

MERIDIAN DO-IN

One of the fundamental guiding principles in do-in practice is the principle of the Whole. Applying this principle means doing do-in or, in effect, self-massage to connect as much as possible one's mind to one's entire body, every cubic centimeter of our body.

I developed Meridian Do-in to depart somewhat from the principle of the Whole. I reviewed numerous books on acupuncture, shiatsu, acupressure and the like to come up with those acupuncture points that were most commonly used for the full spectrum of health problems. Based on this consensus I have chosen these set of acupuncture points.

In the usual do-in practice, a select number of points are stimulated. In this Meridian Do-in, the practitioner will learn specific acupuncture points. The assumption is that by stimulating these important acupuncture points along each acupuncture meridian, the qi flow in that meridian will be assured. Also by learning these acupuncture points in the practice of Meridian Do-in, the practitioner will be better equipped to stimulate more specific acupuncture points in the standard do-in practice.

Please follow this sequence in order as this is the usual sequence of qi in the meridians in the body:

LUNG- 7, 9

LARGE INTESTINE- 4, 11, 15, 20

STOMACH- 25, 36, 41, 42

SPLEEN- 3, 6, 9, 10

HEART- 7

SMALL INTESTINE- 4, 8, 9, 19

BLADDER- 1, 10, 13, 23, 40, 60, 64

KIDNEY- 1, 3

PERICARDIUM- 6, 7, 8

TRIPLE WARMER- 4, 5

GALL BLADDER- 20, 21, 30, 34, 40

LIVER- 3, 5

CONCEPTION- 4, 6, 12, 17

GOVERNOR- 14, 16, 20, 26