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# HARA Do-In

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Do-In (doe - een'). is a traditional Japanese form of self-treatment that uses tapping, pressing, stretching and massaging techniques throughout the body. It is one of the most simple and effective ways to maintain a good flow of body energy. Do-In can be done as an extensive exercise regimen, or used effectively for just a few min-utes.

Following is a basic Do-In sequence for the hara. These steps will lead you through a protocol that first treats under the ribcage, around the periphery of the hara, and then down the centerline of the hara. This treatment is very helpful for maintaining good digestion and circulation, and is effective for increasing energy. You can also use hara Do-In to make your thinking more positive and clear. Doing this sequence every day for one month will have a noticeable impact on your life.



**Figure V-1.**

*Note: If you can not kneel comfortably, you can sit cross-legged or on the edge of a chair. Find a position that you can maintain without pain.*

*Also, if you can not bend all the way forward, just go as far as is comfortable for you. Over time you will be able to move further into the bending positions as your hara and hip joints become stronger and more flexible.*

1. Sit upright on a chair or kneeling on the floor in seiza position (see Figure V-1).
2. Put the fingertips under the rib cage a little off the midline (see Figure V-2).
  - A. Breathe in, then as you slowly breathe out, slowly bend forward. As you bend forward, press the fingertips underneath the ribs, penetrating into the hara as deeply as is comfortable (see Figure V-3).
  - B. Pause when fully reaching the forward bending position (see Figure V-4). Massage under the rib cage.
  - C. Breathe in, and then and on the out-breath, come back to the upright position.



**Figure V-2.**



**Figure V-3.**



**Figure V-4.**



**Figure V-5.**



**Figure V-6.**



**Figure V-7.**



**Figure V-8.**



**Figure V-9.**



**Figure V-10.**



**Figure V-11.**



**Figure V-12.**

3. On the next inbreath, move the hands to the middle of the lower rib cage (see Figure V-5).
  - A. As you breathe out, slowly bend forward. As you bend forward, press the fingertips under the ribs (see Figure V-6).
  - B. Pause when fully reaching the forward bending position. Use your fingers to penetrate into the hara and massage.
  - C. On the in-breath, come back to the upright position.
  
4. On the next inbreath, move the fingertips under the outer corners of the lower rib cage (see Figure V-7).
  - A. As you slowly breathe out, slowly bend forward. As you bend forward, press the fingertips under the ribs (see Figure V-8).
  - B. Pause when fully reaching the forward bending position. Massage under the rib cage.
  - C. On the in-breath, come back to the upright position.
  
5. On the next inbreath, move the fingertips inside of the ASIS (see Figure V-9).
  - A. As you slowly breathe out, slowly bend forward and press the fingertips into the abdomen.
  - B. Pause when fully reaching the forward bending position (see Figure V-10). Massage the area under your fingertips.
  - C. On the in-breath, come back to the upright position.
  
6. On the next inbreath, move the fingertips a little more medial (see Figure V-11).
  - A. As you slowly breathe out, slowly bend forward and press the fingertips into the lower abdomen.
  - B. Pause when fully reaching the forward bending position (see Figure V-12). Massage the area under your hands.
  - C. On the in-breath, come back to the upright position.



**Figure V-13.**



**Figure V-14.**



**Figure V-15.**

7. Now put one hand on top of the other (see Figure V-13) and place your fingertips directly above your pubic bone (see Figure V-14). Take a deep breath in.
  - A. As you slowly breathe out, slowly bend forward and press the fingertips into the center of the lower abdomen .
  - B. Pause when fully reaching the forward bending position (see Figure V-14). Massage the area under your fingers.
  - C. On the in-breath, come back to the upright position.



**Figure V-16.**



**Figure V-17.**



**Figure V-18.**

8. On the next inbreath, move the fingertips up to the solar plexus, about 1” from the midline (see Figure V-16).
  - A. As you breathe out, slowly bend forward and press the fingertips into the abdomen.
  - B. Pause when fully reaching the forward bending position. Massage the area under your fingertips.
  - C. On the in-breath, come back to the upright position.
9. On the next inbreath, move the fingertips even with the navel, about 1” from the midline (see Figure V-17).
  - A. As you breathe out, slowly bend forward and press the fingertips into the abdomen.
  - B. Pause when fully reaching the forward bending position. Massage the area under your fingertips.
  - C. On the in-breath, come back to the upright position.
10. On the next inbreath, move the fingertips a little lower than the navel, 1” from the midline (see Figure V-18).
  - A. As you breathe out, slowly bend forward and press the fingertips into the abdomen.
  - B. Pause when fully reaching the forward bending position. Massage the area under your fingertips.
  - C. On the in-breath, come back to the upright position.

11. Now put one hand on top of the other (see Figure V-19) and place your fingertips directly above your pubic bone (see Figure V-20). Take a deep breath in. **Note that you applied pressure to this area already earlier in the sequence.**
  - A. As you slowly breathe out, bend forward and press the fingertips into the center of the lower abdomen .
  - B. Pause when fully reaching the forward bending position (see Figure V-21). Massage the area under your fingertips.
  - C. On the in-breath, come back to the upright position.



**Figure V-19.**



**Figure V-20.**



**Figure V-21.**

***Repeat #1 -11 two more times.***

12. Now place both your hands directly over your navel (see Figure V-22). Gently rub in a circular movement around your navel in a clockwise direction (see Figure V-). This is the same direction as the movement of the large intestine.
  - A. Do this in a soothing manner, and bring your attention to sensations in your hara. Notice how a gentle motion can penetrate deeply to create an increase of energy.
  - B. This last step of the hara Do-In will gather and balance the chi in your hara.
13. Take time at the end to sit quietly and bring your attention to any sensations that you notice in your body. Encourage the absorption and circulation of energy throughout your system.



**Figure V-22.**



**Figure V-23.**



**Figure V-24.**