

DO-IN MASSAGE SEQUENCE

- I. Rub hands together to get them warm, then pull them apart to feel the qi (chi) energy between them. This is the feeling of qi that the do-in will help you to learn to cultivate in the rest of your body.
- II. Fingers
 - a. Starting with left arm,, press tops and bottoms, then the sides of each finger of left hand; twist on segments
 - b. Dig fingernail into tips of fingers
- III. Hand
 - a. Press 6 source points in the hand:
 1. Hegu LI4 large intestine point, on web between thumb and forefinger
 2. Yangchi TW4 triple warmer point, above ring finger where wrist bends
 3. Wangu SI4 small intestine point, over outer edge of hand
 4. Taiyuan LU9 lung point, below thumb on wrist line
 5. Daling PC7 pericardium point, in middle of wrist line
 6. Shenmen HT7 heart point, below baby finger on wrist line
 - b. Rake grooves on back of hand
 - c. Rake grooves of palm
 - d. Press in center of palm, Laogong PC8 pericardium point
- IV. Lower arm
 - a. Press along 3 rows of anterior portion (use anatomical “anterior” as if standing up, arms to the side and palms facing forward)
 - b. Press along 3 rows of posterior portion
 - c. Press Shousanli LI 10 large intestine point (Hand Three Mile), below elbow near radial bone
 - d. Freestyle massage- twisting, pressing and feeling down to the bones
- V. Elbow
 - a. Grip elbow with other hand, thumb presses around medial elbow bone, forefinger on center of elbow bone, middle finger on lateral elbow bone
 - b. With thumb press the medial (closer to center of the body) tendons of lower arm
 - c. With middle finger press the lateral (away from the center of the body) tendons of lower arm
 - d. With thumb press the medial tendons of upper arm
 - e. With middle finger press the lateral tendons of upper arm
 - f. Press thumb into the middle of elbow (cubital fossa)
- VI. Upper arm
 - a. Press thumb on 3 rows along medial portion
 - b. Fingers grip on 3 rows along lateral portion
 - c. Freestyle massage- twisting, pressing and feeling down to the bone

VII. Shoulder joint

- a. Zhongfu LU1 lung point, anterior
- b. Jiquan HT 1 heart point, armpit
- c. Jianzhen SI9 small intestine point, posterior
- d. Freestyle massage- rub deltoid, press and feel down to the bones

VIII. Repeat previous do-in sequence on right arm

IX. Head

- a. Press upper rim of eye's orbit with thumbs
- b. Press lower rim of eye's orbit with forefingers
- c. With fingers rake across top of scalp
- d. Press temples
- e. Press cheek bones
- f. Press angle of jaw
- g. Run thumbs under inner edge of jawbone and forefingers on upper edge
- h. Press sides of nostrils with forefingers and slide them up sides of nose to points between the eyes
- i. Press base at the back of skull with thumbs
- j. Scratch surfaces of ears with fingernails and press nails along channels and ridges
- k. Press on back of ears

X. Neck

- a. Use fingers to rub from back of neck to the front, one side at a time
- b. Move trachea from side to side

XI. Chest

- a. Press suprasternal notch
- b. Press upper and lower edges of collar bone
- c. Press on sternum
- d. Rake ribs with fingers
- e. With fingers, grab around bottom front edge of ribs, run fingers to both flanks of the body and press Jingmen GB 25 gall bladder point at bottom of ribcage

XII. Back

- a. Pound fists into lower back
- b. Use backknobber on back
 1. Press on left Jian Jing GB21 gall bladder point where neck meets shoulder.
 2. Press on along left suprascapular area (above spiny ridge of scapula)
 3. Press around outer edges to outline the scapula (shoulder blade).
 4. Press on lower scapular surface (subscapular area)
 5. Press alongside of spine on paraspinal muscles from GB21 to tailbone.

6. When you reach below scapula, also press laterally from paraspinal muscles around to the flank of body.
7. Press on butt and hip.
8. Repeat previous backknobber sequence on right side of back

XIII. Pelvis

- a. Stand up and press along upper and lower edges of pubic bone
- b. Use knuckles to press anterior hip joint and into buttocks
- c. Press thumbs around top of femur
- d. Press above and below edge of iliac crest, from the flanks to the central spine
- e. Press on tailbone

XIV. Toes

- a. Starting with left leg, press tops and bottoms, sides of toes, and twist segments
- b. Dig fingernail into tips of toes

XV. Foot

- a. Press source points in the foot:
 1. Press on leg Taibai SP3 spleen point, on medial edge of foot below ball of foot
 2. Press Taichong LR3 liver point, in groove between first and second toes
 3. Press Chongyang ST42 stomach point, in groove between second and third toe
 4. Press Qiuxu GB40 gall bladder point, up from fourth toe to where ankle bends
 5. Press Jinggu BL bladder 64 point, outer edge of foot
 6. Press Taixi KI3 kidney point, behind ankle bone
- b. Press along grooves on top of foot
- c. Press on grooves on bottom of foot
- d. Press Yongquan KI1 kidney point, on bottom center of foot
- e. Rub around medial and lateral ankle bones

XVI. Lower Leg

- a. Cross leg over the other leg and press thumbs on 3 rows on medial portion
- b. Grip fingers to press on 3 rows on lateral portion
- c. Press Tsusanli ST36 stomach point (Leg Three Mile), on edge of shin below knee joint
- d. Freestyle massage- pressing, kneading and feeling the bones

XVII. Knee

- a. Uncross legs and press with thumbs on medial and lateral tendons on lower legs.
- b. Use forefingers to lift up on medial and lateral tendons of upper legs.
- c. Press behind center of knee joint (popliteal fossa)
- d. Extend leg and make circles holding kneecap

XVIII. Upper Leg

- a. Cross leg over the other leg, use thumbs to press along 3 rows on medial portion

- b. Uncross leg, use grip of fingers to press 3 rows on lateral portion
- c. Freestyle massage- pressing, kneading and feeling the bones

XIX. Repeat do-in sequence with right leg

XX. Stomach

- a. Press on belly on a line from the sternum to the pubic bone (3 times)
- b. Cup both hands and press fingers on belly, on 8 points on two concentric circles around navel, in clockwise direction
- c. Rub palm around belly in clockwise direction
- d. Place both palms over belly and relax.

XXI. Mind training for qi cultivation

- a. Bring awareness to the body parts that were worked on.
- b. Systematically start with fingers, then hand, then lower arm, then upper arm, shoulder joint
- c. Proceed to areas of head and neck, chest and back
- d. Continue around pelvis
- e. Finish with toes, foot, lower leg, upper leg

XXII. Put hands together in prayer to give thanks to the universe and our bodies for its healing energies and wisdom. Visualize yourself with a healthy and vital body