



THE UNIVERSITY OF  
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# Meditation, mindfulness and mind-emptiness

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Mindfulness essentially involves the passive observation of internal and external stimuli without mental reaction. Image from [shutterstock.com](http://shutterstock.com)

Ever been unable to sleep because you can't switch off that stream of thoughts that seems to flow incessantly, mercilessly through your head?

When your mental noise distracts you from the task at hand, makes you forget why you walked into a room, or keeps you awake at night, you're a victim of what is known in the East as "the monkey mind". It is this thought stream that, according to