JAPANESE DO-IN TAPPING SELF-MASSAGE

Time 5-30 minutes

Rub hands to gather Qi,

Tap with loose fists/hands, with comfortable strength & repeat on both sides, where appropriate:

1. Your head (Tap top, from corners of eyes around ears & pull ears)
2. Your neck (Press under jaw, pinch neck muscles, bend neck)
3. Along shoulders (Cross body, use loose fist, if you need more power here)
4. Between and under shoulder blades (Push elbow back with opposite hand)
5. Down outside of arms to hands
6. Across your chest, gently, Down your sides, raising your arms, & along diaphragm
7. Down inside of arms to fingers (Pull & push fingers & wrists)
8. On sacrum & buttocks while rotating hips
9. Down the outsides, backs & insides of legs always starting at waist.
10. On tops and sides of feet (Massage legs, ankles, feet & toes)

Rub hands to gather Qi,

1. Massage abdomen (up right, across, down left)
2. Now rub kidneys on lower back, to warm & strengthen (50x especially in winter)
3. Stamp heels to ground yourself & release tension into the earth

Always finish by intending to gather Qi and store it in the Hara (Lower DanTien/abdomen) . 14. Men: Place right hand over left Women: Place left hand over right

15. Breathe Deeply & Feel Connection to your Core (infinite & eternal aspect of Being)