

## **Do-In: A Self Massage**

*This is an ancient Chinese technique. Practice this routine daily to stimulate the natural flow of energy within the body and promote well being.*

1. **Rub hands** together in front of face and clap 2 times. Breathe deeply and slowly to massage your own system.
2. **Gently shake** joints loosely at fingers - wrists - elbows - shoulders.
3. **Hold right** elbow with left hand - make a loose right fist - keeping wrist loose, gently pound upper left back - shoulder - side of neck. *This should feel good and very relaxing.*
4. **Continue gently** pounding down the inside of the left arm and up the outside. Do this 3 times.
5. **Pressure Points** (on these points - use a gently circular motion) on the arm:
  - 3 MILE** - front of forearm, below elbow.
  - LUNG POINT** - thumb base.
  - HO-KU** - between thumb and index finger (large intestines).
  - PALACE OF WEARINESS** - middle of palm (heart).
6. **Rotate thumb** - fingers - gently flex wrist - gently shake hand, arm and shoulder.
7. **Repeat #3** through 6 reversing side.
8. **Gently tap** head at spiral with fingertips - then use knuckles. Using fingertips tap: forehead, nose and chin. Gently rub: cheeks and ears. Pinch: ear perimeters and tug on earlobes. Press: boney part behind ear and around the underneath of chin and jaw. Massage temples gently with the flat part of your fingertips. *Check breathing and relax.*
9. **With both fists**: Gently pound chest and abdomen - go down inside and up outside. Gently pound back - go as high as possible onto the rib cage. Be careful to go lightly or skip over kidneys located between the ribs and buttocks. Firmly pound buttocks - remember to keep the wrists loose.
10. **With left fist** - gently pound down outside of left leg and go up inside. Do 3 times.
11. **Bend knee** - with thumbs: press middle left calf (Bladder) - exhaling with each press. Do the length of calf 3 times. Loosen calf muscle by gently pounding. Firmly pound left sole and massage foot. Use a comfortable pressure.
12. **Pressure Points** on leg and foot:
  - BUBBLING SPRING**: sole of foot (kidney).
  - 2 POINTS**: on each side of heel (sex organs).
  - HAPPY CALM**: between big toe and second toe (liver).
  - YIN CROSSING**:
    - 1st - Inside of leg, little finger on anklebone - 4 finger widths (kidney, spleen, liver).
    - 2nd - 3 finger widths above 1st point (spleen, sexual organs).
    - 3rd - Widest part of calf - inside leg (stomach, liver).
13. **Repeat #10** through 12 reversing side.
14. **SIT BACK** - *Gently bounce legs breathe - slowly and deeply.* This can be done more than once a day.

**If you have any questions regarding this exercise, please call the person who gave you this information.**