

THE MONKEY AND THE MOON - Chinese

Retold by Sydney Solis

There was once a monkey happily swinging from tree to tree. He swung to a branch where there he saw an amazing sight.

Below him was a pond with the glimmering image of the moon shining in the water. He was amazed by its beauty and brilliant white light.

Hanging on to the branch with one paw, he used his other paw to reach for that beautiful moon. He reached and he reached, but no matter how hard he tried, he could not reach the moon. And he refused to let go of the branch to get closer to the moon.

Try as he might, even until death, he will never give up trying to reach for the moon in the water and he will still hang on to his branch.

But by grace or chance, the branch he was hanging onto broke. The monkey plunged into the water. He slapped around in the water for a moment, looking for the moon. Then he looked up into the sky and -- there! There it was! The monkey saw the moon shining brightly against the dark night's sky.

What can we learn from this story?

WORKING WITH THE STORY

Contemplate this story during asana practice, meditation or relaxation.

Talk about the moon. Talk about the sun. What is the difference?.

What are you reaching after? Being perfect? Material possessions? Looking good? Negative thinking? Is it going to make you happy if you get it? What frustrates you? What can't you achieve although you've tried again and again? Let it go. Like the moon dissolving, let it go. It disappears. It may be hard, but don't be a monkey! Sometimes it's necessary to let go to get to the truth.

How can you let it go? Make the exact opposite. I don't like broccoli. Change it to, I like broccoli. I don't like homework. I like homework!

MEDITATION AND RELAXATION

Drop in an image of the moon. Allow to clearly visualize it. Allow the moon to dissolve completely then reappear as something new. Have you noticed this constant flux and be willing to let go as it changes form.