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QUIETING THE MONKEY MIND

HOW TO MEDITATE WITH MUSIC



Foreword by
Joel & Michelle Levey

DUDLEY EVENSON & DEAN EVENSON M.S.

"Quieting the Monkey Mind is the required bridge to travel in helping you achieve a deeper state of quietude and personal transformation."

Naomi Judd, Grammy Award-Winner & Bestselling Author

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Clearing Your Monkey Mind Using Mantra & Affirmations

BY DUDLEY EVENSON & DEAN EVENSON, M.S.

(Excerpted from *Quieting the Monkey Mind: How to Meditate with Music*)

Monkey Mind of Clear Mind? Why Does Mantra Mean Mind Protection?

We need to place a guardian at the gate of our awareness to keep the demons of our mental processes from distracting us, and mantra is one way to do this. The word *mantra* means 'mind protection' in Sanskrit. A mantra is a short sacred sound or phrase, usually with spiritual significance. A mantra carries a vibration and frequency that extends beyond the simple meaning of its words. In the highest sense, mantras carry thought waves that can energize the *prana* (life force) through constant repetition and they can reach deep into the subconscious mind to access the collective consciousness. More simply, using mantra can help overcome mental chatter, and prepare the way for an expansion of consciousness.

Mantras can be in Sanskrit, English, Hebrew, Latin, or other languages. They can be ancient and passed on from guru (teacher) to devotee (student). In cases like that, they may have a strong connection with a long spiritual tradition. They can also be created by an individual based on their personal values, needs, or issues. Typically, mantras are statements of profound spiritual truth that resonate with the person repeating them.

They may also be short affirmations that are easily repeated. In fact, it is in the repetition of a mantra that power lies.

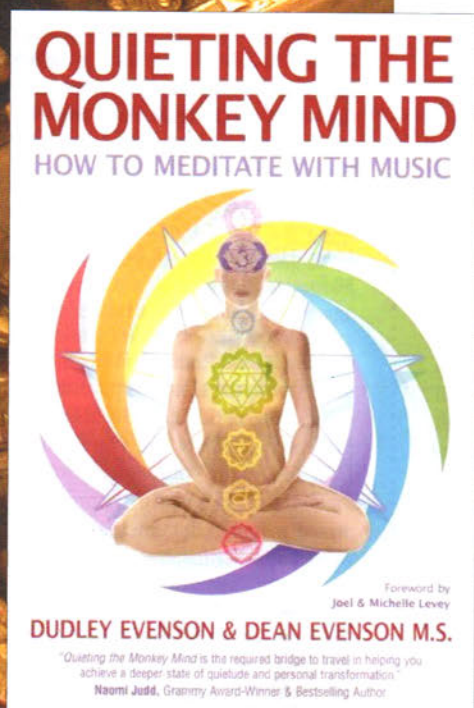
How Do We Create a Personal Mantra?

You can create your own personal mantra that speaks to your soul and sings to your heart. It can be a prayer, an affirmation, a simple song, or just two or three words. It can affirm what you want to empower in your life. It can invoke the support that you want on your journey. If you want more peace in your life, you could say "I am peace." If you want more love in your life, you could say "I give and receive love" or "Love flows to me and through me." Remember to keep it short and sweet and easy to repeat. It should also be positive and in the present tense.

Using Positive Affirmations to Create the Life You Desire

Do you ever feel anxious as you try to digest the constant barrage of news hitting you? Bad news affects all of us, painting a pessimistic picture of the world, coloring the content of our thoughts. How do we overcome tendencies toward worry, negativity, or just simply too much thinking? How can we harness the power of positive energy to improve our lives and manifest our dreams? Understanding how affirmations work may hold a key.

An affirmation is a positive statement asserting that a desired goal is already achieved. It is a declaration to manifest a preferred outcome although this way of being may seem far from the truth at the moment. However, in a truly amazing way, with enough repetition and focused intention, declaration can become reality. Since the subconscious mind processes affirmations and suggestions as reality, it is important to be aware of one's thoughts and to constantly edit out unwanted negative suggestions.



QUIETING THE MONKEY MIND:
How to Meditate with Music

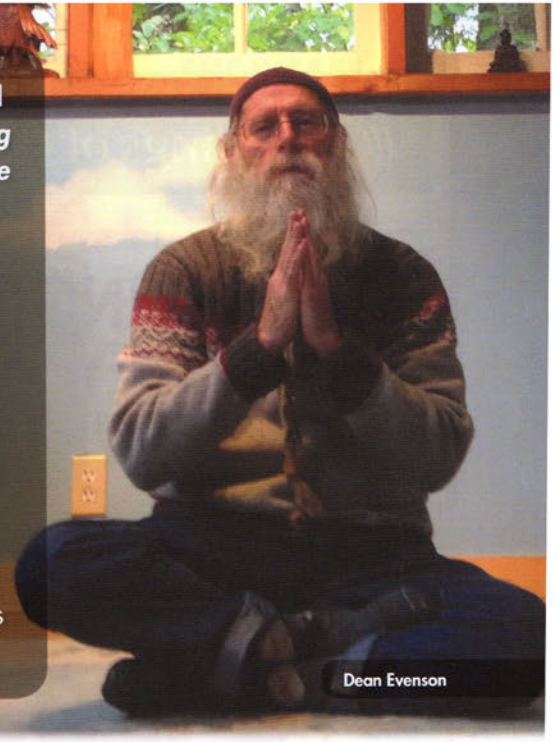
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Dudley Evenson

Article excerpted from Dudley and Dean Evenson's new book *Quieting the Monkey Mind: How to Meditate with Music*.

The Evensons are award-winning, sound healing pioneers who co-founded their record label Soundings of the Planet in 1979 to share their mission of Peace Through Music. To learn more about them, their music and videos, visit their blog and music site at www.soundings.com or check out their popular Soundings of the Planet YouTube Channel.



Dean Evenson

The fact is, we are constantly affirming in our mind what we believe. When we look honestly at the content of our thoughts, we may be shocked to realize what we have been telling ourselves on a regular basis. We can usually tell the quality of our subconscious mind by looking at the quality of our life. If we are not pleased with our life, we might wish to look at the content of our mind to discover how we have been programming our existence to coincide with our belief structure.

In the 1950s, Earl Nightingale, cofounder of Nightingale-Conant personal development company, recorded a classic motivational record called *The Strangest Secret*. He identified the "strangest secret" as this: We become what we think about every day. He emphasized the power of positive self-talk, expectation, and belief. These ideas were ground breaking at the time, but today, many people use guided affirmations in some way in service of achieving their goals. Like any other tool of transformation, skill and understanding are required to actualize their potential.

Why Do Affirmations Work? What Makes Them So Effective?

When we take hold of our thoughts through the repetition of positive affirmations, we can move in the direction of manifesting

our highest ideals and vision for our lives. Through the use of a repeated phrase, mantra, prayer, or affirmation, we can overcome the rampant thoughts and tape loops that tend to guide our behavior. By repeating or singing a phrase over and over again, it becomes embedded in our subconscious mind, and then the creative forces of the universe rally support in order to make it happen. Repetition increases the effectiveness of affirmations. In the negative aspect of this principle, we experience inner 'tape loops' that constantly replay a phrase or thought that is not in our best interests. This thought may be something a parent or ex-partner told us about ourselves long ago like "You are a mess" or "You'll never amount to anything." We may have unconsciously repeated this idea for years, creating a messy, unfulfilling life for ourselves in the process.

Affirmations only work when spoken in the present tense. The subconscious mind takes things very literally, so if you say to yourself "I will be rich," you probably will not experience prosperity in the present moment. It will always be just around the corner, in the elusive future.

Speaking affirmations out loud or even singing them energizes them. Speaking them repeatedly creates habituation. Though the actual statement may be different from our present circumstance, when we put our feelings into the words, we come closer to experiencing the fulfillment of our desires. For affirmations to truly work, they require belief and faith in them,

even though the actual statement may be different from our current situation. We increase their effectiveness when we put our feelings into them and actually experience the emotions connected with the fulfillment of our desires.

When we take hold of our thoughts and use affirmations regularly with an understanding of how they work, positive change will occur. When we can clearly visualize and feel the reality of the spoken word affirmation, we enter into a cooperative contract with the universe, making use of this powerful tool to manifest our highest dreams.

With perseverance, repetition, and our steadfast belief in them, the words of our affirmations become a part of us. Before long, we look around and realize we are actually achieving what we may have thought was impossible only weeks or months before.

AFFIRMATION PRINCIPLES

- Positive Phrase
- Present Tense
- Spoken Aloud or Silently
- Repetition and Habituation
- Belief and Faith
- Feelings and Emotions

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"... The perfect antidote to the often chaotic and noisy world in which we live."

—JACK CANFIELD, bestselling author of *The Success Principles™* and co-author of the *Chicken Soup for the Soul®* series

Quieting the Monkey Mind: How to Meditate with Music by respected music pioneers and purveyors of peace Dudley and Dean Evenson helps make meditation understandable, accessible and simple to do. Whether you have been meditating for years, or are just beginning on your path, you will benefit significantly from this beautiful guidebook designed for all ages and practices.

Drawing from over four decades of creating music for meditation and yoga, *Quieting the Monkey Mind* is filled with practical tips, exercises, photos, and illustrations to support readers on an empowering journey of finding peace within.

Quieting the Monkey Mind shares some basic principles of meditation along with a wide array of sound tools and practices that can be used to take one into deeper states of inner peace and meditative bliss. No matter where you are in your meditation practice, the Evensons believe readers will find useful tools and techniques that will allow you to access deeper levels of inner stillness leading to a more rewarding sense of self and personal empowerment.

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—IYANLA VANZANT, author of *Trust* and host of *Iyanla: Fix My Life*

QUIETING THE MONKEY MIND provides some helpful answers to these questions and many more:

- What is the difference between prayer and meditation?
- How can we let go of our busy thinking?
- How do we choose music that enhances meditation?
- How can we create personal sanctuary?
- How do we use breath and vocal toning to focus the mind?
- What is the role of affirmations, mantra, and chant in meditation?

Married for 47 years,
Dudley & Dean Evenson

are internationally renowned musicians and the co-founders of the respected music label Soundings of the Planet. They have recorded over 80 albums and have performed their sound healing music and meditations throughout the

world with such luminaries as the Dalai Lama, authors Joan Borysenko, Iyanla Vanzant, and Deepak Chopra among others. Dudley and Dean reside in Bellingham, WA.



"With practical tips and techniques to enhance your energetic essence and well-being, *Quieting the Monkey Mind* is truly a blessing."

—JONATHAN & ANDI GOLDMAN, authors of *The Humming Effect*

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