

# MOUNTAIN CLIMBING GUIDE



This is Brother Bear's mountain climbing guide. Imagine you are about to prepare to go on an adventure trip. You are planning to conquer a mountain. You may fall many times. But in order to get to the top you will have to keep going no matter how many bumps you face along the way. Your goal to reach the top is in sight. It all depends on how prepared you are to tackle the challenges to get to it. Some people get to the top smoothly while others face many bumps along the way. Either way, the goal is to get to the top where you thrive and flourish. To get to the top, you need to prepare yourself, & think of a good plan or strategy.

1. What reward(s) are you hoping to receive on top of the mountain?

## CIRCLE A FEW LISTED BELOW

Peace	Freedom	Support	Healing	Dignity	Fun/Play	What else would you like to add?
Reconciliation	Safety	Community	Awareness	Rest	Resilience	_____
Love (for Self & Others)	Respect	Belonging	Learning & Growth	Honesty	Independence	_____
Hope	Stability	Acceptance	Self-Respect	Solitude	Care/Kindness	_____
Clarity	Purpose	Trust	Joy	Direction	Order	_____
Sobriety	Meaning	Nurture	Equality	Justice	Openness	_____

2. What baggage (that weigh you down) are you leaving behind?

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3. What safety measures (coping skills) have you taken to ensure you keep going despite the hurdles?

## CIRCLE A FEW LISTED BELOW:

Support group	Therapist/counselor	Mindful breathing	Dance	Journal	What else would you like to add?
Recovery group	Psychiatrist	Singing	Sports/Physical exercise	Inspiring literature	_____
Spiritual community	Spiritual guide/pastor	Music	Nutritious food	Cinema	_____
Supportive friends/family	Prayer/meditation	Art	Furry friends/animals	Nature & Sun	_____

4. What hurdles are you expecting to face?  
How will you overcome them?

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5. Who is your mountain guide? (That is, your "Sherpa:" someone highly skilled & experienced at climbing & knowledgeable of the mountain terrain) How are they helping you?

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6. How are you motivating yourself along the way? What are you telling yourself to keep going? Consider words, phrases, or a sentence, that will inspire you or will keep you grounded on your rewards/goals on top of the mountain.

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A spiritual care resource created by Kaseman's Spiritual Care Department

## Brother Bear (By Hans Bauman; Adapted for Spirit Play)

Far away in the north where the great sea freezes, there lived 3 brothers named Strong Bow, Shining Spear, and Chip. Strong Bow and Shining Spear were older, and they're great hunters. But Chip loved the animals of the forest too much to hurt them. The 3 brothers lived in a small wooden house deep in the forest with their grandmother Nuni, and their little sister, Bright Sun. Their parents were not alive anymore. Chip stayed home when Strong Bow and Shining Spear went out to hunt.

When they were far way, Chip would call on his other brothers, the ones nobody knew about: Bear, Beaver, and Moose. "Now it's safe for you to come out," he'd tell them.

One autumn, as the cold winds begin to blow, the 2 older brothers Strong Bow and Shining Spear said to Chip, "We must go hunting for winter's food. We will be gone for many days. Be sure to take good care of our little sister, Bright Sun."

While the older brothers were out hunting, Bright Sun was ill. Grandma Nuni tied all the remedies she knew, but bright sun got sicker. Grandma Nuni said to Chip, "Only Wise Raven has the medicine that can cure her. But between our house and his are the wild river, the wide swamp, the high mountain, and the cold, deep lake. How can we possibly get to Wise Raven? What can we do? You're just a little boy – too little for such a dangerous journey."

Chip thought to himself: "I will do it." And he slipped silently out of the house, unnoticed by his grandmother. Chip walked through the forest until he came upon the bank of the wild river. He thought, "I cannot cross this river, grandmother was right."

Then Beaver came by and said, "Don't worry, Chip. I'll help you." Quickly Beaver chopped down a tree to make a bridge, and Chip hurried across to the other side of the wild river.

"Thank you, Brother Beaver," said Chip. But there on the other side of the wild river, Chip found a wide muddy swam. He thought, "Grandmother Nuni was right, I can never get across the swamp."

Just then Moose came by and said, "I will help you." And Moose carried Chip across the wide, muddy swamp.

"Thank you, Brother Moose," said Chip.

At the other side of the swamp, Chip saw a tall, tall mountain, like a huge wall of rocks. He thought, "Grandma Nuni was right, no one could go over this mountain."

Just then Bear came by and said, "Don't worry Chip, I will help you. Just get on my back." With Chip on his back, Bear climbed right over the mountain.

"Thank you, Brother Bear," said Chip. But now Chip found himself at the shore of a wide, cold, deep lake. Chip thought, "Grandmother was right, I could never get across this wide, cold, deep lake."

But just then a black bird appeared, flew over him and called Chip, "Follow me," the bird said.

To Chip's surprise, he found himself changed to a fish. In his new form, he was able to swim across the wide, cold, deep lake quite easily. When he reached the other side, the black bird flew into the hut where Wise Raven lived. Then out of the hut came Wise Raven himself. He covered Chip in a warm blanket, who now turned back into his regular self. Chip explained that his little sister Bright Sun was ill, then Wise Raven gave Chip the special medicine Bright Sun needed, and rowed Chip back across the lake.

"Thank you, Wise Raven," said Chip.

On his way home, Brother Bear helped him go over the mountain. At the swamp, Brother Moose helped Chip cross the swamp. And brother Beaver helped him back across the wild river. When he arrived home, Grandmother Nuni scolded Chip, "Where have you been? I have been worried about you."

Instead of answering her, Chip handed Grandma Nuni the medicine for Bright Sun. And Bright Sun became well again. When Bear, Beaver and Moose came to the wooden house to inquire about Bright Sun's health, Bright Sun said, "Than you Brother Bear, Brother Beaver, and Brother Moose."

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## REFLECTION:

Reflect on the wondering questions below with a friend by taking turns in answering each question.

### WONDERING QUESTIONS with a conversation partner:

- Which part of the story did you find most important? What resonated with you?
- Which part of the story is about you? Where are you in the story?
- Notice moments in your journey when you were overwhelmed by an obstacle to cross.
- Notice moments in your journey when someone helped you.
- What obstacle are you crossing now, and who might be able to help you cross?

Remember, keep on sharing your stories. Keep on listening to each other's stories.

