



Step 5. Tame Your Monkey Mind



Our brain is the most complex organ in our bodies, but using the functions of it to do **CHANGE** and get what we want doesn't have to be complicated.

We've been discussing the parts of our brain that regulate the activities of our "subconscious" mind (**limiting beliefs**) and "unconscious" mind (**patterns**).

Now, let's explore the part that has much to do with our **thoughts** – our "**conscious mind.**"



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CONSCIOUSNESS: the state of being conscious; fully alert, aware, oriented, and responsive to the environment.

We can define our **conscious mind** as the part of our brain that regulates what our personal experience feels like from the inside. Another way to describe it is the subjective inner life of your mind. Simply put, it is being fully awakened in the present moment.

Sort of like watching a movie on Netflix, a play on a stage, or a leaf floating down a stream. It is what you are experiencing right now.

So, if you're stressed, you won't experience peace. If you are depressed, you won't experience happiness.

Sometimes our experience becomes an internal struggle between states of calm and distress. Let's take a closer look at why.

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.
Oprah Winfrey

CHANGE. HOW TO DO IT.



The structure of our brain is divided into three layers – the Brain Stem, the Subcortical Region, and the Cortex. The Cortex or primate/human brain is the part that regulates our attention, feelings, desires, complex reasoning, abstract thoughts, imagination, language, and empathy. It's the home of our

conscious mind.

The Cortex fills our fundamental “animal” need of connection. So, when we feel disconnected or distracted by our thoughts or feelings; when our **conscious mind** is challenged, we are experiencing the primal responses, our “Monkey Mind.”

The concept of our “Monkey Mind” gets its origin from a Buddhist term meaning unsettled, restless, capricious, whimsical, fanciful, inconstant, confused, indecisive, and uncontrollable. Does that sound familiar?

Meet SAVOR, the “Monkey Mind”



Our undisciplined “Monkey Mind” jumps and bounces from one thought to another, getting into every effort to be awakened to who we really are and experience what is happening right NOW so we can do CHANGE.

So, I'd like you to meet **SAVOR**, a tamed “Monkey Mind.” **SAVOR** is going to help us understand how our “Monkey Mind” operates and what we need to do to get back into the flow of being who we are!

STOP – the moment you notice resistance (not to an event, but in your reaction); be **AWARE** of what you are thinking, feeling, doing.

ACCEPT – the event as it is; “this is how it is;” the reality, not the **LIMITING BELIEF**, but the evidence, the facts.

VISUALIZE – take deep breaths; allow oxygen to flow to your brain; see yourself in your **SACREDNESS**, saying **NO** to the perceived threat or problem.

CHANGE. HOW TO DO IT.

OBSERVE – what caused the stress or distress; if there is something you can do about it, create a clear intention-an **EMPOWERING BELIEF**; if there is nothing, choose to let it go.

RESPOND – be responsible, respond, don't react or blame; take back the flow of your power to do **CHANGE**.

Present Moment Awareness – Be Awakened!

Present Moment Awareness helps us to catch our thoughts when they are taking us toward the future (or back to the past) in a way that is making us feel uncomfortable, insecure, or anxious.



When we intentionally focus our mind on the present moment, we stop resisting or worrying. We will feel better because doing this **SLOWS DOWN** our thinking.

Use this process at any time, anywhere. The more you practice bringing your awareness to the present, the easier it will get to **Tame Your Monkey Mind!**

- Open your awareness to the present moment.
- What do you notice about your body?
- What do you notice about your breathing? Appreciate your lungs.
- What sensations do you notice in your hands?
- What sounds do you notice around you? Appreciate your ears.
- What do you notice about the room you are in?
- What do you notice about the light around you; where it is coming from?
- What is right, beautiful, worth appreciating about this moment.