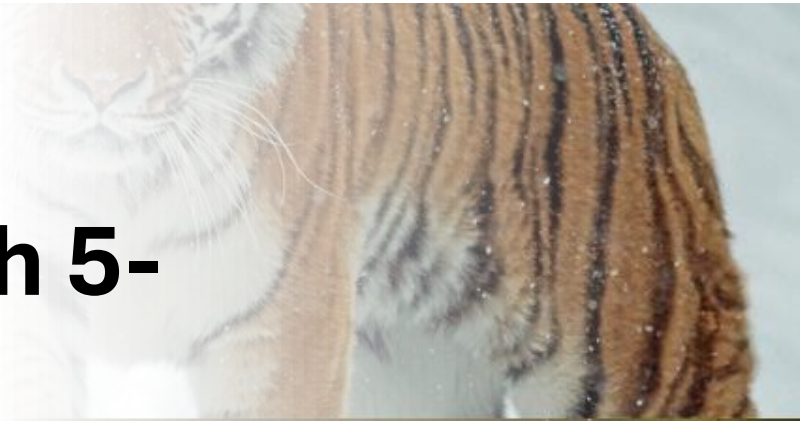


# **Rewilding Your Sacred Self with 5-Animal Qigong for Vitality, Joy, Empowerment & Confidence**

Module 4 – The Monkey  
Become curious & playful as  
you laugh at life alongside  
the Monkey!







# The Way of the Monkey

- Very social animals
- There are over 330 known monkey species, separated into 2 distinct types:
  - New World
  - Old World
- New World monkeys have prehensile tails that can grab branches and other things
- Old World monkey have shorter tails that are suitable for holding things
- Monkeys will sometimes sniff each other's poop to help the group stay healthy
- This habit helps them identify sick monkeys in the group so they can keep their distance





Monkeys are among the few animals besides humans that can identify their reflection in the mirror.

They can solve simple math problems like counting and adding numbers



# Curious George!

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Monkeys are notoriously curious and eager to go on “fruitful” adventures. They will use their dextrous fingers to grab at anything that looks edible or interesting.

They live for the joy of discovery, even if they get in trouble occasionally.





These Brazilian capuchin monkeys can use sharp stones to make tools that look like the ones made by early humans

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The tools are used to:

- Crush food
- Dig the earth
- Impress female monkeys when it comes time for mating season







## The Ways Of The Monkey

Monkeys have also adapted to human civilization and are smart enough to identify expensive items to steal from unsuspecting tourists!



Did you know that

...

The Monkey  
Scratching his head

...

Is a Sign of Peace



# Monkey Diet

- Monkeys love to eat all kinds of fruits, not just bananas
- Their menu includes:
  - nuts and seeds from the forest
  - tiny insects, lizards and eggs.
- The alpha male eats first, then the alpha female, followed by their young
- Lower ranking females and their young eat what's left







# Monkey ~ Qualities

- Curiosity (Curious George!)
- Fun
- Playful
- Cheeky



# Monkey ~ TCM

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- Yin Organ: Heart
- Yang Organ: Small Intestine
- Element: Fire
- Sense Organ: Tongue
- Season: Summer
- Emotion (Negative): Over-excitement, Nervousness
- Emotion (Positive): Joy, Calm, Love





Time For Rest!

