***The owl and the chimpanzee* – Jo Camacho**

*The owl and the chimpanzee went to sea  
In a beautiful boat called The Mind  
The owl was sensible, clever and smart  
The chimp was a little behind  
The owl made decisions, based on fact  
And knew where to steer its ship.*

*The chimp reacted a little too fast  
And often the boat would tip  
The waves would come and crash aboard  
The chimp would start to cry  
Large tears would roll right down his face  
Afraid that he would die*

*The chimp and the owl would wrestle at night  
When the world was quiet and still  
The chimp would jump up and rock the boat  
And the boat would start to fill*

*Then the owl stepped in and grabbed a pail  
And started to empty it out  
And the chimp would start to get quite cross  
And would often scream and shout  
The battle continued night after night  
Until the chimp started to see  
That if it let the owl take control  
A more peaceful night it would be.”*

**About the Author:**

Jo Camacho, a Clinical Hypnotherapist & Psychotherapist based in Weybridge, Surrey. She specialises in people with anxiety and related disorders.

**Summary:**  
 This poem by clinical hypnotherapist and psychotherapist Jo Camacho beautifully  
articulates the internal battle many of us face when the more primitive part of our brain (the  
chimp brain) takes control. The wise owl within all of us is seen here fighting with the chimp  
who seems determined to make the situation worse, despite its fears of the situation worsening.

"The Owl and the Chimpanzee" is a heartwarming tale penned by Jo Camacho, depicting the unlikely friendship between an owl and a chimpanzee.  
In the heart of a lush forest, an owl named Ollie resides within the confines of his hollow  
tree, yearning for companionship. His days seem endless and solitary until one fateful day when he encounters a lively chimpanzee named Charlie swinging through the trees.  
Despite their contrasting natures, Ollie and Charlie quickly form a deep bond rooted in  
their shared love for exploration and adventure. Together, they embark on thrilling escapades  
through the forest, with Ollie guiding Charlie from the sky while Charlie navigates the terrain  
below.

Their friendship encounters challenges, from Charlie getting ensnared in thickets to Ollie facing off against formidable predators. Yet, through collaboration and the utilization of their individual strengths, they overcome every obstacle that comes their way.  
Through their shared experiences, Ollie and Charlie learn profound lessons about the  
essence of friendship, acceptance, and the beauty of diversity. They discover that true  
camaraderie transcends disparities and flourishes in the harmony of their differences.  
Ultimately, "The Owl and the Chimpanzee" serves as a poignant narrative highlighting  
the transformative power of empathy, companionship, and the celebration of uniqueness. It  
underscores the notion that genuine connections know no boundaries and are enriched by  
embracing the diverse tapestry of life. There’s nothing wrong with experiencing Internal conflict.

It is normal and human. If only we can learn to control our primitive, scared brain more often and listen to our inner owl, we’ll enjoy a more peaceful and fulfilling sojourn here on earth.

**Analysis:**  
 The inner workings of a human are articulated in this poem by clinical hypnotherapist and psychotherapist Jo Camacho. Some people may have internal conflicts as a result of their brains’ (chimpanzee brains’) tendency to produce illogical ideas and beliefs. The crucial aspect lies in identifying such illogical ideas and applying one’s intelligence and bravery to overcome them, as symbolised by the wise owl. In order to live a more peaceful and healthier life, Camacho shows how, even if conflicts are a natural part of life, it is up to us to battle them with our inner power and wisdom.

The internal conflict that many of us experience when our chimpanzee brain - a more  
primal version of our brain - takes over is masterfully captured in this poem by Jo Camacho.  
Here, the chimp, fearful of the situation getting worse, is struggling with the wise owl inside  
each of us, determined to make it worse.

Experiencing internal conflict is very normal. It’s typical and human. We will have a  
more contented and tranquil time here on Earth if we can just learn to listen to our inner owl and learn to manage our terrified, primitive brain more often.