



DAY.3

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.

DAY.3

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

Please also write this phrase in your journal.

We can use our mind to our benefit, by starting being **AWARE** of our thoughts.

Today we **observe** this monkey and we consciously follow him while he jumps around.

PRACTICE 1: Today, every time you notice that your mind is wandering, follow that thought, or write it down.

No judgment.

Be kind to yourself.

Just observe the mind.

PRACTICE 2:

1. Listen to the meditation anytime you have 10' minutes of uninterrupted time during your day.
2. Write in your journal after the meditation, all the thoughts that you have. Take 2 minutes without lifting the pen of the paper and write **all coherence of thoughts** that comes up.

Good luck!