



## ***Badger: Assertiveness***

Badger can be vicious and attack with powerful aggression. Badger is also quick to anger and quicker to pounce. The power of Badger medicine is active masculine assertiveness and the willingness to fight for what we believe to be rightfully ours. The very thought of facing Badger makes other animals run for cover. Like Skunk, Badger's reputation precedes it. Its hissing fangs will tear less assertive opponents to shreds.

Badger is also the keeper of the medicine roots. Badger wants all the roots of Earth's healing herbs hanging in its burrow home. These roots are a key to aggressive healing. Roots assist with the flow of negative energy into the Earth by allowing illness to pass through a body into the ground as neutral energy. Badger medicine people are quick

to act in a crisis, and they do not panic. The assertive and persistent healer who will have the courage to use unconventional means to exact a cure, and/or persisting sit with their patient through a long fever.

You can be sure that people with Badger medicine will be assertive enough to make it to the top of their chosen field, because they do not give up. They are also the finest healers, because they will use any and all methods to ensure healing, and will not give up on the critically ill. A Badger person is often the boss, and the one what everyone fears. That same boss will surely keep any company afloat. Badger gets the job accomplished. Badger is certainly a source of strength.

Badger medicine has appeared for you today and suggests you need to assertively express your feelings in present time, yet be aware of the consequences – so use compassion as necessary as well. Badger may be telling you that you have been too meek in trying to reach some goal. Badger asks you how long are you willing to sit and wait for the world to deliver your silver spoon. In this medicine, the key is to become assertive enough to do something about your present state of affairs. Badger is teaching you to get angry in a creative way and say, "I won't take it anymore" needs to be followed-up by keeping your eye on the goal and do the action required to achieving it.

Be assertive, but do not cut others to ribbons on the way – that is too much; that is aggression. Use your anger to stop your lolling around, so that your doldrums of apathy are a thing of the past. Badger is powerful medicine when properly used for self-improvement.

Badger warns of the pitfalls of shyness and insecurity as well as of misused or vicious aggression. Go to your feelings - maybe you just need to let off steam. If so, deal with the emotions holding you stuck in anger. It will surely put Badger back into balance. Learning to direct anger and use it properly is a gift. A fuming angry Badger could mean that you are being chewed out by someone else, or that you have expressed your anger in an unhealthy way. If this applies to you, remember that all anger needs to be articulated, not weaponised. When we articulate anger we can hear the real cause in our words and not unconsciously misdirect anger at our self towards others. Badger people can be vicious gossips, or may exhibit a chip on the shoulder, if they are out of balance because they are suppressing their anger instead of articulating it.

If you are angry at a co-worker for telling the boss that you were looking for another job, you are probably more angry at yourself for not keeping your own secret. If you are angry at your children for disobeying, you are probably more angry at your lack of vigilance when overseeing their play. This self-anger condition is usually present when you have accidents, falls, cuts and scrapes, or when you find yourself bumping into furniture.

Badger doing aggression instead of emotionally free assertion requires a time of reflection on what you feel helpless about. Is it your lack of assertiveness or initiative? Is it your fear of being blasted or belittled if you present a new idea? Maybe it is a time when you need to get in touch with your own jealousy or envy of others who are willing to put themselves on top through consistent work. Badger speaks of a need for more assertive action in life. Apathy cannot prevail without creating pain of some kind.

*Adapted from: Jamie Sams and David Carson's book, Medicine Cards. (Santa Fe: Bear and Company, 1988).*