



# TODAY I OBSERVE MY THOUGHTS.

## DAY.5

### Monkey Mind.

The Buddha introduced the term 'kapacitta' to describe the restless, & agitated movement of the mind. He said, "Just as a monkey swinging through the trees grabs one branch and lets it go to seize another, so too, that which is called thought, **mind or consciousness** arises and disappears continually both day and night."

The average person has around 70,000 thoughts per day, which explains where the sense of constant chatter comes from.

We like to think that we are independent and in control of our mind and thoughts, but anyone who has tried to meditate for even five minutes understands the constant movement of the mind. Most of our thoughts are repetitious, based on hopes, and fears.

Such thoughts lead to further anxiety, fear & worry. The Buddha taught people about the mind, its nature and its functions. He taught how to **meditate** in order to tame the "monkey mind." By following some meditation techniques, the mind will grow more peaceful, more wise and kind, and more useful to us.

However, there are times, that our thoughts are overwhelming to follow or to stop.

For times like these he taught more physical meditative practices, that occupy the physical body more than the mind.

Practices like **walking, planting, writing** or cooking, connect us with our nature and nature herself, and when they are made mindful, they relax the monkey, and bring peace in our minds.

# DAY.5

Phrase of the day: 'Today I observe my thoughts'.

*Write this phrase in your journal.*

We can use our minds to our benefit, by becoming **AWARE** of our thoughts. Today we **observe** our monkey mind and we consciously follow him while it jumps around.

## **PRACTICE: THOUGHT TRACKING**

Today, every time you notice that your mind is wandering, write it down. It will give you insight into repetitive thoughts you have spooking around in your mind. It can be related to what you 'have to do', or 'what you didn't do', or perhaps thought about how you 'see yourself' or 'let yourself down'. Write them down.

No judgment.

Be kind to yourself.

Just observe the mind.

At the end of the day, take 5 min to read the collection of thoughts you have written down thought-out the day.

## **LUNCH BREAK PRACTICE:**

1. Listen to the meditation '**WALKING MEDITATION**' anytime you have 10 minutes of uninterrupted time during your day.

**Walking meditation is meditation in action.**

This meditation is used by the Tibetan monks every day, to ground the energy of a busy mind, to come to the present moment and to feel grateful for all the small things in their lives.

2. After the meditation, write the thoughts that you had in your journal. Take 2 minutes without lifting the pen off the paper and write down everything that comes up.