

The Crab Bucket

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

One day a man was walking along the beach when he came upon a fisherman with a bait bucket. He noticed that the bucket contained live crabs but the bucket itself was uncovered.

"I'm sorry to interrupt you," said the man to the fisherman, "but I notice your crab bucket has no lid on top of it. Aren't you worried your crabs will escape?"

The fisherman laughed, "No son, I'm not. You see, crabs have what's known as a 'mass mentality'. If there's just one crab in the bucket, it would surely crawl out; but when there's multiple crabs in the bucket and one crab tries to crawl out the side, the others grab hold of it and pull it back down so it will share the same fate as the rest of them."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

One of the greatest yoga axioms or universal life teachings is that pain and suffering are our greatest teachers.

Challenging moments have a way of bringing out of the worst in people and it's easy for us to get consumed in a "me-mindset". But, life doesn't have to be a crab bucket. In fact, if we use our most challenging moments to lend a helping hand to someone else, we'll find that both parties are elevated in the process.

DURING CLASS

There's a quote that says, "You will never be criticized by someone doing more than you." Think about that. And then consider whose opinion you are choosing to weigh you down and hold you back.

Notice where your focus is "me-centered" in this moment. Where could you extend your focus outward?

CLOSING CLASS

The very situations that hold the power to break us and bury us, also hold the potential to birth something inside of us and if in our challenging moments, rather than succumb to a "me-mentality" we can instead look to help someone else out, we'll find that we're both better off because of it.

This week, where can you reach out to someone and tell them you love them? Where can you help someone else succeed? Where can you do something for someone else without expecting recognition or reward?

EXTRAS

When it comes to this poignant concept and lesson, one useful tool that you can use to avoid displaying a crab mentality is the Golden Rule.

The Golden Rule is a moral principle that says you should treat others the same way you would like to be treated yourself. You could even take this a step further and abide by the Platinum Rule which says to treat others as *they* would like to be treated.

Both the Golden Rule and the Platinum Rule are moral principles that remind us to lead with our heart and to do things from a place of love.