



## The Do-In wake up routine

The idea behind the use of do-in (do pronounced to rhyme with toe) in the mornings is that we give each of our meridians a wake up call and also give ourselves the chance to be aware of how we feel. Massaging, tapping, stroking or holding the meridians will have different effects and we should follow our own intuition, which means just doing whatever we feel is right without too much thought. Remember that the mind and the body are one; the body reflects our mental state.

The following sequence can be done as a whole or be broken down; you may feel like waking up the head and shoulders, or just giving the feet some attention. The routine becomes yours to use as you will. It is a tool for "coming to yourself" and asking, "How am I?" The more aware we are of our body the more the mind is able to process emotions which can become trapped in the body as a symptom.

Of course the do-in is also simply a way to wake up the body, so enjoy it for that also.

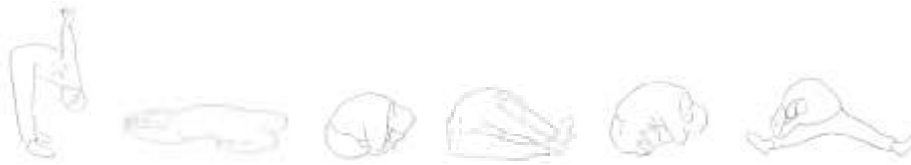
There are two techniques of tapping. The first is with the finger tips and the second with loose fists. In both cases try to keep the wrists as relaxed as possible.



### The Routine

1. Begin by tapping or hitting the head with loose wrists. Work from the front of the head to the back and as you come forwards again tap the sides of the head. Use your own sense of self as to the pressure you use. Go around the head 3 or 4 times.





2. Stroke the head firmly from front to back. If you have hair you can grasp the roots and squeeze as you go. Do this



several times.

3. Place the fingertips together with the palms against the forehead. Move your head from side to side so as to massage the forehead. Then gently pull the fingertips apart to stroke the head.



4. Place the fingertips on the temples and make gentle circles. As you rub the side of the head allow your hand to move downward, past the front of the ears, towards the jaw bone. Work well into the jaw bone and then continue onto the lower jaw.



5. Massage the upper jaw and cheek area, working in towards the nose. This is excellent for sinus trouble and for toothache.





6. Place the hands together and rest the thumb tips on the bridge of the nose, where the eyebrows end. Rest your head forward so that the pressure is determined by the weight of your head. Try not to push with your head.



8. To work the neck start by squeezing the muscles several times, first with one hand then with the other. You can also place both hands behind your neck, with touching fingertips, and then lean your head back to get a squeeze on the muscles. Remember to listen to the body and what feels right.

7. With the thumb or index finger rub along the line of the cheek bone, starting from the lower edge of the eye outwards. As you make this sweeping motion breathe in sharply through the nose. This is excellent for clearing the sinuses. Repeat 3 or 4 times.



9. Place the thumbs under the ridge of the skull at the back of the head. Lean your head back to gain pressure. Do not press too hard with the thumbs. Feel it!!





10. Moving from the head and face to the shoulders, begin by supporting one elbow in the other palm and bending the arm so that the fist can wake up the shoulder. If you want to you can reach even further onto the back and use the palm to slap the upper back where ever you can reach. Repeat on the other shoulder.



12. When you have finished both arms, massage the palm of the hands generally. Stretch, turn and pull each finger and then massage some specific points. The point shown here is called "Palace of anxiety" (Heart Protector 8) and is good for anxiety, restlessness and emotional pain.

11. Wake up the arms by tapping from the shoulder to the hand when the palm is upward and from the hand to the shoulder when the palm is downward. Go down and up the arm three times. Repeat on the other side.



13. Another useful point is "Great Eliminator" ( Large Intestine 4). Massage the whole area between the thumb and the index finger. This is good for constipation, pain in general and letting go.



14. Moving onto the torso. Start by tapping the upper chest. Feel the reverberations inside and make some noise to help wake up the lungs. Also tap the lower rib cage.

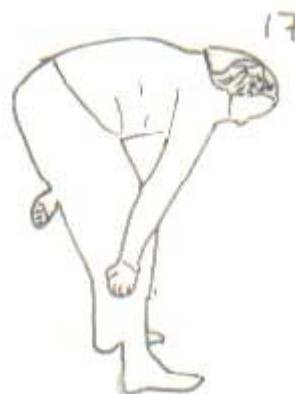


16. Leaning forward, pummel down each side of the spine, several times. Straighten up slightly and concentrate the pummelling on the sacrum. This area has a strong effect on the free flow of energy so really wake it up.

15. Placing one palm over the other, rub the stomach area in a clockwise motion. Always go clockwise because the food travels through the digestive tract in this direction and this rubbing is very good for the digestion. It is said that if you do this for 5 minutes at the start of every day your bowels will be happy and regular.

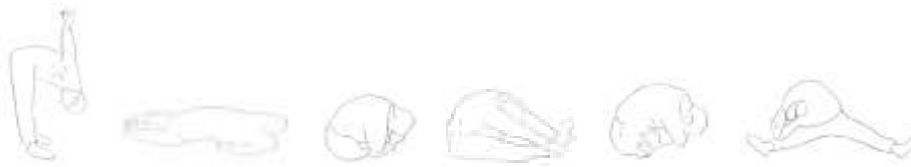


17. Standing upright with your legs shoulder width apart



pummel the large muscles of the buttocks. This area can take strong pressure and wakes up the brain!! Continue down the legs on the outside and up the legs on the inside. Finish by putting your legs together and tapping down the backs of the legs.





18. Sit on the ground or in a chair to work the feet. Start by holding the ankle and shaking the foot. Then rotate the foot by holding the ankle with one hand and the foot with the other. Rotate in both directions. Stretch the foot, again using the hands. Now work the sole of the foot. Work solidly over the whole sole starting from the pads of the toes to the heel. There is a

Massage the webbing between each toe. Then turn and pull each toe in turn. Now repeat with the other foot.

With the whole routine complete you will be feeling ready to face the world. Remember that the body reflects the mind, and a quick wake up can help release tension and stress all in one go.

**Good Luck and Enjoy!**

For other useful accupressure points see "Accupressure" by Michael Reed Gach published by Piatkus. This book gives good illustrations and explains when to use which point. When using accupressure always try to ask "How am I?" and then listen to the body for the answer. Acknowledge how you are without trying to change it. There are no bad emotions, we need to feel them all.



point just below the ball of the foot in line with the second toe, called "Bubbling Spring" (Kidney 1). Hold this point gently with attention to how it feels. This point is very good for drawing energy away from the head, so for headaches and anxiety, it is also good for general tiredness.

Now turn the foot over and work the top of the foot. There is a technique called breaking chocolate. Place the fingers under the foot with the thumbs on top. Now drag the thumbs out towards the edges of the foot while keeping pressure underneath. This stretches the foot sideways.

