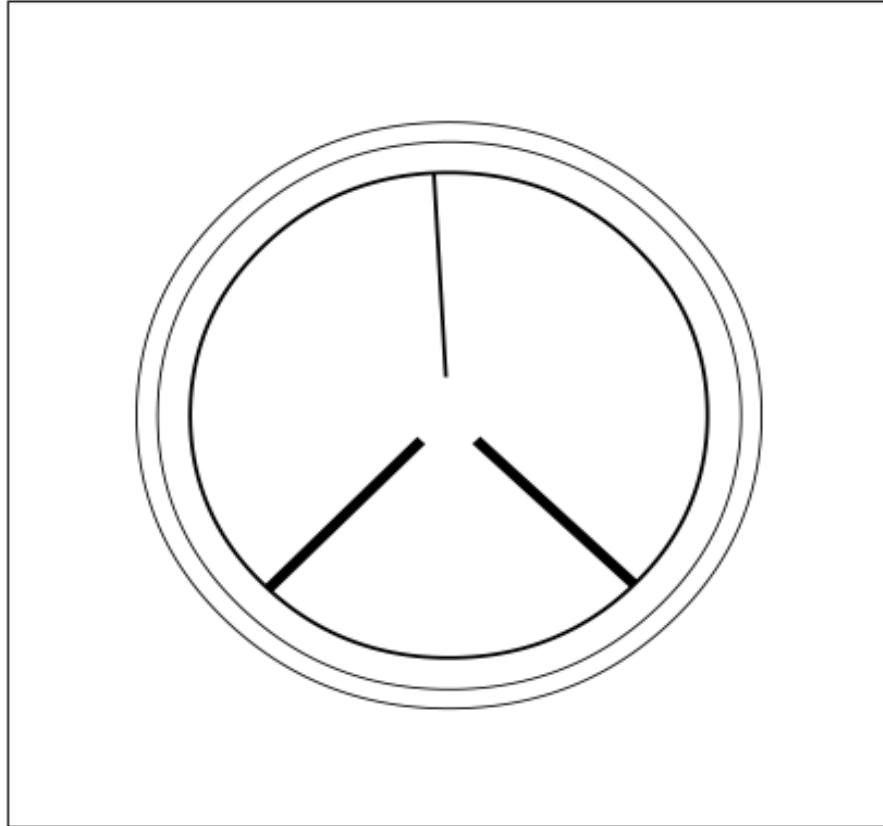


Angry Monkey

The angry mind is like an angry monkey.
It swings wildly from one tree to another,
casting coconuts and squealing curses at the top of its lungs.



The monkey-mind has often thoughtlessly cast insults and stones
on friends and enemies alike whenever it has felt threatened.

Deflect the ill will of others by refusing to take their threats personally.
Their curses are merely a reflection of how they feel about themselves.

Cultivate humility when thinking ill of others.
Your curses are merely a reflection of how you feel about yourself.

“Let he who is without sin cast the first stone.”

Vigilantly monitor your monkey mind.
How is it feeding you with poison?
Approach it with compassion, and nourish it with the milk of human kindness.

Forgiveness begins within.

Interview with a Monkey

Rheanni Lightwater: Hello, Mr. Monkey. I see that you are very old and wise. Would you tell me what you are thinking about?

M. Monkey: I am thinking about how important trees are.

RL: Trees?

MM: Yes. You see, the trees are everything to the monkey clan. They give us our food, our place to sleep, and they give us a safe place to get away from danger.

RL: So you're saying that trees to the monkey clan are like homes and grocery stores to humans?

MM: Even more than that. We use them to travel from place to place.

RL: Kind of like our cars and roads?

MM: Yes, like that. And they are where we play.

RL: It sounds like everything you do has something to do with trees.

MM: Absolutely. Trees are the givers of life to all of us, not just the monkey clan.

RL: Well, most humans don't live in trees.

MM: Yes, but you do have to breathe.

RL: Of course. If we couldn't breathe the oxygen in the air, we would all die.

MM: Trees create that oxygen, and keep the soil from washing away, so that you can grow your food. That is why we would like to keep as many trees around us as possible. I have a question for you.

RL: What is it?

MM: Who is responsible for keeping the trees healthy so that they can keep giving us air and food and shelter?

RL: I guess we are.

MM: Yes, Those who benefit are responsible. Did you know that humans are the only mammals that destroy large numbers of trees?

RL: I hadn't really thought about it.

MM: It's time you did. That is why my children and grandchildren make so much noise.

RL: What do you mean?

MM: Well, many years ago, monkeys were actually pretty quiet, but then we noticed you humans tearing down trees and taking away the jungle, our home. We tried to tell you, but you were too busy building cities. So, as we became more and more concerned, we learned to raise our voices and throw things to get your attention. There are some of us that are learning to communicate in other ways too, hoping that you will listen.

RL: Hmmm. I suppose you're right. That kind of makes me feel bad.

MM: We don't want you to feel bad, we just want you to stop. Instead of feeling guilty, remember to have respect and gratitude for the trees.

That way, you will only bring them down when you need to and there will be plenty of life for everyone.

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Ask your own questions and gain insights into an issue that concerns you:

1. Who am I really angry at?
2. Choose a communication that is important to you and ask, "Are my words having the effect that I intend?"
3. What would help me to live in greater harmony today?

Parents and Teachers - here's how to use the totem with your kids:

This rainforest medicine is especially helpful when you or your kids are dealing with threats, accusations or insults.

Read the poem and interview with the totem while your kids are looking at the circle itself. It's not important that they make anything of the design or figure anything out. The image is providing structural support in the brain and nervous system for the contents of the message. Just let them take it in and see what happens. There is no right or wrong way to respond to an Intuitive Learning Circle.

You may notice that the mood or atmosphere in the room changes or your kids might comment that the lines move, rotate, pulsate or change colors. That just means that their powers of creativity and common sense are being stimulated. This is all part of the experience, so just encourage them to stay open and follow their imagination.

Once you have finished, allow the energy to settle and then you can talk about the material, color the graph, or make up games.

Physical movement is encouraged to help the kids assimilate what they've learned, so they might pretend to be the mosquito. Mrs. Yamauchi's class makes up little skits and paints the animals. They even have someone be the animal for the day to see if they can emulate its attitudes and behaviors. The possibilities are many, so have fun!

About the Author:

Rheanni Lightwater is a Reiki Master/Teacher and Feng Shui consultant who lives in Albuquerque, New Mexico. The Intuitive Learning Circles and their messages came to her as a result of a journey to the Amazon in the spring of 2001 and are intended to share the teaching she received from the plants and animals. By using the medicine that comes from the plant, animal and nature spirits, we can learn how we can heal our relationship with the earth and each other. If you would like to know more about the Intuitive Learning Circles, call (505) 271-4612 or go to www.IntuitiveLearningCircle.com