

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*



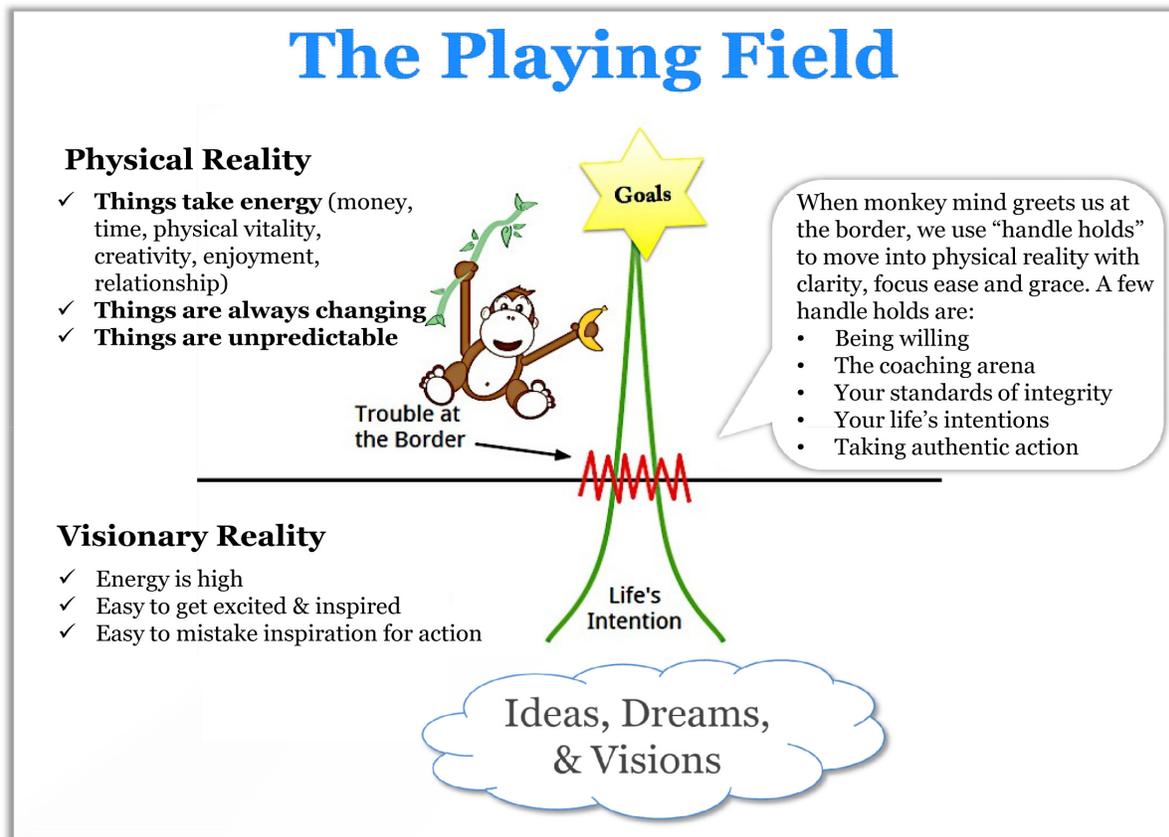
Monkey Mind starts to swing when we are up to something big, when we are focused on bringing a goal into physical reality, when we are demonstrating a heartfelt life's intention.

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.



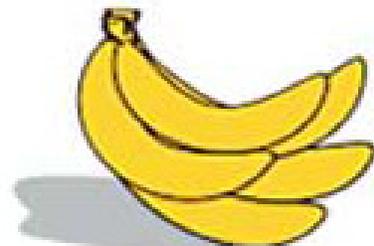
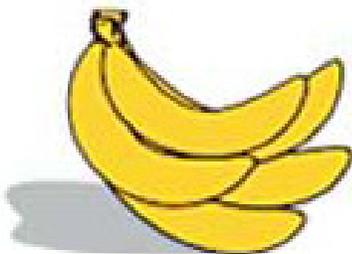
Remember, “Your Monkey Mind thoughts... having nothing to do with your true nature. It is only one aspect of your mind, and who you are is greater than anything it can throw at you.”

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
10. Excuses
11. Rationalization
12. Justification
13. Fragmentation
14. Deflection
15. Solidifying

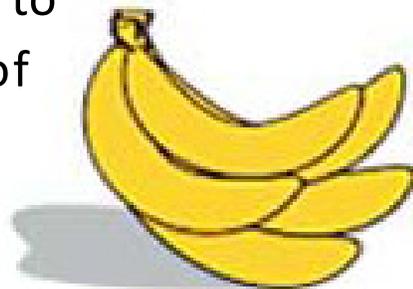


Today we're exploring...

16. Bargaining: Bargaining exemplifies another aspect of the 9-11 year old monkey mind, that of getting what we deserve. When we're in bargaining mode, everything becomes a negotiation. "If I pay all my bills on time this month, I get to use one of my credit cards to go shopping." Or, "If I stick to my calories today, I can have ice cream before bed."

This conversation implies that we have been deprived in some way, and now we deserve a reward. When monkey is swinging with bargaining, we might see taking an authentic action, and/or keeping a promise, as something worthy of a reward, instead of a demonstration of doing what we said we would do with clarity, focus, ease and grace.

When we notice the energy of bargaining creeping into our life, we have the opportunity to remember the experience of coherence - satisfaction, fulfillment, meaning and harmony - and see that it is its own reward.



17. Impulsiveness: “I want what I want when I want it, and I want it right now!” Impulsivity by definition is a tendency to act on a whim, displaying behavior characterized by little or no forethought, reflection, or consideration of the consequences.

Think about how this shows up in our lives. We create a goal, and jump into it without a plan or thinking through how our actions will impact that goal or others. We take actions on a whim without first looking, seeing and telling the truth to make sure that they are *authentic* actions. We engage in wishful thinking, and metafizzle at the border when our lack of forethought has us giving up before we even begin.

Impulsiveness shows up in every form of energy. For example, we spend what we don't have, justifying that if we “have checks” or a credit card in hand, then we have money. We eat unhealthy food without considering the consequences.

When we recognize that we are swinging with impulsiveness, we have the opportunity to pause and reflect on what we are about to do. Viktor Frankl observed, “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” The gift of this monkey mind symptom is learning to practice being in that space... before we act impulsively.

18. Qualifying Statements: Do you remember the last time you tried to explain yourself out of keeping a promise? Or wiggled out of answering a “yes or no” question by not answering either one? Any part of that response is a qualifying statement. “I almost got it done... I’m close to finishing my homework... I sort of stuck to my diet this week.”

When we swing with qualifying statements, we’re at the border of “anything other than yes is no.” We cross this border by answering truthfully (what happened or didn’t happen in physically reality), period. No wishy-washiness, no buying ourselves time or coming up with an excuse, rationalization or justification (don’t you love it when those pesky symptoms start swinging together?). A simple “yes” or “no” will do, thank you. Remember, monkey loves vague.

Our actions don’t move us forward when we’re not clear. It’s simply the buzzing of flies. Qualifying statements keep us in the buzzing, and out of moving forward with our next meaningful step. The opportunity is to practice letting our yes be yes, and our no be no. Clear, sweet and coherent.

**Any questions or comments?
What are you noticing?
Are any of these in your top three
monkey mind symptoms?**

