

## Crazy Monkey

The Yoga Scriptures compare the mind to a crazy monkey bit by a scorpion! Let's change this situation with a good meditation.

See the little monkey up in the tree...

"S-I-T-T-I-N-G"

Now the little monkey gets restless and grooves. Look at him doin' his monkey moves!

"OOH EEE OOH AH AH. OOH EEE OOH AH AH."

My brain is like the monkey, restless all the time. I think I'll meditate to clear my mind...

See the crazy monkey shakin' it loose.

Now he's drinkin' some coconut juice.

Little crazy monkey falls outta the tree.

He's stumblin' around actin' really silly.

"OOH EEE OOH AH AH. OOH EEE OOH AH AH."

My brain is like the monkey, restless all the time. I think I'll meditate to clear my mind...

Poor crazy Monkey, he had a fright

When he got that scorpion bite!!

"AAH"

He danced around in circles and yelped in pain.

That scorpion bite made him go insane!

"OOH EEE OOH AH AH. OOH EEE OOH AH AH."

My brain is like the monkey, restless all the time. I think I'll meditate to clear my mind...

I don't wanna grow up and act real crazy, so I'll meditate a lot—I won't be lazy.

My mind should be calm...just like the sea.

NOT like a crazy funky monkey!

"OOH EEE OOH AH AH. OOH EEE OOH AH AH."

"OOH OOH EEE EEE OOH AH AH. OOH OOH EEE EE OOH AH AH."

OOmmm...