

Building Concentration

Part 4.1

The Monkey Mind

labeling

We're Going to Learn

Practice of Labeling the Breath

when the mind starts to wander it
doesn't mean anything is going wrong.

This is just what the mind does it thinks
about the past.

It wanders into the future.

It goes all over the place.

Monkey mind





The mind is always jumping around from branch to branch and from tree to tree and it never seems to slow down.

Monkey mind



learn how to work with the
monkey mind.

instead of trying to force the monkey
to stay put and not jump around we
can actually give that monkey
something to do

And this is the technique of labeling
or using a short mantra or a short
phrase that we repeat in our mind.

What this is going to look like is as you breathe in you can just say quietly in your mind “rising” and feel the belly rising.

As you breathe out, you can quietly in your mind say “falling” and then feel the falling of the belly and the falling of the chest.

We want to make sure that most of our attention is still on the actual physical sensations of the breath.

About 90 percent of your attention should still be feeling the breath in the body and just about 10 percent of your attention being with the words “rising” and “falling”.

We want to do this because if all of your attention is just on the word “rising” and “falling” it's still a very conceptual exercise.

And in mindfulness we really want to tap into the raw sensations that we're experiencing.

We'll be continuing with mindful breathing just noticing the physical sensations and also bringing our attention back and then we'll be adding in this other layer of labeling the breath.

Next Video

Labeling the Breath