



Rabbit: Fear

A long time ago - no one really knows how long ago it was - Rabbit was a brave and fearless warrior. Rabbit was befriended by Eye Walker, a witch. The witch and Rabbit spent much time together sharing and talking. The two were very close. One day Eye Walker and Rabbit were walking along and they sat down on the trail to rest. Rabbit said, "I'm thirsty." Eye Walker picked up a leaf, blew on it, and then handed Rabbit a gourd of water. Rabbit drank the water but didn't say anything. Then Rabbit said, "I'm hungry." Eye Walker picked up a stone and blew on it and changed it to a turnip. She gave the turnip to Rabbit to eat. Rabbit tasted it and then ate the turnip with relish. But still Rabbit didn't say anything. The two continued along the trail, which led into the mountains. Near the top, Rabbit tripped and fell and rolled almost to the bottom.

Rabbit was in very sad condition when Eye Walker got to him. She used a magic salve on Rabbit to heal his great pain and mend his broken bones. Rabbit didn't say anything.

Several days later Eye Walker went searching for her friend. She searched high and low but Rabbit was nowhere to be found. Finally, Eye Walker gave up. She met Rabbit quite by accident one day. "Rabbit, why are you hiding and avoiding me?" the witch asked.

"Because I am afraid of you. I am afraid of your magic," answered Rabbit, cowering. "Leave me alone!"

"I see," said Eye Walker. "I have used my magical powers on your behalf and now you turn on me and refuse my friendship."

"I want nothing more to do with you or your powers," Rabbit countered. Rabbit did not even see the tears his words were bringing to Eye Walker's eyes. "I hope we never meet and that I never see you again," Rabbit continued.

"Rabbit," Eye Walker said, "We once were great friends and companions, but no more. It is within my power to destroy you, but because of the past and the medicines we have shared together I will not do this. But from this day forward I lay a curse on you and your tribe. From now on, you will call your fears and your fears will come to you. Be on your way, for the sweet medicines that bound us together as friends are broken."

Now Rabbit is the Fear Caller. He goes out and shouts, "Eagle, I am so afraid of you." If Eagle doesn't hear him, Rabbit calls louder, "Eagle, stay away from me!" Eagle, now hearing Rabbit, comes and eats him. Rabbit calls bobcats, wolves, coyotes, and even snakes until they come.

As this story shows, Rabbit medicine people are so afraid of tragedy, illness, disaster, and "being taken," that they call those very fears to them. The keynote here is: what you actively resist will persist! What you fear most is what you will become.

You have Rabbit now to tell you to stop talking about horrible things happening and get rid of the habit of using "what if" while you are in fear. This card may signal a time of worry about the future or of trying to exercise your control over that which is not yet in form - the future. Stop now! Deal with your fears, be willing to feel them momentarily, to know them, then release them and swap them out with a positive opposite belief.

The paralysed feeling which Rabbit experiences when being stalked is Rabbit in fear. If you have tried to resolve a situation in your life and are unable to, you may be feeling frozen in motion. This could indicate a time to ask your Higher Mind what it is you need to do now to start moving again. It could also indicate the need to stop, take a rest and re-evaluate your situation. To rid yourself of any negative feelings, barriers, or duress. Simply put, you cannot have your influence felt until you rearrange your way of seeing the present set of circumstances. There is always a way out of any situation, because Consciousness does move on. It is the way in which you handle problems that allows you to succeed.

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