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- Considered sacred and powerful spirits.
  - Not animals but spirits.
- Odin the Norse Deity was said to turn into a bear.
  - Odin stood for wisdom and magic which transferred to the symbolism of the bear.
- So by being connected to bears the symbol of Odin, the Norse peoples were connected to the magic and wisdom of the Gods.
- The typical bear weighs 130- 660 lbs
  - A young but fully grown bear weighs about as much as a fully grown human



In this story there are two competing views of Shapeshifting. In the introduction there was a section on Berserkers which said, "The word, w

What about Shapeshifters is so appealing? A shapeshifter is someone with a predators instincts, and the fact that a shapeshifter has an animals instincts makes it primal or closer to nature. Based on the popularity of shapeshifters in modern literature and television such as Teen Wolf, the idea of being closer to nature can put someone on a pedestal that makes them physically better and resistant to the continued weakness of humankind, such as the strength or speed that helps in battle or in most atns

romanticizes the idea of combining mankind with that of an animal.

