

Critter's source

Presents

Rabbit Empowerment



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Luck, magical power, success

Rabbit Totems...



A group of rabbits lives in a warren. Rabbits normally live alone in the wild, making their homes by burrowing underground. Rabbits are inquisitive animals who like to discover their environment. They live on a few acres of land & become familiar with every square inch. They are territorial creatures who will fight over their piece of land. Their eyes can see in every direction, so they will watch a bird in the air while watching a predator on the ground. When aroused, their ears stand up. All these characteristics combined with their willingness to run away, are what rabbits use to defend themselves against predators.

Rabbit is frequently linked with fear because they are timid and constantly on guard. Rabbit wants us to learn how to face our fear and know when to defend our space or walk away.

Rabbit shows us that protecting ourselves doesn't always involve fighting back. He teaches us to listen carefully to what is going on in our environment so we can accurately use our intuition when in danger.



Rabbit dreams...

Rabbits are often associated with reproduction so signify your reproduction. This is particularly the case if the rabbits have young. To see a rabbit in your dream, signifies luck, magical power, and success. You have a positive outlook on life. Alternatively, rabbits symbolize abundance, warmth, fertility and sexual activity. The dream can also be associated with Easter time and your own

personal memories of Easter.

To see a white rabbit in your dream, symbolizes faithfulness in love.

To see rabbits hopping, signifies fertility and that children will bring you much joy. Alternatively, the dream may be analogous to your lack of commitment and how you jump from one thing or another.



Rabbit Symbolism...

Native American

From Lawrence, *The Symbolic Role of Animals in the Plains Indian Sun Dance*

Sioux participants may wear the skins of rabbits on their arms and legs, for "the rabbit represents humility, because he is quiet and soft and not self-asserting a quality we must all possess when we go to the center of the world" (Brown, 1967, p. 85). The wearing of strips of rabbit fur by the Cheyenne who build the sun dance lodge may refer back to the time when the tribe lived in the north and subsisted chiefly on rabbits (Grinnell, 1923, vol. 2, p. 218). The Arapaho sun dance involves a rabbit-tip), whose name originated from the myth in which rabbits conducted the secret ceremonies of the sun dance lodge. Those who still perform the rites are called Rabbit-men (Dorsey, 1903, p. 37).

Chinese



Attributes of those born in the Chinese year of the Rabbit

The Rabbit is the happiest sign of the Zodiac – gifted, nice to be with, discreet, refined, reserved, ambitious but not too much so, and virtuous in the bargain. Nobody ignores Rabbits, for they are good company and know how to make the best of themselves. Unfortunately, however, Rabbits are superficial and their good qualities are superficial also.

He seldom finishes what he starts but he is quick, clever and ambitious.. He epitomizes gentleness, refinement and elegance, turning his back on conflicts of any kind. Preferring a situation that is perfectly favorable according to his specific desires, the Rabbit bypasses all obstacles and persons he does not find suitable. As a result, he is rarely angry, hostile or aggressive. Companions quickly forget any discord, only remembering his seductive grace.

The Rabbit is a societal creature, diplomatic, cool, and insightful to others. Yet this calm can become aloof, the sensitivity can be quirky and thin-skinned, and the intelligence can become a connoisseur of frivolous attractions. Rabbits seem to be born with an natural wisdom, a natural shrewdness which makes them streetwise when it comes to the affairs of the world. Intuitive and with a canny understanding, they seem to possess an ability to see things before they happen. They will undertake nothing before they have weighed the pros and cons and examined the deal from every angle. Because of this, people admire the Rabbit and take him into their confidence.

Norse

The rabbit is a symbol of the ancient Ostara festival, a spring festival of renewal and re-brith. The rabbit is an Ostara symbol because it re-emerges in the spring.

Pagan

8th-century English scholar St. Bede, holds that the modern festival of Easter probably comes from Eastre, the Anglo-Saxon name of a Teutonic goddess of spring and fertility, to whom was dedicated a month corresponding to April. Her festival was celebrated on the day of the vernal (Spring) equinox; traditions associated with the festival survive in the Easter rabbit, a symbol of fertility, and in colored easter eggs, originally painted with bright colors to represent the sunlight of spring.



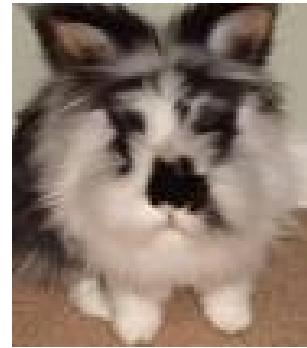
Easter

European spring goddess Eostre (from whom we get the name Easter) had the head of a hare, and the date of Easter is determined by the moon whose symbolism is strongly tied to that of the hare. In fact, the hare is the symbol for the moon. Ever since the Council of Nicea in 325 A.D., Easter has been celebrated on the first Sunday following the first full moon after March 21st. Because of these early associations, hare hunting was once a common Easter activity in England and even today the Easter Bunny delivers eggs to children on Easter morning.

In many parts of the world Easter heralds spring as well as the resurrection of Christ. The nocturnal rabbit, signifying the moon who dies every morning and is resurrected every evening, also represents the rebirth of nature in spring. Both the moon and the rabbit were believed to die in order to be reborn. Therefore the hare is a symbol of immortality. In Egypt, Osiris, god of the dead, was sacrificed to the Nile each year in the form of a hare to guarantee the annual flooding. Egyptian agriculture depended upon. Although the hare is not a symbol for Christ some analogy might be made to Christ who was sacrificed in the form of a man for the feeding of God's people.

The hare is an emblem of many lunar goddesses such as Hecate, Freyja, and Holda.

In legend, the shadows of the moon's surface are believed to be rabbits. Hares are thought to be the moon's lovers or brothers. Chinese superstition claims that the hare is impregnated through gazing at the moon and, if a pregnant woman is touched by moonlight, her unborn child will grow a harelip.



Although rabbits and hares have a slightly different physiology, they share the same symbolism. Rabbits are much more common than hares in the New World than in the Old and vice versa. At the time of Christ, there were no rabbits in Israel. There is a legend about a young rabbit who, for three days, waited anxiously for his friend, Jesus, to return to the Garden of Gethsemane, little knowing what had become of Him. Early on Easter morning, Jesus returned to His favorite garden and was welcomed by His animal friend. That evening, when Jesus' disciples came into the garden to pray, they discovered a path of beautiful larkspurs, each blossom bearing the image of a rabbit in its center as a remembrance of the patience and hope of this faithful little creature.

To Buddhists the hare is a symbol of self-sacrifice. Legend says this creature threw itself into a fire in order to feed Buddha when he was starving. As a reward, it was given a new home in the moon.

Because of its fertility, about 42 young are born a year, the rabbit or hare is an emblem of fertility, abundance, good fortune, sexuality, lasciviousness, lust, procreation, puberty, renewal, spring, rampant growth, excess, and love gods and goddesses such as Venus, Aphrodite, and Cupid.

Pliny the Elder even prescribed its meat as a cure for female sterility. The white

hare sometimes found at Mary's feet represents her triumph over lust or the flesh. Because it signifies abundance, the rabbit is sometimes used in western countries as a harvest or fall symbol. It also stands for madness and the month of March.

The rabbit's alertness and speed made it a Christian symbol of vigilance and the need to flee from sin and temptation. Like the lion, the hare was believed to be so vigilant that it slept with its eyes open. Its flesh was contaminated with wakefulness and could cause insomnia in its eater. Its speed was a reminder of the swift passage of life.

Tertullian compared the persecuted church to hunted hares, writing, "On us, as if we were hares, is the hunt focused." Unlike other animals, the rabbit has no strength or weapons with which to defend itself from attack. He, therefore, represents Christian trust and dependence on Christ's provision, protection, and mercy both in this life and in the next. The apostle Paul boasted of his infirmities for in them the power of Christ was made perfect and plain. [2 Cor 12:9-10] The saints in heaven are sometimes pictured as hares munching on grapes. The rabbit's burrow is a symbol of Christ's tomb.

The rabbit's trembling makes it a symbol of cowardice and timidity. However, Judeo-Christian writings recommend a holy trembling before the Lord. [1 Chr 16:30; Ps 96:9, 99:1, 114:7; Is 19:1, 66:2; Jer 5:22, 33:9] The writer of Philippians warns the Christian to "work out your own salvation with fear and trembling." [Phil 2:12]

In Medieval times, cowardice was personified with drawings of an armed man running from a hare.

In Africa and the Americas, the hare was believed to be a trickster using its superior intellect as its defense. Some tribes considered him a hero and even the earth's creator. Aztecs believed 400 rabbits guarded their fields.

To the Israelites, the hare was an unclean or forbidden food. [Lev 11:6; see also Deu 14:7] But westerners found its form beautiful. In fact, it was believed that if someone ate rabbit for nine days in a row they would become beautiful to look upon.

The Trinity and the swift passage of the ages is represented by a group of three hares running in a circle with their ears creating the shape of a triangle.

Rabbit superstition...

"Rabbit rabbit white rabbit" is a common British superstition. The most common modern version states that a person should say "rabbit, rabbit, white rabbit" or simply "rabbit, rabbit, rabbit" upon waking on the first day of each new month, and on doing so will receive good luck for the duration of that month.

As with most folklore, which is traditionally spread by word of mouth, there are

numerous variant versions of the “rabbit, rabbit” superstition, in some cases specific to a certain time period or region. There are hundreds of variants, some of the most common of which include:

- When the words, "Rabbit, Rabbit" are spoken to any person on the first of the month, for the rest of the month the speaker receives the luck of all who heard the phrase.
- "In some parts of Lancashire and the adjacent counties, it is considered unlucky by some to shoot a black rabbit. This is because they were once believed to be ancestral spirits returning in that form. In Somerset, white rabbits are said to be witches. That anyone really believes this now is improbable; nevertheless, white rabbits are not popular as children's pets, and they are sometimes left alone and not shot. A luck-bringing custom found all over Great Britain is to say 'Rabbits' or 'White Rabbits' once or three times on the first day of the month. It must be said early in the morning, before any other word has been uttered, otherwise the charm loses its force. In some districts it is considered necessary to say 'Hares' or 'Black Rabbits' when going to bed on the night before, as well as 'Rabbits' or 'White Rabbits' in the morning. If, however, the speaker becomes muddled and says 'Black Rabbits' on rising, bad luck will follow. The looked-for result of all this is variously given as general good luck during the ensuing four weeks, or the receipt of a gift within a few days."
- It is believed that saying "Rabbit Rabbit" on the first day of the New Year will bring yearlong good luck.



- The converse: instead of believing that saying it will bring good luck, believing that not saying it will bring bad luck.
- Being the first to say "rabbit rabbit" to a person on the first of the month will bring good luck. Once someone says rabbit rabbit to you, you are no longer allowed to repeat it to anyone, thus having bad luck for the next month.
- The earliest referenced usage may be to saying “rabbits” three times before going to sleep the last night of the month, and then “hares” three times first thing upon waking, though just two years later, it was three “rabbits” in the morning with no “hares” at all.
- Using the night of the new moon (traditionally the first day of the lunar month) instead of the first night of the month.
- Believing that the effect is stronger on one's month of birth.
- Referring to the first day of each month as “Rabbit Day”.
- Various ways to counteract forgetting to say it, most commonly saying it backwards (“tibbar, tibbar”) before falling asleep or saying “Moose Moose”

- upon waking on the second day of the month.
- A different but related practice of saying "Happy White Rabbit's Day" to someone in order to bring good luck.



- Making "rabbit, rabbit" be the last words said on the last of the month and the first words said on the first of the month.
- One variation involves an element of competition: Saying "rabbit, rabbit" to another person on the first of the month entitles the speaker to the luck of the listener for the duration of the month.
- Another variation is that the first person to say "rabbit, rabbit" on the last day of the month and "tibbar, tibbar" on the first day of the month wins bragging rights for the duration of the month.
- In some areas of the Southern United States, such as Tennessee and Mississippi, campers will say "I hate white rabbits" in response to campfire smoke blowing into their face, hoping the smoke will go elsewhere.

A folk law version of Rabbits 19th C - For luck, must be spoken before 12 noon on the first day of the month. "Rabbits Hot, Rabbits Cold, Rabbits New, Rabbits Old, Rabbits Tender, Rabbits Tough, Rabbits I've had enough." Origin UK, possibly London, Hampshire or Derbyshire.

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- 1. ^ "Encyclopedia of Superstitions" by E. and M.A. Radford, edited and revised by Christina Hole, Barnes and Noble Books, 1996. First published in 1948.
- 2. ^ <http://thinkinginpixels.com/2007/06/01/rabbit-rabbit/>
Eva Alice Bright (born 1884)

Origins and history...

The exact origin of the superstition is unknown, though it has appeared in print at least as early as 1954 in Bromley, Kent, England, where it is most commonly said to have originated, though some reports place its origins even earlier, into the 1800s. Today it has spread to most of the English-speaking countries of the world, although like all folklore, determining its exact area of distribution is difficult. This superstition is related to the broader belief in the rabbit or hare being a "lucky" animal, as exhibited in the practice of carrying a rabbit's foot for luck. Some have also believed it is representing a jumping into the future and moving ahead with life and happiness



Rabbit History...

There is evidence to suggest that the Phoenicians exported rabbits to Spain in 1100 B.C.. The Phoenicians termed the Iberian Peninsula 'i-shephan-im' ('the land of the rabbit'), which the Romans later translated into the Latin word, Hispania, and from which we get the modern word Spain. Romans kept rabbits in walled enclosures called 'leporaria', and there is evidence they may have brought them to Britain, but the colonies did not become established at this time. French monks in the Champagne region of France are credited with the actual domestication of the wild European rabbit (*Oryctolagus cuniculus*) in the fifth century, producing the rabbit we know today as the Champagne De Argent (De Argent means silver). Most other breeds of domesticated rabbit are descended from the Champagne De Argent

Factoid: As of 1995, there are 61 domesticated rabbit breeds and 531 varieties recognized in the United Kingdom, with more being constantly produced by selective breeding. But they're all derived from the same species of European wild rabbit (*Oryctolagus cuniculus*). In the 12th century, conies, or rabbits as they are now called, were brought to England by the Normans. Rabbit, originally was the name for a baby rabbit, but more recently has become the term to define both adults and babies. Rabbits were bred for food and fur. These domesticated rabbits soon established wild populations. In the 14th century, Gaston Phoebus, a French count, wrote a book (1387) in which he explained different methods of hunting rabbits. In one illustration, muzzled ferrets were sent down rabbit holes while men with nets waited at the other holes for the rabbits to pop out. Meanwhile in Britain, for 900 years after their introduction, they were seen as a



major economic asset. Rabbits were able to breed rapidly, supply fur, and (since refrigeration was not available) were just the right size for a meal without leftovers. These attributes made them a great asset. They were kept in walled enclosures called 'warrens', which is now used to refer to all rabbit colonies and burrows. In the 1700s rabbit population in Britain greatly expanded. Farmland management began favoring extensive hedgerows enclosing fields. The hedges were an ideal habitat for the rabbit to build a burrow right next to an entire field of food. But it wasn't until the early 20th century that their numbers skyrocketed. By the 1950s rabbits were inflicting an estimated 50,000,000£ worth of damage a year. In 1953 Myxomatosis spread from France to Britain. Myxoma is a virus that is spread quickly by rabbit fleas. It killed more than 99% of all the rabbits in Britain in two years. However, rabbits have not always simply been viewed as a meal or pest. Starting in the Victorian times, pet rabbits gained in popularity. Currently, they are the third most popular mammal kept as a pet in the UK, replacing the more traditional family dog or cat. The Belgian hare was the first domesticated rabbits to become popular in the United States. While rabbit hunting in America prior to the 1900s was common, domestic rabbitry did not become popular until the early 1900s. Few, if any, breeds were developed from the native wild rabbit population. The Belgian hare (a breed of European rabbit) is a fairly large rabbit that first caught the attention of rabbit fanciers, but later also gained popularity as a meat rabbit. Ultimately, breeds were developed to fit the rabbit fancier, the commercial meat market, and the fur industry. While many other rabbit breeds have followed the success of the Belgian hare, the Belgian hare itself is now a rare breed in the United States. Their size makes them less popular with the urban populations, and few people in the US eat rabbit anymore. (Wikipedia)





Basic Rabbit Facts

Fact: Rabbits are not rodents. They are *lagomorphs*. Other lagomorphs include hares and pikas.

Fact: A well cared for house rabbit that has been spayed or neutered early in life has a life expectancy of 8 to 12 years of age.

Fact: The gestation period of a rabbit is about 31 days.

Fact: A group of rabbits is called a herd.

Attunement...



There are no pre-requisites for this attunement. This is based on intent and may be sent as intent or chi ball. Always ask your higher source to be with you and always thank them for being there with you. Whatever procedure that you do for yourself to align with receiving attunements, please do them. There are no pre-requisites for this attunement. This is based on intent and may be sent as intent or chi ball.

This empowerment is from offerings of the universe and

the celestial beings. It is free of charge, and it shall always be passed as a gift to others! You are free to copy and pass on.

Enjoy!!

