

MONKEY MIND SYMPTOMS

EXPANDED

by Stephanie Moyer Seigh, ACE, PCC

“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*



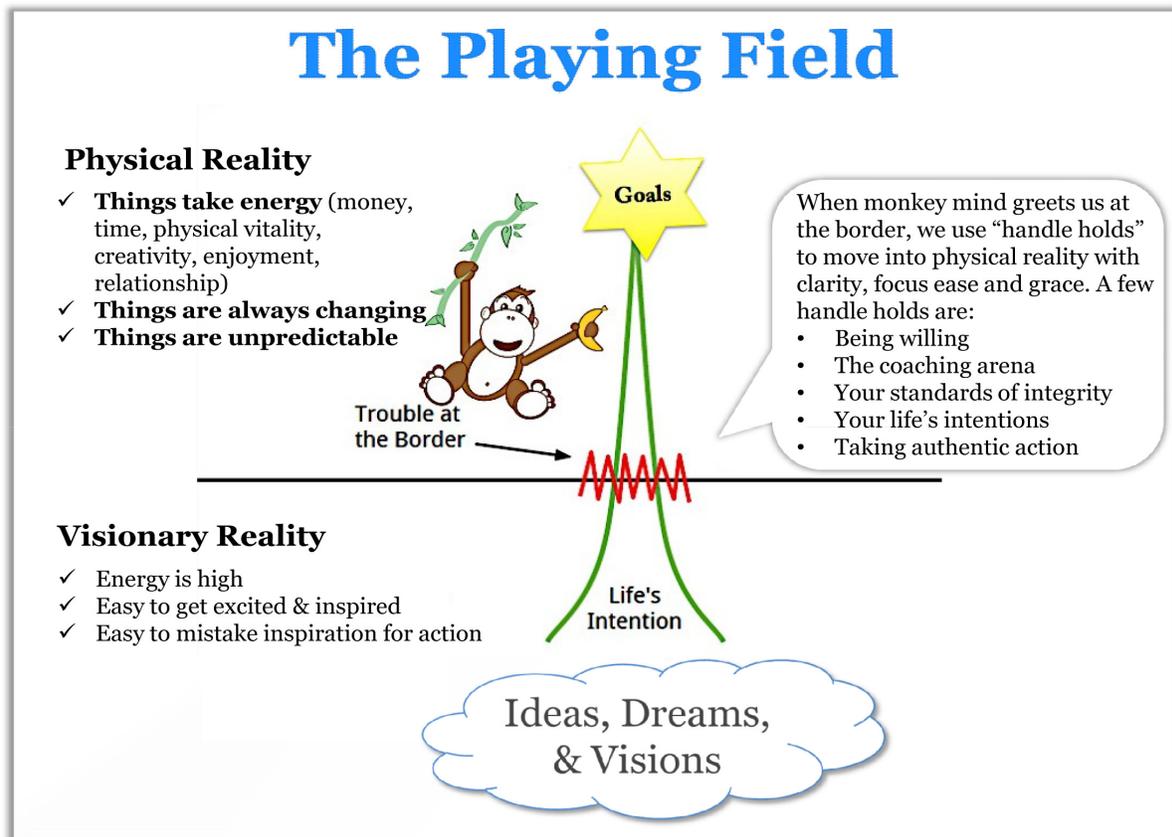
Monkey Mind starts to swing when we are up to something big, when we are focused on bringing a goal into physical reality, when we are demonstrating a heartfelt life's intention.

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.



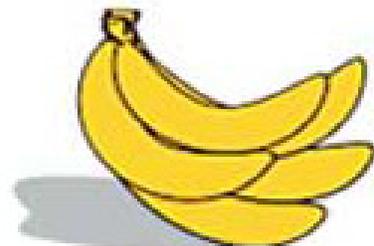
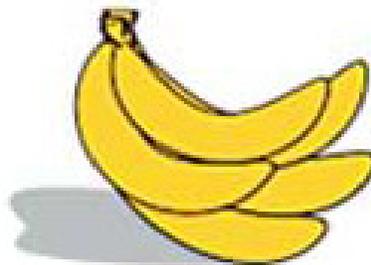
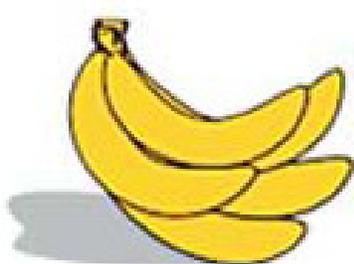
Remember, “Your Monkey Mind thoughts... having nothing to do with your true nature. It is only one aspect of your mind, and who you are is greater than anything it can throw at you.”

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.

So far we’ve looked at...

1. Being vague
2. Scarcity thoughts
3. Talking of the past or future as if it is the present
4. Defensive
5. Taking things personally
6. Comparison
7. Resignation
8. Being a victim or martyr
9. Either/or thinking

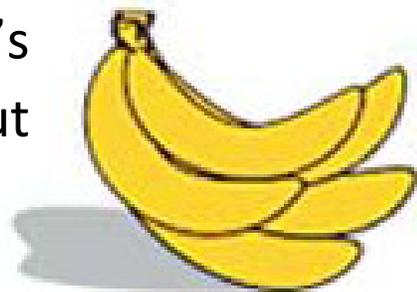


Today we're exploring...

10. Excuses: We make excuses when we haven't done something we said we would do. Usually anything following "because" is an excuse: I didn't take the trash out because I overslept.

11. Rationalization: A rationalization is an excuse with details: I didn't take the trash out because I overslept. And I overslept because I was up late researching the perfect birthday gift for my partner.

12. Justification: A justification is a rationalization made "holy": I didn't take the trash out because I overslept. And I overslept because I was up late researching the perfect birthday gift for my partner. And I was researching the perfect gift because I love them so much and am such a considerate partner. So really, it's admirable that I didn't take out the trash!



Excuses, rationalizations and justifications are monkey's way of not owning that we didn't keep our promise. Remember that monkey mind has the emotional maturity of a 9-11 year old. It wants to stay out of trouble!

When we're excusing/rationalizing/justifying why we didn't do what we said we would do (or doing something we said we wouldn't do), we're missing the point. It's not about "why". It's about looking, seeing, and telling the truth about what we did or didn't do, cleaning it up, and doing it. No explanation necessary.

This gets us back "on our card" and takes less energy than continuing to excuse why we didn't keep our promise in the first place.

Any questions or comments?

What are you noticing?

**Are any of these in your top three monkey
mind symptoms?**