



DO IN

Håkan Friedel



DO IN

DO-IN

Most alternative health methods from Asia originate either in China or in India. Do-In is a system of exercises as complex as the Indian yoga system and is sometimes even somewhat similar to the form. To put it simply, you could call Do-In a form of Chinese Taoist yoga. Basically it is a traditional Taoist method that is disseminated all over Asia. The Do-In described here is pressure massage that balances the body's energies, and it will take about fifteen to twenty minutes to do.

What Do-In is and does

- Stimulates the energy and circulation in your body
- Increases body awareness
- Is good as a preventive and rehabilitating exercise
- Is a 'stress warning bell'
- Is a general form of treatment that in the long term can help against circulation-related problems.
- Is a good habit
- Is enjoyable to do

The Japanese symbols used to write Do-In mean lead and pull, i.e. leading and pulling something. A slightly freer explanation is guiding and leading your energy around your body.

One of the basic differences between oriental and Western medicine is the concept of ki (Japanese) or chi (Chinese). Ki, as I will call it, since I trained in Japan, is a concept that means much more than what we in the West call energy.

Ki has also left its mark on the Japanese language. Having nagai ki, i.e. long ki, is being patient. Ten ki means weather or the energy of the sky. Being gen ki, the original energy, can mean being energetic as a person and being healthy. You use ki in the language to describe states and changes. When Westerners begin asking more about the meaning of the word to try to understand it better, they soon discover that it is a fairly vague concept that is hard to put their finger on. The discussion often ends with the Japanese person saying 'it's a feeling'.

In oriental medicine we usually relate ki to the energy field surrounding our bodies. In the West we call it the 'bioelectrical magnetic field'. This energy field changes and differs depending on age, attitude to life, social background, environment, food, seasons and so on. Basically there is no end to the list. What forms or disturbs our ki is very individual. When ki stagnates in various ways we experience problems, and when we have too little ki we experience a languid feeling in the form of feebleness, fatigue, and poor circulation. When we

have too much ki we become hyperactive, we are dizzy, and we experience physical tension, headaches, general aches, and sleep problems as symptoms.

Perhaps it sounds very complicated, but we all have a natural feeling for ki. We can all say if someone is sad or happy without needing to ask, merely by observing that person's way of moving. We sometimes experience the way we "lose energy" in perhaps a unpleasant or stressful situation. This is a natural opening to the study of ki in our everyday life. I came into contact with Do-In through my martial arts training in Japan. Before the actual training starts, many of the participants sit on the floor, press points on their bodies and tap their arms and legs. The older ones teach the younger ones. There are, of course, many variations depending on what you like and don't like. I use Asian treatment methods, and it is natural for me to borrow exercises from them. Both Shinsoku-ho and Gassho Gyogi have been borrowed from Imoto Seitai. Shinkokyu-ho is a common breathing exercise in martial arts circles — something you often end a training session with. Remember this is just one of many ways of doing Do-In. If you wish to shorten things or add your own exercises, please feel free to do so. This is the way Do-In has developed through the ages and the way it continues to develop.

SHINSOKU-HO

Place an index finger on your navel and the four fingers of your other hand underneath it. Put your middle fingers on the lower point below your little finger. Arch the lumbar region of your back. Inhale deeply then exhale.



Inhale, then when exhaling, create pressure towards your middle fingers. Breathe using your chest and the upper part of your stomach. On each exhalation increase the pressure towards your fingers. Exhale about ten times. Remove your hands on an exhalation.



3



Keep your hands parallel in front of the lower part of your stomach. Feel how they are drawn to each other or repelled, and you might even feel heat or a pricking sensation in your palms.

4



Play with this feeling. Bend your right hand in so your fingertips point to the other palm. Feel where you are pointing on the palm without making contact.

5



Now do the same thing one finger at a time, beginning with the thumb and then the index finger. It may feel like a pen on paper. Hold your hands parallel and do the same on the other side. Finish with your hands parallel.

GASSHO GYOGI

DO IN

6



Rub your hands against each other.

7



Dry your face and rub your hands again. Repeat one more time.

8



When you have rubbed your hands a third time, place your wrists over your eyes. Rest your head against your hands. Allow your elbows to rest on your chest.

9



Lift your head a little and place your thumbs at the base of your nose. Press on the points on either side.

10



Move your thumbs out a little to the side and press on a new point. Then continue along the entire edge, right out the corners of your eyes.

11



Place your index fingers by your tear ducts and press in the same way along the lower edge of your eye.



12

In this way, you will have pressed points around your eyes that help against tension headaches and tired eyes.

13



Clench your fists and place the knuckles of your index fingers against each other so they form two tips.

14



Put your knuckles against your temples. Press and release. Press in a pumping fashion — do not rub.

15



Place your index fingers on the top of your ears and allow them to slide downwards and forwards to the upper base of your ear. There is a small cavity there. Press in a pumping fashion for a short while.

16



Put your index fingers against your earlobe and slide them forwards to the lower base of your ear, where there is also a small cavity. Press in a pumping fashion there.

17



Place your index fingers by your nostrils, press straight in and then diagonally upwards. Maintain the pressure then release.

18



Carefully take hold of the thyroid gland at the cavity of the throat. If this hurts, feel where the pain radiates to.

19



Clasp your hands, stretch them forwards and stretch your thumbs downwards. Hold your hands up behind your neck.

20



Place your thumbs on either side of your neck. Keep your wrists straight and hold your elbows forward. Pinch your neck with your thumbs. Move your thumbs upwards and pinch at a different location along your neck. Continue right up to the base of your skull.

21



Open up your hands and press points towards the base of your skull. Follow the line as far as your ears.

22



Take hold of the lower part of your ear. Massage and slide off with a slight jerk. Do this in the marked directions.

23



Take hold of your shoulder joint. Pull your shoulder forward slightly and place your thumb in the cavity below your collar-bone.

24



Press straight in and then towards the joint. If you find the right spot, the sensation will radiate towards your armpit and out into your arm. When you then release your grip, your shoulder will roll back of its own accord.

25



Put your thumb in your armpit, then squeeze your arm down onto your wrist; repeat three times.

26



27



28



Take hold of your wrist and put your thumb directly under your little finger by your wrist.

29



Press your thumb over the palm of your hand and up over your little finger. Continue with the other fingers.

30



Hold your left arm stretched forward, with the palm of your hand facing upwards. Clasp the fingers of your left hand with your right hand. Make a large circular movement. Repeat a few times.

31



32



33



Then do steps 23 to 33 on your right side.

TAPPING MESSAGE

Tapping massage. Form a soft clenched fist and carefully start tapping up along your neck and down over your shoulder.

34



35



36



37



38



Turn the palm of your hand upwards and continue up your arm on the inside. When you have reached your shoulder, turn your palm over and continue down once again.

39



Tap on your arm while stretching it upwards and backwards.

40



Continue to tap on your chest with both hands.

41



Switch over to your other shoulder, and continue with steps 34-40.

42



Continue down onto your stomach and tap in a clockwise direction.

43



44



Tap on your groin. Bend slowly and tap on the inside of your thigh.

45



Bend your knees and continue down your calves.

46



Tap around your ankles.

47



Continue up the back of your legs.

48



Tap as far up your back as possible.

49



50



51



52



Continue down to your hip joints, then to your groin, and then proceed down your legs a little.

53



When you reach your hip joints for the second time, open your hands and tap with open hands down the outside of your legs, along the seam of your pants.

54



55



Tap hard twice on your sides.

56



Inhale and lift your arms slowly up over your head.

57



SHINKOKYU-HO

58



Exhale and allow your arms to drop slowly out to the sides.

59



When they are down, turn your hands backwards, inhale and bend forwards.

60



Inhale and hold your arms out in front of you again. You've now completed the first run through of the exercise. Repeat this for as many times as you feel like.

61



62



When you have decided to stop, hold your hands out in front of you. Note the feeling between your hands. When you have finished, take a deep breath and exhale while lowering your hands.

63



Do-In has now been completed.

Zazen

Zen meditation is also called emptiness meditation and can be likened to presence training. Traditionally you sit on cushions with crossed legs. But what is fundamental is that you sit absolutely still, regardless of what is going on around you. It does not need to be quiet when you are sitting, but make sure nobody comes looking for you or disturbs you during the time you have set aside. Five to ten minutes are enough if you make an effort throughout the sitting. Do not sit for longer than you can manage. Think of quality rather than quantity, but if you want to sit for longer, please do.

It's just as good to sit on a chair.

- Make sure you sit at the edge of the chair, and arch your back so your shoulders fall back and it is easier to breathe.
- Put your right hand in your left so your fingers are on top of each other and your hands form a circle.
- Pull your elbows back a little so your hands rest comfortably on your knees.
- Sit with your eyes half closed. Do not focus on anything, but allow your eyes to rest.
- Take a deep breath and now remain totally still for the entire period you have decided to sit.
- Do your best and enjoy!

ZAZEN



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At the tender age of 12 Håkan was introduced to oriental culture in the form of judo. In his early teens he began to devote himself to yoga and meditation. He did an MA in history of religion and social anthropology at Stockholm University.

Håkan spent three years under strict discipline in Zen temples. Under the auspices of the Zen master Moriyama-Roshi Håkan was introduced to shiatsu - traditional Japanese physical therapy. During the intervening years Håkan has gradually furthered his knowledge of various methods of spiritual and physical wellbeing.

In Sweden he divides his time between lecturing, teaching various martial arts and giving private treatment. The Swedish national bandy team has achieved great success with Håkan as its mental coach.

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