

# 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*



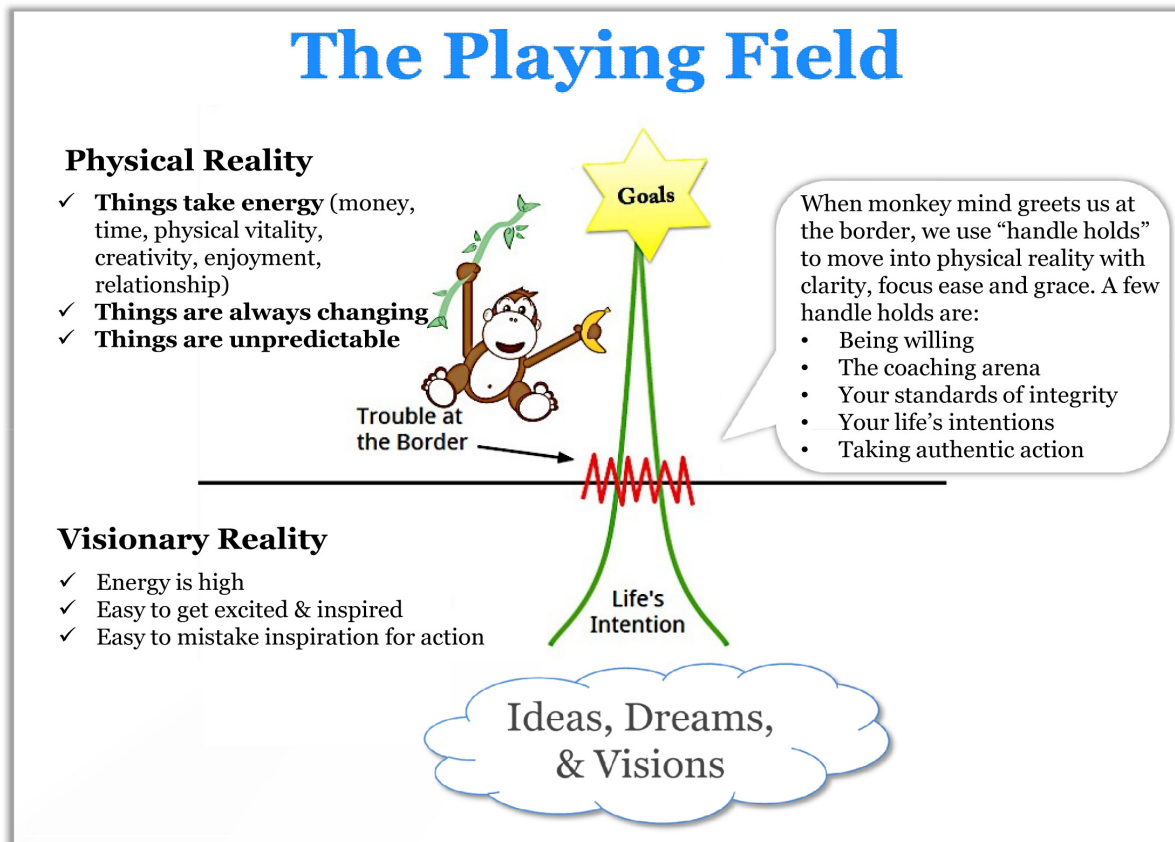
Monkey Mind starts to swing when we are up to something big, when we are focused on bringing a goal into physical reality, when we are demonstrating a heartfelt life's intention.

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.



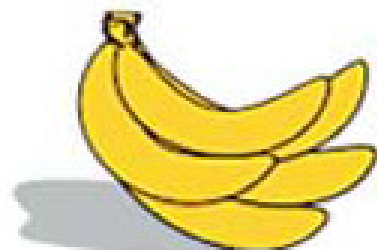
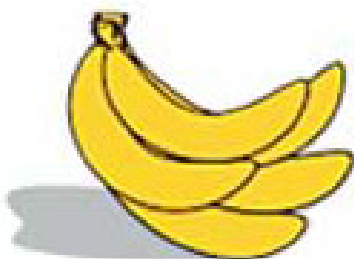
Remember, “Your Monkey Mind thoughts... having nothing to do with your true nature. It is only one aspect of your mind, and who you are is greater than anything it can throw at you.”

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
16. Bargaining
17. Impulsiveness
18. Qualifying Statements



## Today we're exploring...

**19. Complaining/Petulance:** “But I don’t want to do what I said I would do!”, said with the appropriate whine. “Why do I always have to \_\_\_\_\_?” fill in the blank of your favorite complaint. Petulance stamps its foot, sometimes literally, and demands to get its own way. Complaining finds something wrong with everything. Even when life is good, when monkey is swinging with complaining, we find the dark cloud within the silver lining.

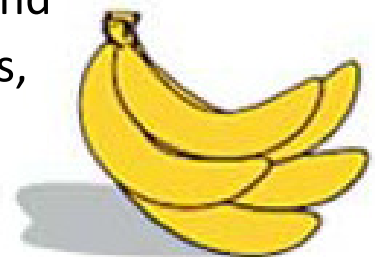
Complaining and petulance are the antithesis of grace. Grace is our capacity to be grateful for our journey, and for those who share it. When we’re focused on gratitude, our complaints are much less interesting. When we shift from complaining to being grateful, our energy shifts from what won’t work to what will, from negativity to possibility. The gift of this symptom is to turn complaints into opportunities.

When tempted to complain, ask yourself (whilst looking at your Standards of Integrity card), “How would a person with these qualities show up in this interaction/situation/relationship?” As the song says, “Turn a frown upside down, and spread a little love around”. So the next time you’re tempted to complain, thank monkey for sharing, find something to be grateful for, and turn that frown into a smile. You’ll be happier and so will those that share your journey.

**20. Being Paranoid:** The definition of paranoid is being suspicious, having illusions about being followed or persecuted, or about being afraid or distrustful of others. In other words, we're operating from the assumption that someone or something is out to get us. This monkey mind symptom can be as subtle as wondering what your two co-workers are talking about over in the corner, to believing that the entire universe is against you.

While all the monkey mind symptoms cause a constriction in our energy, paranoia is particularly effective in shrinking our world. Why? Because inherent in paranoia is the belief that the whole world is about you.... everyone is watching me, talking about me, conspiring against me. What's the common denominator there? Me! What if we're actually not the center of our own myopic universes? What if everyone else is way more focused on their own lives than on what we're doing?

The gift, and the shift, of being paranoid is to be willing to assume a positive intention. Rather than assuming that everyone/thing is against us, what if we create a new conclusion that everyone/thing is for us? And choose to see the world, and its inhabitants, through the green lens? What a powerful shift, and what a powerful way to live in, and contribute to, the world.





**Any questions or  
comments?**

**What are you  
noticing?**

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