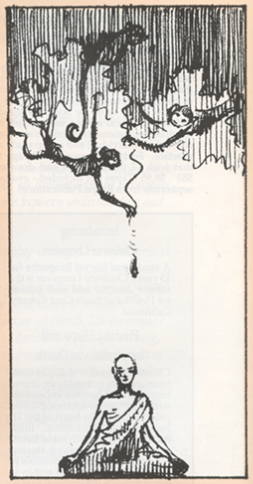
THE MONKEYS & THE HERMIT



Long, long ago, in the great forests of Asia, there lived an old hermit. He was a yogi, and would sit meditating in perfect posture under the trees for hours and hours..... days and days.....



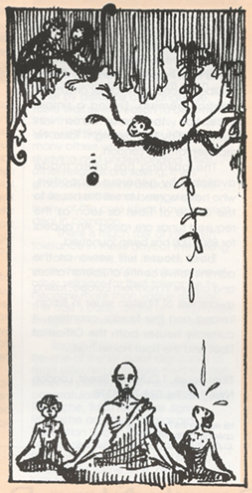
months and months..... years and years.
In the same forest there also lived a group of monkeys. They were very lively and would never sit still for a moment.



What they enjoyed most was jumping about from tree to tree. The monkeys were very playful, and again and again they would try to play with the old hermit, but he always remained completely still.



One day, the leader of the monkeys decided he would play at being a hermit. He looked carefully at him, and then pretended to sit still, just like him. He would look at him again to check the posture, and then sit again.



As this monkey was their leader all the other monkeys began to copy him, and in no time they were all sitting still, pretending to be like the hermit.



Day after day, the monkeys sat and sat, and what hapzpened? They completely changed. Just by sitting still over and over again, their restless minds gradually became quiet. They may not have been meditating like the hermit, but the simple act of sitting still helped to quieten their minds.

Sometimes our minds are rather like monkeys too, and jump about restlessly, but if we learn to sit they naturally become more peaceful, quiet and happy.

Traditional Buddhist tale retold by Sogyal Rinpoche, illustrated by Annalouise.

