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**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 3rd eye

→towards the top of the head

→towards the temples

Repeat, repeat, repeat...

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HACKING
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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

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

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

www.hackingwithcare.in

<https://hackingwithcare.in/wiki>



Monkey selfie Monkey Text Emily King Graphics Not Wolf

MMM
#3

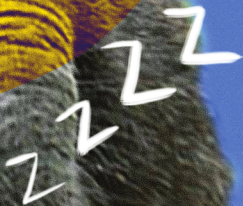
MONKEY MIND MASSAGE

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 3rd 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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