

010010000110000  
1011 000 1101  
101 0 110  
11 01  
001 011  
0111 0011  
001110 111011  
10100001 10110000  
10111001001100101

**HACKING  
WITH CARE**

**MONKEY  
MIND  
MASSAGE**

MMM  
#1



## MONKEY MIND MASSAGE

*Shampoo-massage the whole scalp  
making circles with your fingers!  
Insist on the sides and back of the skull  
— Don't forget behind the ears!*

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**HACKING  
WITH CARE**

MMM  
#2

## MONKEY MIND MASSAGE

With your thumbs, massage unidirectionally  
across the forehead, away from the 3<sup>rd</sup> eye

→towards the top of the head

→towards the temples

Repeat, repeat, repeat...

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HACKING  
WITH CARE

Hello !

Here are **four illustrations of simple massage moves for the head**. Together in a sequence they make for a lovely treat we like to call the Monkey Mind Massage, very helpful to calm a restless mind.

Applied in a moment of crisis and/or regularly, it can help slow down a hyper-active intellect, silence worries, regain clear vision, find peace, and alleviate symptoms such as insomnia, anxiety, irritability, headaches, and more.

Like in most massages, it is the affectionate and patient repetition of the moves that will make a difference, not just the technique. The moves on the forehead, for example, would ideally be repeated 30 times, without rushing.

Pressure and rhythm would ideally vary, according to your friend's tastes and your own intuition; from light to quite strong, super slow to moderately fast.

The Monkey Mind massage is best applied with your friend lying down on the their back and you sitting at their head. You can also practice as an auto-massage.

For more resources visit our website and wiki !

<https://hackingwithcare.in/wiki> \* [www.hackingwithcare.in](http://www.hackingwithcare.in)

Before you start your massage, we recommend you read our guidelines Getting ready, Ethical conduct in care, and the Precautions and Contra indications, in our Projects section on the Wiki.

**Enjoy !**

Hacking with Care

2018



Monkey selfie Monkey Text Emily King Graphics Not Wolf

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Care for hackers-activists, hackers ethics  
and tools for caregivers.

[www.hackingwithcare.in](http://www.hackingwithcare.in)

<https://hackingwithcare.in/wiki>



Monkey selfie Monkey Text Emily King Graphics Not Wolf

MMM  
#3

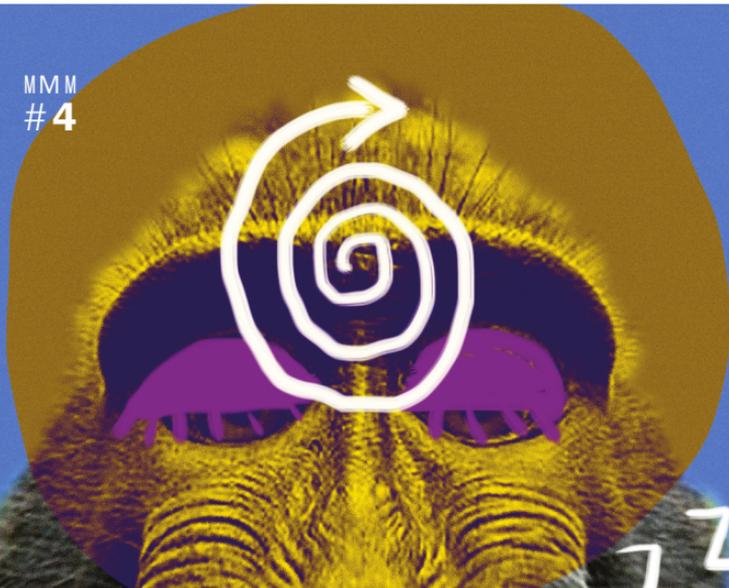
## MONKEY MIND MASSAGE

With your thumbs massage temples  
in slow circles (left thumb clockwise,  
right thumb counterclockwise) — vary  
amplitude, pressure, according to taste  
— create nice rhythm !

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HACKING  
WITH CARE

MMM  
#4



## MONKEY MIND MASSAGE

With your palm and/or base of your thumb, make slow, soft (yet firm) circles on the 3<sup>rd</sup> eye, 30 to 50 times in one direction, then in the other. They might fall asleep for a moment... GOOD, let them !

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