

## Mind Monkeys

In the heat of the jungle  
 a storm is brewing;  
 Monkeys swing  
     from branch to branch; tree to tree  
 Apes, baboons, and chimps...  
     squealing like a Jane Goodall documentary

they are agitated  
 because  
 they are fearful, anxious

They  
 Sense  
 Danger.

Cataclysmic Prophetic Apocalyptic Danger.

mind-monkeys are SCREAMING:  
 "Danger, Danger, Will Robinson!"  
 and running scared  
 bouncing off trees

armies of apes from all planets  
 armed with Angry weapons  
 loaded with  
 pessimism  
 skepticism  
 cynicism  
 ready to fight  
 and erect walls around  
 Fear of destruction

And then....  
     a Stillness comes;  
 the raging storm subsides

The monkeys, chimps, apes and baboons  
     Stop

Settle.  
 They lovingly groom one another:  
     Stroking

Nurturing  
 Caring  
     Touching  
     Calming

Soothing  
 Monkey love and hugs.

REFUGE

Sangha

STILLNESS

—*Mirah Riben*

## Winter moon

Going  
 to a retreat  
 the moon followed me

Returning  
 home

I followed the moon

—*Theikdi*



## Dhamma

In the world of Satipatthana Vipassana

there is no one that speaks,  
 no one that hears

there is no one that sees  
 there is no one that smells  
 there is no one that tastes  
 there is no one that feels

there is no one that thinks

there is no one that laughs  
 there is no one that cries

there is no one that lives,  
 no one that dies

—*Theikdi*

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