



# Break Free From Your Monkey Mind

## 5 Steps to Inner Peace

Brian Berman

**“Peace doesn’t require two people, it requires only one.  
It has to be you. The problem begins and ends there.”**

Byron Katie

**“If you cannot find peace within yourself, you will  
never find it anywhere else.”**

Marvin Gaye

### **Acknowledgements:**

*I thank my beloved wife Lisa for her unbounded love and support for my creativity and visions for peace. She also helped with the design and editing of this booklet. I thank my children for their love, support, and encouragement to live my dreams. I give thanks to my mother and father who gave me a stable upbringing and support during my spiritual adventures. I am deeply blessed by the teachers and mentors that have guided me inward to the treasure of peace within. I am grateful to Leah Green for The Compassionate Listening Project and her invitation to co-facilitate and co-direct the Jewish German Reconciliation Project. I am honored to partner with Fred Arment, the founder director of International Cities of Peace, and for my community that aligned with my vision for Ojai as a City of Peace.*

Brian Berman



## Peace is the Power Within You

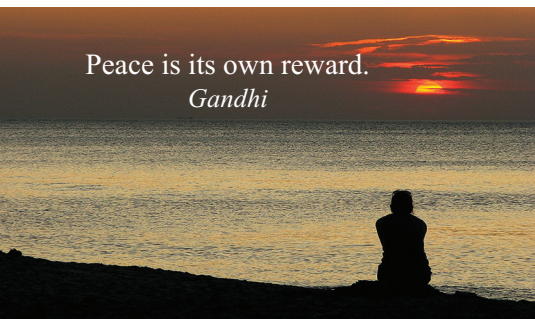
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## Ready to Awaken the Power of Peace Within?

You likely picked this booklet to read, as you have longed for peace of mind. I will share with you these simple 5 Steps and the benefits of breaking free from your monkey mind. These simple steps will

Peace is its own reward.

*Gandhi*



connect you with inner peace. If you're troubled with constant mental chatter about your personal life or by the state of the world, these 5 Steps will greatly help you. If you feel powerless or hopeless, they will guide you to reconnect with the power of your peaceful presence.

### *Benefits of Breaking Free From Your Monkey Mind*

- Better concentration ability
- Efficiency in handling your daily affairs of life
- A sense of inner strength and power
- More patience, tolerance and tact
- Freedom from stress, anxieties and worries
- Falling asleep easily and sleeping soundly
- Awareness of inner happiness and peace

My search for peace started in the 1960's during the Vietnam War time. I tried to create peace through social activism, drugs, music, work, but even my loving relationships couldn't give me the peace I was seeking. Then quite by grace, I was introduced to yoga and meditation as a path to inner peace. I became a yoga and meditation teacher, and since 1970 I have been an active peace builder. My artwork supported me during a dramatic mid-life transition and I became an "Artist for Peace." I learned what inner peace is about, and how essentially important it is to quiet the mental chatter, especially when we are facing critical challenges. I offer you steps and tools to live with greater joy, happiness and connection with your True Nature, your peace within.

## Steps 1 and 2 • Break Free From Your Monkey Mind

The following 5 Steps to inner peace will make a huge difference in your life. When you identify yourself as your thoughts, you become trapped in an endless stream of thinking. We overlook that peace lies within.

### Overview of the 5 Steps

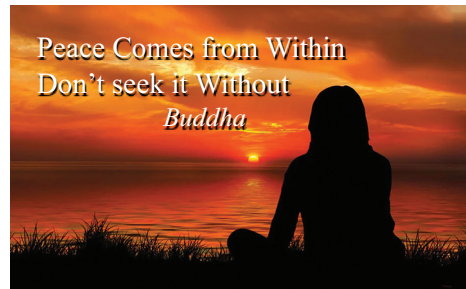
1. Be the observer. Be present.
2. Focus on the breath. Extend your breath to calm down.
3. Scan your body, use your breath to release tensions.
4. Focus on your heart, fill yourself with loving kindness and compassion.
5. Expand your love and compassion to the world.

Give yourself time to connect with these steps each day. This will take just moments out of your day and it will give you a greater capacity to bring the power of peace into your life. Keep a journal and write some of the challenges you feel and how you might address them. Use it daily to track your progress.

**Step One:** Find a comfortable place to be with as few distractions as possible. Start by being an observer. Be aware of your thoughts, your emotions, body sensations and your experiences. Be present and just observe. If you get carried away in the mind stream of thought, notice that and come back to being the observer. This frees you to be present as the knower of your experience. Contemplate who is observing?

**Step Two:** Begin by focusing on the breath. Notice your inhalations and exhalations. Extend the length of each and feel the calming effect of this step. You can do this at any time during your day.

When you give yourself time to quiet down, you begin to notice that there is space between your thoughts. This space will increase the more time you are being the observer.



## Steps 3 and 4 • Break Free From Your Monkey Mind

**Step Three:** Continue being the observer and focusing on your breath. Scan through your body and use your breath to release any tensions you might feel. Breathe into the tension and with your exhalation feel the tension releasing. Give yourself as much time for this as possible.

**Step Four:** Once you have relaxed your body's tension continue observing your breath. Now focus in the area of your heart. Breathe into your heart allowing it to expand and shower yourself with loving kindness and compassion. Acknowledge yourself for all that you are holding, what you are responsible for, your worries and concerns. Let your heart expand and fill your whole body with loving kindness and compassion.

The more time you spend within this inner space, the more still your mind and emotions become. You are breaking free of your mental chatter and becoming aware that you aren't your thoughts, perceptions, or your emotions. These are experiences and you are the knower of them. This practice leads to a more creative and spacious life. The more you observe this space within, the sooner your thoughts return to stillness. You are awakening the power of peace within.

Continue to write some notes in your journal, adding to it each day so that you can see your progress connecting with your inner peace.



## Steps 5 • Break Free From Your Monkey Mind

**Step Five:** Be the observer and focus your awareness on your heart and your breath. Continue to fill this inner space with love and compassion. Feel the peace which is naturally present when you calm the mind and body.

Now expand your heart to include the outer world. Send your loving kindness and compassion to your family, friends, community, and the world. Here you have arrived as your True Nature which is the power of peace, the source of all happiness.

Notice that you have broken through the clutches of your monkey mind and its false self-identity. Allow yourself to feel the freedom of being without this identity, and ask your-self, “Who am I?”

You have begun a great awakening, what I refer to as Awakening Peace. Cultivate this in your life with compassionate actions as you have awakened the power of peace within. Bravo!!!



## Self-Care while Maintaining Your Practice

Now that you have the 5 steps for inner peace, you want to practice the freedom from the constant chatter of your mind. Continue your practice each day and stick with it. Pick a time that gives you the least amount of distractions. You are now in training for the living breakthrough you've wanted all your life. Plan in your journal, your 3, 6, and 12 month goals for best practices. Get started.

As I wrote above in the introduction, there are real benefits when you break free from the constant monkey mind. Many voices are in our heads continually talking to us. If you think this is YOU talking, let's set that straight right now. These are just thoughts, some are helpful and some are offsetting your goals. They are not you. You are the observer of the mind's stream of thoughts. As the observer, you clearly are not the thinker, you are more the container, the space where all life experiences show up.

Self-Care and maintenance are essential to your well-being in order to not fall back into old habits. Benefits of breaking free of your monkey mind:

*Better concentration ability* - When your mind is still you can focus on the essential tasks at hand.

*Efficiency in handling your daily affairs of life* - Time saving efficiency with less distractions as you have greater clarity.

*A sense of inner strength and power* – A calm mind allows you to access additional inner strength and power as needed.

*More patience, tolerance and tact* – When you give yourself loving kindness and compassion, you have greater understanding what others are dealing with.

*Freedom from stress, anxieties and worries* – Freedom is the great Benefit and reward of this practice.

*Falling asleep easily and sleeping soundly* – Inner peace will transform your sleep patterns, as you will be free of anxiety.

*Awareness of inner happiness and peace* – This is the Benefit.



## Get Back on Track when the “Shit Hits the Fan”

*I’ve often been asked what to do when life seems to break down. As much as we try to control our life’s circumstances, we are occasionally blind-sided and get off track with our practice.*

Breakdowns are often our greatest teachers. Turning towards the pain and challenge of the situation with a calm mind, will get you to the other side of it with less stress and some insights. Our ego doesn’t want to lose control, so stay as the observer, be calm, and take the needed actions to stay with your 5 Step practice.

*“My past actions are haunting, and I feel paranoid what will happen.”*

Practice the 5 Steps, self-love and compassion are most transformative. We can’t change the past, we can only live here and now. Write in your journal who might need an apology or forgiveness, which might include yourself. If this doesn’t release you from the past, work with a counselor for support.

*“The world seems to be spinning out of control with ceaseless wars, terrorism, economic and environmental crises. How might I stay in peace when all of this is happening?”*

The greatest contribution you can make to our world is for you to “Be the change you want to see in the world.” This famous quote by Gandhi has been a guiding principle for my life and the lives of millions. Being in peace leads to compassionate actions.

Also, how much news are you taking in each day? Our intake can be toxic to our inner state of being. You can look at this like you are consuming toxic food for your mind. This is creating an unhealthy environment. Go on a news fast and see how quickly you feel better. Return to your practice if you have stopped.



## Support Tools for Transformation

These 5 Steps are essential reminders to break free from your monkey mind, from false identifications and conditioning. Transformational supportive tools can help you maintain the inner power of stillness and peace, while being with yourself and in the world.

I created HOLOS Amulets as such a transformational tool after receiving its vision for peace. It came through my morning meditation. The design clearly transformed my life. I produce them to assist you into a deeper connection with yourself and with others.

Its intent is to inspire and enhance feelings of Love, Peace, and Unity. Each HOLOS Amulet is blessed with protection, connection, inner peace, and good fortune. They come as necklaces and sculptures. Necklaces are usually worn near the heart or closer



to one's neck. Most people report that their HOLOS Amulet is their very favorite necklace and wear it every day.



HOLOS Amulet sculptures are carried with you on your person or are kept in a desired place in your home, your office, or on your meditation altar. Healers and therapists use it in their practice with their clients to bring greater stillness, healing, and peace of mind.

## Vision and Birth of HOLOS

My first inspirational vision of the HOLOS design came to me early one morning when I was sitting quietly in meditation. I observed an unusual silence that morning, a stillness not often experienced. I was very aware of my body and felt fully present. A thought arose and I

just observed how it rose from silence and quickly returned to silence. The same movement happened with the next thought, and the next. I stayed in observer mode.

What I witnessed and visualized was this infinite spiraling pattern. From silence, thought emerges and spirals back to silence, emerging again and again in an infinite spiraling torus geometry. Then came the thought that got me up and out of my meditation. “That would make a beautiful sculpture!!!” As I’m a fine art sculptor, this was a logical next step.

So, I got up from my quiet time and drew what I saw. I modeled this spiraling geometry in clay. It was shaped like a spiraling “Life Saver.” As the design needed to be precise, I then used a computer program to create this spiraling torus geometry.

## The Power of Our Thinking - Thoughts Make Manifest

With the help of a computer controlled robotic stone router, I carved my design in Italian marble. This proved to me the power of thinking. Through this experience I had an awakening. Everything perceived rises out of silence with our thoughts. We are creating and shaping our world based upon our thinking. Take a moment and let that settle in. If thoughts are shaping our life’s perspective, which thoughts do you want to manifest?

When I carved the spiraling design, I knew that I created an amazing transformational tool. I had realized a powerful awakening about the power of our thinking. Let’s shift our thinking from fear and separateness to unity, peace, and love?



## Hope for Peace

I saw this design also as a unifying symbol for peace. I knew that the source of conflict is our feeling of separateness. We objectify the other as separate from our beliefs, culture, religion, race, language, and gender. At the most basic level this is at the core of violence. If we felt our connectedness, we would have more tolerance and compassion for all.

I recognized the importance of this design and its unitive peace message. Each spiral represents another human diversity, all held together as One Humanity. Seeing so much human suffering in the world, and having found peace within myself, I have dedicated my life to help awakening peace in others. My hope for peace is rejuvenated by this design.

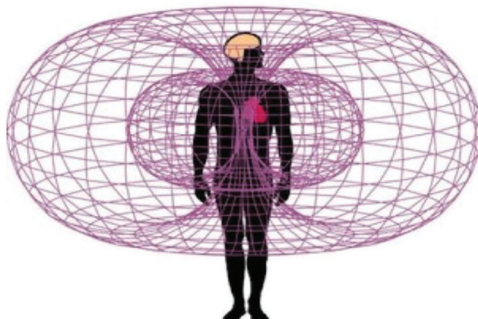
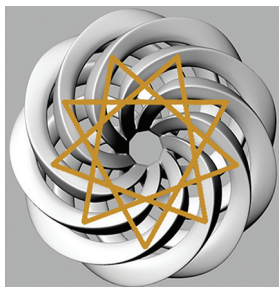
At this point in time there is no recognized symbol for peace around which humanity can rally. It is my belief that humanity is now at a critical point of existence – where a universally recognized symbol for peace can bring us to a higher state of consciousness and thereby bring about an interconnected global peace between individuals, societies, and nations.

## Sacred Geometry and HOLOS Amulets

An amulet, is an object created to convey safety and protection upon its possessor. HOLOS in the ancient Greek language means whole and complete, safe and sound, and pertaining to the universe. Our True Nature, our essence is whole and complete, and knowing and experiencing this protects us from unwanted influences.

I designed HOLOS as a 9-spiral torus. Any location point on the 9-spirals, due to its perfect symmetry, equates to a 9-pointed star made up of 3 equilateral triangles. The number 9 is a numeric archetype for universal love, consciousness, humanitarianism, perfection, and

completion. The Fibonacci spiraling infinite design of the torus represents our energetic field and it models the creative pattern in nature and the universe.



## Worry-Free and Zero Point HOLOS Amulets

The Worry-Free HOLOS Amulets are designed specifically for helping to release worries of our mind and emotional body. While holding a Worry-Free Amulet in your hand, let your thumb caress the spirals and feel the calming and balancing effect, similar to using a worry stone. One spirals in the clockwise direction toward the south pole and the other counterclockwise toward the north pole.

Zero Point HOLOS models the Zero Point energy field when the two spiraling torus fields connect. Most torus dynamics actually contain two torus – called “tori” – like the male and female aspects of the whole, or Yin and Yang. These HOLOS sculptures are designed utilizing the Golden Mean ratio. They are best used in meditation, holding them in each hand or nested together.





## What People Say and Feel about their HOLOS Amulet

Beauty, elegance, stunning artistry, labyrinth to the soul, breakthrough technology, masterful craftsmanship, perfection, mystical power of #9, universal love, connected Universe, wholeness, conscious souls, sacred geometry, vortex portal, symbol for unity, and one humanity.

Comforting, healing, loving, connecting, joyous, protecting, harmonizing, transforming negativity, inspiring, peaceful, beautiful, energizing, rejuvenating, and plain feeling good.

All HOLOS Amulets are produced in the United States and are unconditionally guaranteed in quality and workmanship.

24K Gold Plated



Stainless Bronze



Antique Bronze



Cast Copper



Cast Sterling Silver



Cast 14K Gold

## Awakening Peace Support

My wife Lisa and I work together or separately as mentors and counselors for Awakening Peace. How can we assist you?

Our programs, mentorship, and counseling support you in transforming fear, conflict, physical, emotional, and mental challenges into opportunities for growth. Our passion is connecting you with your natural state of inner peace through transformational skill building for Awakening Peace and Compassionate Healing.

Testimonials:

*Thank you so much for what you do. I truly believe that it is the one thing that will bring peace, understanding, and compassion in a world full of hate and discontent. Peace be with you and yours.*

*Sincerely, Kris T., Navy*

*Lisa & Brian, you are great facilitators! We got so much out of your Peace in Relationships workshop. You have touched my life in so many ways. Thank you for all that you have done for so many.*

*Darcy H.*

Brian and Lisa Berman, Founders of Awakening Peace

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## Brian Berman



The heart of Brian's work is peace building, which begins within each of us. Brian teaches love and compassion for oneself as an essential ingredient, for without peace on the inside there can be no peace on the outside.

As the former co-director and facilitator of the Compassionate Listening Jewish-German Reconciliation Project, Brian with his wife Lisa centered their work on reconciliation and healing the wounds of war.

Together they established the educational non-profit Awakening Peace Inc after they co-founded Ojai, CA as an International City of Peace (ICP). Ojai ICP and Awakening Peace offer programs that enhance a culture of peace with the emphasis that peace begins within each of us.

Brian created HOLOS, a transformational tool and symbol for Love, Peace, and Unity. Brian is trained in Hakomi Therapy, Attitudinal Healing, and taught yoga and meditation for many years. He is an award-winning sculptor with the theme of his artwork Art for Peace.

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