

MONKEY MIND SYMPTOMS

EXPANDED

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“Monkey Mind is the inner dialogue...
the running commentary in our head, a little
voice that provides judgments and critiques
about our every action...”

The concept of Monkey Mind comes from
Buddhism, which describes it as a self-criticizing
aspect of our mind that swings us from
doubt, to worry, and back to doubt.
Monkey Mind chatters the most loudly when
we threaten to change the status quo –
even if the status quo is something
we long to leave behind.”

– Maria Nemeth, PhD in *The Energy of Money*



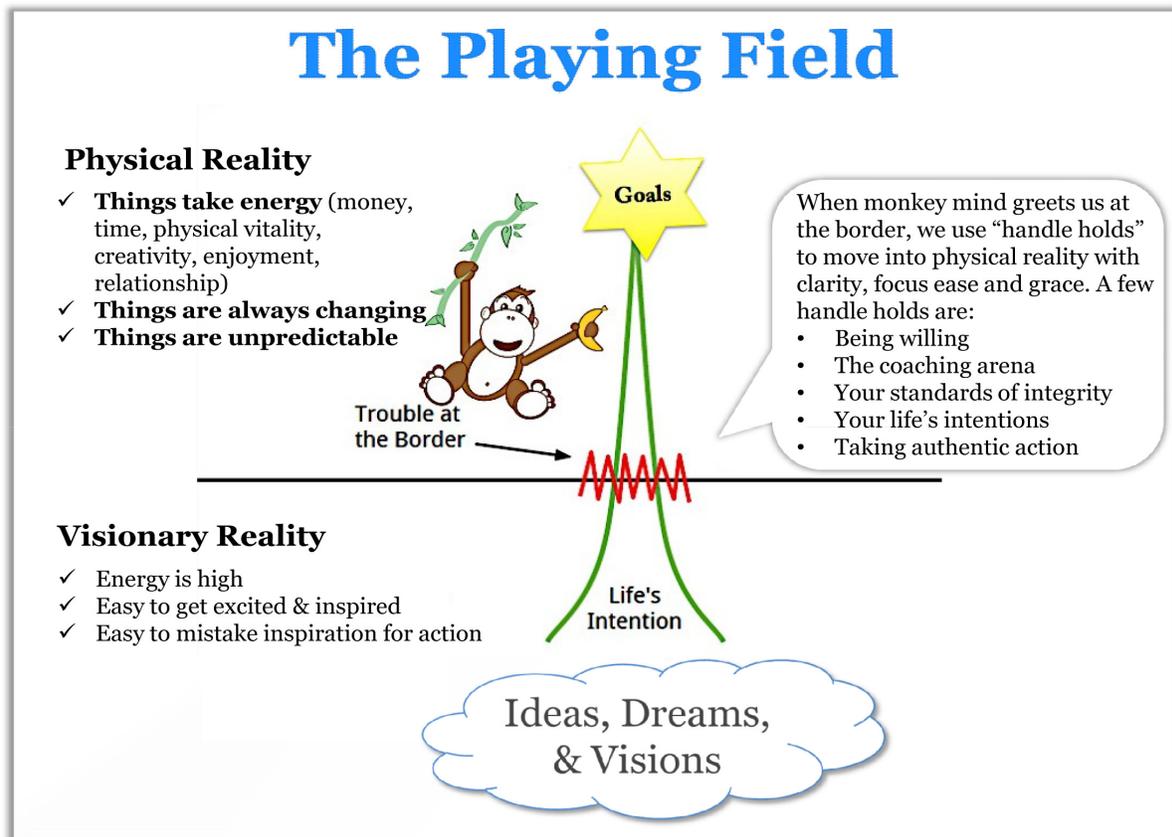
Monkey Mind starts to swing when we are up to something big, when we are focused on bringing a goal into physical reality, when we are demonstrating a heartfelt life's intention.

When seen in this way, we can shift our energy around monkey from something to bemoan, to something that can serve us. When we see monkey as the loyal opposition, as the opposing team, we start to see it as an opportunity to practice.

When we have a worthy opponent on the sports field, we are called to up our game. We get in better shape, we get support, we hire a masterful coach, we learn new tools and skills, and we practice, practice, practice.

In order to gain maximum benefit from Monkey Mind, we need to learn to identify it quickly. Maria observes, “It is easier to separate from Monkey Mind if you can look objectively at the guises it likes to wear.”

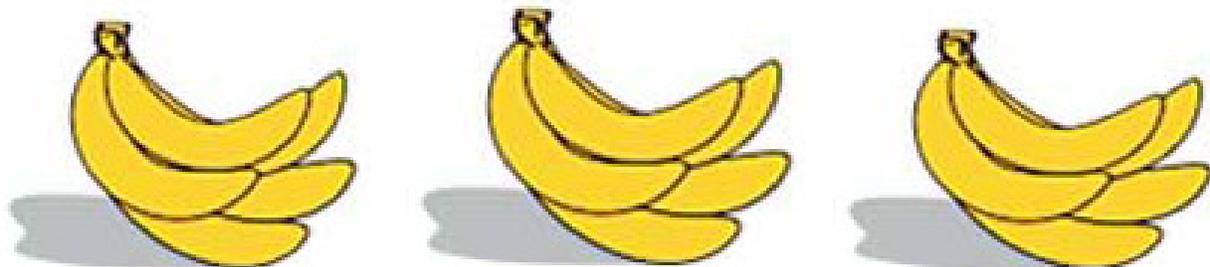
The following symptoms were discerned by Maria to help us to observe monkey as soon as it start to swing. Once we have developed that capacity, we are ready to reap the benefits, the opportunities, inherent in what those symptoms surface for us at the border.



Remember, “Your Monkey Mind thoughts... having nothing to do with your true nature. It is only one aspect of your mind, and who you are is greater than anything it can throw at you.”

We are human beings with hero’s hearts and monkey minds, on an incredible journey.

When we become willing to see our Monkey Mind as that loyal opposition, as opposed to something that we need to defeat or eliminate, our journey becomes infinitely richer.

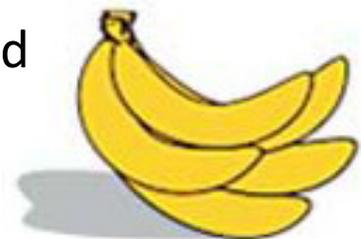


Let's Get Started.....

1. Being vague: Being vague is one of the more subtle forms of monkey mind. What does this look like? Here are clues: When we use words like *sort of, kind of, probably, maybe, sometimes*, we're being vague. When we talk around an answer, instead of answering directly, we're being vague.

The problem with vague is obvious – we're not being specific, and it is only when we get specific (ideally by looking, seeing and telling the truth) that we can take authentic actions, or our next meaningful steps. What does being vague buy us? As long as we're being vague, we don't need to commit. It takes courage to tell the truth, to get specific, and to promise to take action.

So the next time you hear (or think) yourself being vague, take a deep breath and ask yourself, "What would it look like if I got specific in this conversation? What promise am I willing to make? And what action am I willing to take?" And then thank monkey for this opportunity to get clear.

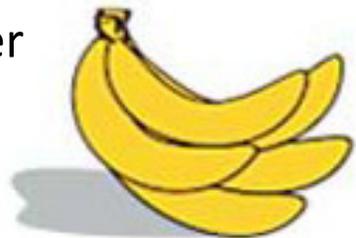


2. Scarcity thoughts: “I don’t have enough _____ (time, money, energy, creativity, patience, stamina, motivation, smarts, etc.) to accomplish this _____ (goal, dream, plan, the authentic action I promised my coach).” Sound familiar? These are examples of the monkey mind symptom of scarcity thoughts.

Scarcity can also show up as not starting a project because we don’t know how to complete it perfectly enough, because there’s a scarcity of certainty around how it will look when we’re done.

Notice the preponderance of “not enough” inherent in scarcity thinking. What if we became willing to be enough, and to see that we have enough, to reach our goals and dreams? Maya Angelou taught us, “You alone are enough. You have nothing to prove to anybody.” We don’t have to prove that we are enough, or that we have enough.

So the next time monkey starts whispering scarcity thoughts in your ear, whisper back, “I am enough and I have enough.” And thank monkey for encouraging you to see this truth of who you are.



3. Talking of the past or future as if it is the present:

“I’ve never done that before.... When I tried that before, it didn’t work... We’ve never done it that way before... I’m not sure if this will work...what guarantee do I have?” These are all examples of the monkey mind symptom of talking of the past or future as if it is the present.

Why is this a problem? The answer is in the symptom. When we are focused on the past or the future, we are not present. We are not open to the possibilities of this moment. Our focus on the past can also be tinged with regret, grief or guilt, further stopping us in our tracks. Our focus on the future can create anxiety, doubt or worry, not exactly conducive to that sense of possibility. Eckhart Tolle advises us to, “Realize deeply that the present moment is all you ever have.”

So the next time you find yourself focused on the past, or anticipating the future, remember... the present moment is all you have. Be open and receptive to the gifts of this now moment, not allowing monkey to rob you of the opportunities found in being fully present.

