how he stops getting overtired and he will say, “Take a nap.” The body has a natural cycle and an alarm clock that kicks in when rest is required. Yawning repeatedly is a sure sign that it is time to take a break.

Lack of sleep can lead to crankiness. Thinking becomes disorganized and behaviour can range from falling over unconscious to states of acute mania. Using stimulants to stay awake results in hyperactivity and aggression that eventually evolves into a state of blank stare semi-consciousness. At this time most thought and activity is reactive, as motivation has dropped to minimal levels.

Until domestic bears evolved, bears in general were of the opinion that no animal could, or would attempt to break natural laws and create a pathological state such as the one described above.

Growing observation of humans however, has shown that these creatures derive a certain pleasure from flaunting natural laws. Indeed, the behaviour induced by sleep deprivation and over stimulation is thought by many bears to be behind the chaotic behaviour that humans exhibit. It is not surprising to note that bears have a saying “If you don’t get some sleep you’ll end up like a human.”

As a general rule it is good practice to nap frequently. The mid-morning nap and post lunch naps are essential to good health and well being. Slipping in an after supper nap is helpful to some bears, although others report that if they do this they tend to sleep right through the night.

As a precursor to decision making and problem solving there is no better attitude than to stop thinking, have some tea and honey, take a nap. This serves to clear the head, and with luck, cause you to forget what you were worried about.

## The Bear's Life

From an early age bears are taught by their parents to respect natural laws and treat each other with respect. Until the emergence of domestic bears, bears were not required to learn about other matters pertaining to the world around them. Contact with humans brought changes to that state. As was described in the preamble, human values, I use those words loosely, create numerous problems for other animals, including bears. Once the role of Wise One had passed to the Great Mother Bear some changes were implemented to address the increasing encroachment of humans on bear habitat. While instinctively non-aggressive, bears had to be taught to assert their influence over their domain. Young male bears were therefore taught techniques in "Frightening" to keep humans out of bear sanctuaries.

Techniques learned included sleeping under porches and growling loudly when people came out of their houses. This is a pro-active frightening technique designed to let humans know that bears are around and could be ferocious.

In early spring bears often hide on forest trails until humans are seen and then jump out at them waving their paws and growling. There are always plenty of humans using these trails during the warmer months as they like to strip almost naked and run along these paths. This activity, which is referred to as jogging, serves to keep humans fit and healthy. A good scare while jogging can raise the human's heart rate by thirty beats a minute and is seen by bears as facilitating good health. Through feedback from domestic bears who are able to closely observe humans it is known that humans are unbelievably lazy and undisciplined most of the time so frightening serves two purposes, keeping humans away from bear domains and promoting their health.

An offshoot of this bear behaviour has led to some interesting developments not anticipated at the outset. Humans, rather than keeping out of the woods, decided it would be fun to bring the bears into large caged areas where they could watch them growl and wave their paws without the threat of attack. This backfired, as the bears immediately lost their ferocity, which was only an

act anyway, when they found out that for giving a few growls and an angry stare all their basic needs were taken care of. Older bears now view this lifestyle as a form of retirement and enjoy watching the humans who come to visit these parks, or zoos, as they call them. Some senior bears have even resorted to sitting in the woods with rope nets draped over themselves and wearing homeless signs around their necks in the hope of acquiring one of these much coveted positions.

A complete lifestyle change for the more sensitive and thoughtful male bears has been the intermingling with humans as domestic bears. Initially unsuccessful, this has now turned into a phenomena and most families have bears that they love dearly. The initial lack of success had a great deal to do with grooming and hygiene. Humans are extremely delicate creatures and often found bears that wandered into their back yards offensive due to their natural odour of swamp water and raw fish. Poor dental hygiene was also a cause of some dismay to humans, who spend much time eradicating any semblance of natural odour from their bodies and replacing it with pungent sweet smelling scents.

The Great Mother Bear was called upon to prepare these young males who wanted to branch out and infiltrate the human domain. I should mention at this time that female bears did not show the same enthusiasm for domesticity as the young males, which is why most bears you see in peoples' homes tend to be male.

Classes in cuteness were implemented for young bears as well as a strict regime of daily bathing and flossing of the teeth. The results were successful and domestic bears have now taken up residence with humans in most countries.

The challenge for the domestic bear has always been the strange behaviour of humans, and in truth, the human condition has remained a one of great puzzlement to bears. The human facility for complicating issues and creating chaos is incomprehensible to bears who are simple straightforward creatures. It often falls to the domestic bear to try and curtail human insanity and introduce a sense of order into the lives of their bumbling humans.

## **Bear Wisdom**

If the world outside looks bleak. Check inside yourself and make sure there are no clouds inside you blocking your vision.

There is only one thing I can think of that is better than sitting for an hour on a river bank on a warm sunny day. That is sitting for two hours on a river bank.

Bears cannot live on honey alone. Sometimes you must have curry.

Nature is never violent. Extreme weather is just her way of spring cleaning.

When speaking to others, remember that words laced with honey are often better than words dipped in vinegar.

Remembering your dreams may give you some insight. Living your dreams puts you in a state of grace.

Be kind to humans. Nobody needs compassion more than they do.

All you can control is yourself. That is usually enough.

I have thought much about the Supreme Bear in the Sky. I'm not sure she exists, but thinking about her has been helpful.

Sometimes the world exhausts me. That is why napping is so important.

Problem solving is a very overrated skill. Not seeing the world as a problem is underrated.

It is better to have a half empty glass of red wine, than a half full glass of anything else. Heh! Heh!

Only a human would invent something as dangerous as a clock.

Just dangle your toes in the water and wiggle them about.

All bees should be granted saint hoods.

When life gets you down, think of those less fortunate who are studying mathematics.

I am not sure about anything. I must be growing up.

A good brain is like an intricate and beautiful symphony. As long as the heart is conducting.

If you ask me what is your place in this world. All I can tell you is that I see you here now.

Using toilet paper when you don't have a toilet is just littering.

Trying to be the best at something is an admirable pursuit. Believing you are the best, is arrogance.

I have often thought that hibernation might be a solution for eating disorders.

“Great Mother Bear, why are there no bears in mainland Iraq?  
“They moved because it is inevitable that America will drop bombs there someday.”

It is most important to have a good sense of humour. Not to do so means your face is wet all the time.

Some bears say I think too much. The alternative is called ‘The human condition.’