

Tale of the Foolish Rabbit

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

There was once a rabbit who was resting under a tree one day when he had a thought, "What if the ground opened up right now and swallowed me whole?"

It just so happened that at that exact moment, a monkey dropped a coconut from the tree behind him. This frightened the rabbit and he began to run for his life.

He ran through the forest screaming, "The ground is trembling! It's about to burst open and swallow me whole!"

A second rabbit hears the first rabbit screaming and suddenly become scared and so they both go off running through the forrest screaming, "The ground is shaking, it's trying to consume us alive!"

Another rabbit hears this and another until eventually there's a hundred rabbits fleeing for their life.

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The flock of rabbits encounter a fox who wants to know what they are running from and the rabbits in unison yell, "The ground is shaking. It's opening and will swallow us whole!" And so the fox joins the run.

A hundred rabbits and a fox are running through the forrest when they encounter a deer who wants to know what's happening. The fox yells that the ground is opening and it will swallow them whole. And the deer joins this run.

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Animal after animal is running around the forest screaming for their life. It's so loud that the lion hears them and wants to know what the heck is going on.

The deer in a state of panic says, "The ground is shaking. It's opening and will swallow us whole!"

To which the lion says, "Do you have any proof for that? Show me!"

"Well," said the deer, "I haven't seen it myself, but the fox told me."

"I haven't seen it myself," said the fox who said he heard it from the rabbits.

Each rabbit said they hadn't seen it either until they reached the first rabbit who said he felt the ground shaking.

The lion asks to be taken to the place where the rabbit felt the earth shake and so they go back to the tree where the rabbit was resting.

When they arrive at the tree under which the rabbit was resting, the lion notices a coconut on the ground.

"Rabbit," says the lion, "the ground isn't going to open up and devour us whole; a coconut merely dropped next to you."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

A belief is a conditioned thought– so conditioned and repeated that we believe it to be true. In fact, it's only true because we believe it to be so.

What do you believe is possible for you?
Where today can you question your thoughts?

Start to deepen your breath...

DURING CLASS

After Telling the Story

Fear is at the root of many of our beliefs and perceptions. But just because the emotion or thought is there, doesn't mean that it is true.

Ask yourself, "Is what I am thinking true?"

Just because you have a thought, doesn't mean that it is true. Remember that you are the thinker, not the thought and while thoughts will come up that are counter to how you want to feel, you get to decide which thoughts you keep, repeat and strengthen.

CLOSING CLASS

May you remember that you are the thinker, not the thought and may you choose the thoughts that empower you to live your most fulfilling life and be your best self.

EXTRAS

Challenge your students to speak to themselves as if they were speaking to a friend. They wouldn't berate their friend for making small mistakes or call their friend lazy when they are experiencing depression and having trouble caring for their mental health– so why would you say it to yourself?

The goal with this challenge is two-fold. First to notice the thoughts and words we say to ourselves and build awareness. Then, with that awareness, to challenge the thoughts that are negative or hurtful, reframing the thoughts and words to be more loving as if we were speaking to a friend.