

# Quiet the monkey mind

Unleash your inner voice

5-day course

*~ inner peace made easy ~*



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## Day 1: The brain in default

Moving out of unnecessary, fear-driven drama doesn't mean changing the circumstances of your life. It means looking at the workings of your own mind. It is not the circumstances, but our reaction to the circumstances that determines how we feel, and act.

*Our brain in default:*

- ~is restless and unfocussed; constantly coming up with thoughts, lists, stories ('monkey mind')
- ~ is survival-driven, fear-based and will trigger fight/flight mode at the drop of a head
- ~ is focussed on the negative (which must be recognized, remembered and avoided!)
- ~ has continuous self-talk going on, in order to establish the illusion of a permanent self (aka the ego). Again: survival-driven, so often fearful and negative

Voilà the basic causes of stress.

*And another side-effect of this default mode:*

It drowns out the voice of your intuition,  
your inner wisdom

**BUT!**

We can train our brain.

In this 5-day course, I'll teach you 5 simple and effective tools to help you get the mind out of default mode and get access to inner peace more easily.

However, like anything that's trainable, *this takes practice*. The practices I'll be teaching you won't take more than 5 – 10 minutes.

*Think of them as mental health practices, like brushing your teeth is your dental health practice.*

You wouldn't dream of skipping it. So like brushing your teeth, give these practices a place in your life.

### *Practice Day 1:*

#### *1. Start a journal*

Get yourself a beautiful notebook or use whatever you have at hand. Preferably a handwritten journal though – to stimulate your brain more.

Write for 5 – 10 minutes every morning, at least for these 5 days (but keep it up if you like it!). Whatever comes up. Don't censor. Empty your mind on the paper. If you like, commit to at least 3 pages. You might find that after a while intuition and wisdom come through.

And of course, journaling is a beautiful way of ending your day, too.

## 2. Today, ask yourself:

Why did I sign up for this course? What would I like to see different in my life? Am I willing to commit to change? How can I support myself to commit? How can I keep myself accountable?

Write down whatever comes up.

Key in journaling is: *don't censor*. What comes up may seem silly, embarrassing, insignificant – it doesn't matter, just write.

## About

I am Karin Bosveld, life & work coach, and zen, mindfulness and compassion teacher.

I support women to step out of unnecessary, fear-based drama, get over limiting beliefs and shake off the shackles that are keeping them from living their fullest, deepest, brightest, realest Truth, help them embrace and explore their spirituality and live a soulful life.

I live and work in the Netherlands but work internationally.



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*Or join my group*

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