

The Mouse Trap

..... source unknown (adapted and modified by Amy Fox)

A mouse looked through the crack in the wall to see the farmer and his wife open a package.

"What food might this contain?" the mouse wondered. He was devastated to discover it was a mousetrap!

Retreating to the farmyard, the mouse proclaimed the warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!"

The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured, you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!"

The cow said, "Mr. Mouse, I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone.

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That very night, the slapping sound of a mousetrap echoed through the house. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. As the farmer's wife reached for the trap,

she was bit by the venomous snake. The farmer rushed her to the hospital and she returned home with a fever.

The doctor instructed the farmer to take care of his wife and what better way to treat a fever than with fresh chicken soup. So the farmer took his hatchet to the farmyard for the soup's main ingredient.

Sadly, his wife's sickness continued. Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

Days went by and the farmer's wife got so sick that she died. So many people came for her funeral that the farmer had to slaughter the cow to provide enough food for all of them.

The mouse watched all of this transpire from his crack in the wall with great sadness: "If only they had all cared about the mousetrap, we'd all be here together in the barn."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

All things are connected, from the vegetables that are grown in the soil to each of our seemingly disparate lives.

In quantum physics there's a phenomenon known as quantum entanglement which says that when certain sub-atomic particles are "entangled" together, their bond is never broken. Not time, nor distance can break this invisible bond.

We're all connected in ways that are invisible to the human eye. There's a deep undercurrent that reminds us that our physical reality is really nothing but relationships and that everything and everyone is connected.

DURING CLASS

After Telling the Story

When we move from "me" to "we", a powerful shift happens. We realize we are part of something bigger – something more profound than this moment or our individual self. And when that happens, collective consciousness occurs and the world becomes a brighter place.

Reach out and grab your neighbors hand (**in a pose of your choice**). Know that we are all in this together. No one of us is alone is what we're going through.

Show up for yourself. Show up for the person next to you. Feel the power that is being created by each of us.

CLOSING CLASS

May we remember that those who choose to live in peace must help their neighbors live in peace.

Those who choose to live well must help others live well, for the value of a life is measured by the lives it touches.

And those who choose to be happy must help others find happiness, for the welfare of each is bound up with the welfare of all.

EXTRAS

Know that this theme and asking your students to make a literal connection to someone next to them is edgy and there's likely to be some resistance. If there is, that's good. We want our students to rub up against their edges and we want them to explore the power of touch, a basic human need.

The need for physical touch and human connection stems from infancy. According to the Dali Lama in a talk he gave to the Society for Neuroscience: "The compelling evidence from neuroscience and medical science of the crucial role of simple physical touch for even the physical enlargement of an infant's brain during its first few weeks of life, powerfully brings home the intimate connection between compassion and human happiness."