

A red line drawing of a person in a yoga pose, likely a variation of the Tree Pose (Vrikshasana). The person's arms are raised, with hands clasped behind their head. Their legs are bent at the knees, with feet flat on the ground. The drawing is minimalist, focusing on the outlines of the body and limbs.

# DO-IN & BEING BALANCED IN SPRING

LIFESTYLE IN SPRING FOR AN OPTIMAL ENERGY FLOW

Lilian Kluivers

**DO-IN ACADEMY**

MOVING THROUGH ORIENTAL WISDOM

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# INTRODUCTION

As a Do-In<sup>1</sup> teacher I borrow much of my inspiration from the seasons, which reveal to us how to activate and support the self-healing power of the body. Besides exercises, Traditional Chinese Medicine (TCM) offers additional ideas on how to best keep up this strength.

TCM offers clear guidelines on nutrition and daily routines.

In this ebook I will share this basic wisdom, focusing on Spring. You will read about the energy in Spring, you will find links to two Do-In classes, as well as recipes and tips to clear and strengthen the Liver and Gallbladder. We will focus on the actual organs as well as their corresponding meridians.

My sincere wish is to inspire you and to promote wellbeing for all.

Lilian Kluivers

*Founder of the Do-In Academy*

## DO-IN ACADEMY

MOVING THROUGH ORIENTAL WISDOM

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<sup>1</sup> The full term for Do-In is Do-In Ankyo. 'Do' from Do-In means opening the channels and facilitating the energy flow along certain routes. 'In' means stretching and moving the limbs in order to achieve this goal. The part 'An' of Ankyo means massaging the energy channels to balance the qi (energy) flow, and part 'Kyo' could be translated as raising the limbs in a smooth motion. To put it simply: exercises that promote the circulation of the life force, which is called ki, chi or qi.

# INDEX

LIFE IN SPRING.....	4
SPRING ACCORDING TO THE FIVE ELEMENTS .....	5
SPRING ENERGY AND THE CHINESE ORGAN CLOCK.....	7
DAILY PRACTICE.....	9
DETOX AND DO-IN.....	11
RECIPES.....	14
EXERCISES.....	24
ABOUT LILIAN KLUIVERS.....	30
WORD OF GRATITUDE.....	31

## LIFE IN SPRING

I feel excited, weeks before Spring starts. The birds twitter early in the morning, impatient to start the day. This singing, together with the early sunrise, marks the ending of the silence of winter and the inward direction of its energy-flow.

I know that soon the first brave green leaves will pierce the cold soil. The awakening of nature in Spring, is sensible in my body. I make new plans and feel like going outside for long walks.

### STRENGTH

What happens in nature, happens in us, Taoism and Chinese medicine teach. People are a reflection, a microcosm. So indeed, does energy become more powerful in Spring. It's a new beginning. And therefore the perfect season to pay attention to you true self, self-expression and self-awareness.

Working with Liver and Gallbladder - the organs as well as the meridians - is ideal to develop a clearer insight of our inner world and our life-journey.

### SPRING FATIGUE

Even if you suffer from Spring fatigue and don't feel the fresh energy in Spring, it is good to work on these energies. Spring fatigue is a sign that your body didn't get so much purifying done over the winter. Due to the rising of energy in Spring, toxins are now released into the body. This will make you feel tired. Putting the information from this book into practice will support the cleansing of your body and you will feel better very soon.

### CLEANSING

How can we promote the energy-flow through the Liver and Gallbladder? The possibilities are by practicing the right exercises. By changing your diet temporarily. And by paying attention to your routine during the day, as this last can strongly affect the circulation and strength of your energy.

This is a good regimen for everyone, not only for the ones suffering from liver or gallbladder problems. In daily life in Western society, the Liver and Gallbladder are constantly under stress, by demanding jobs, life choices, and limited personal space. Therefore everyone can benefit from a cleanse for these energies. Spring is the ideal season for a cleanse, the Chinese model of the Five Elements teaches.



# SPRING ACCORDING TO THE FIVE ELEMENTS

Over two thousand years ago the model of the Five transformations emerged in China. This model is also known as the Five phases, the Five elements, or Wuxing. This system is based upon the perception that everything in the world develops itself in a cyclic manner: things begin, they grow, come to a climax, deteriorate, and fall into decay. But from this end a new beginning also comes. A tree is an example: a seed falls to the ground, from here a stem and the first leaf develop, after this a tree grows. This tree can live for hundreds of years, but in the end it will eventually deteriorate for example through small animals gnawing away at the trunk, and after this it will die. The material that remains after it expires will form a source of nutrition for new life, which ignites a new cycle.

Such movement is recognizable in almost everything. Take a project, or a human life, or the course of an illness - a reason why this model is considered to be so important in Chinese medicine. Everything comes into existence, grows and blooms, but also deteriorates and decays. The system of the Five transformations however does not place emphasis on the transient nature. It actually shows that everything is always in a state of flux and development. Things do not collapse, but they rather transition into a subsequent phase. Qi transforms itself over and over this way.

## SEASONS

This perspective was developed by observing nature very closely. That is why each transformation was named after a natural element: Wood, Fire, Earth, Metal and Water. Truly everything can be classified under one of these transformations, also the seasons and the meridians. Wood is connected to spring, Fire to summer, Earth to indian summer as well as the transitions between seasons, Metal to autumn, and Water to winter.

In my book *Do-In, Tao Yoga for Health and Energy* I go deeper into the Five Transformations. For now, let's focus on Spring.

In Spring, nature - and we - are in the phase of Wood. The Liver and Gallbladder meridians are associated with this season. This means that in Spring these meridians are more active, but also more vulnerable. That's why in Spring it is good to practice exercises that stimulate the Liver and Gallbladder energy. You will find a lot of examples in my book *Do-In, Tao Yoga for Health and Energy*, and on my YouTube videos that accompany this ebook.

For mornings: <https://youtu.be/NiEB9UGzkfA>

For evenings: <https://youtu.be/EcJlos9lCkQ>

## THE LIVER: VISION AND PURIFICATION

The Liver as well as the Gallbladder have important physical functions, but also emotional and spiritual ones. The liver as an organ purifies the blood and plays a role in digestion. Spiritually, the liver is connected to vision. Your view on life, making plans, being creative its all

connected to the Liver. The Liver meridian not only nourishes the organ, but is also connected to muscle tension, dealing with emotions - especially frustrations - and the eyes. It is usual to experience stronger emotions during Spring. The emotions, as it were, rise just like the energy in nature. Besides rising, the Liver energy can also obstruct. Symptoms of a stagnation in the Liver energy are: tensions in the chest, problems with digestion, headaches, depression, dizziness, pain in the joints, problems sleeping, eczema, fatigue and nausea.

### THE GALLBLADDER, PLANNING, INSPIRATION AND STORAGE

The liver produces bile, which the gallbladder stores. When eating fatty foods, a good functioning gallbladder squeezes the bile into the duodenum, where the fat is broken down. Spiritually, the gallbladder is connected to making plans, experiencing inspiration and taking decisions.

An obstruction in the energy of the Gallbladder-meridian may be experienced as digestive problems, tension in the back, tension below the ribs on the right side, tension on the back of the shoulder near the neck, a bitter taste, or pain in the chest.

### GREEN

Every season also has its own colour, according to the Five Elements. Green belongs to Spring. This is probably not a surprise, since in the beginning of Spring, our environment is transformed from a stark and seemingly lifeless landscape to a vivid, joyous world full of green leaves.

This green colour nourishes the energy of the liver. Not only eating the fresh leafy greens, but also seeing a green colour relaxes the Liver energy. The Liver energy is closely connected to our eyes and vision. A Spring-walk in the park or forest therefore is a perfect action to regenerate.

The connection to the eyes is also the reason why on the YouTube videos I demonstrate exercises where we rotate the eyeballs. This promotes the energy-flow through the Liver Meridian.

### SOUR

The most important taste in Spring, is sour. The sour taste purifies, concentrates and hydrates, which counteracts the energy in nature that is moving outward and getting warmer. We need this counteracting movement in order to experience a smooth transition from the yin - the rest - in winter to the summit of yang the exuberance in summer. An old custom is to drink a glass of lukewarm water with a squeeze of lemon juice in the morning. This is very cleansing.

The wisdom from the Five Elements is endless. In this book I focus on the Do-In exercises and nutrition.

# SPRING ENERGY AND THE CHINESE ORGAN CLOCK

There is another model that charts our energy very well. The Chinese organ clock is, just like the Five Elements an immemorial model. This one shows in which order the meridians are active during a day. In the table below you will see this order.

MERIDIAN	TIME
Lung	3 – 5 o'clock
Large Intestine	5 – 7 o'clock
Stomach	7 – 9 o'clock
Spleen	9 – 11 o'clock
Heart	11 – 13 o'clock
Small Intestine	13 - 15 o'clock
Bladder	15 – 17 o'clock
Kidney	17 – 19 o'clock
Heart protector	19 – 21 o'clock
Triple burner	21 – 23 o'clock
Gallbladder	23 – 1 o'clock
Liver	1 – 3 o'clock

We see clearly that the organ which is the most important for our digestion - the stomach - is at its best in the morning. Later, the other digestive organs follow, like the small intestine in the beginning of the afternoon. The organ clock shows us why a good breakfast is very important: in the morning it's easiest to absorb energy from our nutrition, and transform this into life force.

## NOURISHING THE HEART

During the afternoon, but especially in the evening, our digestive system is less active. But it is touching to notice that at lunchtime and dinner time the meridians that are closely connected to our heart are the most active. Your heart wants to be nourished, instead of your digestive system!

Energy-wise it is most effective to share a light meal for lunch as well as for dinner with people you like or love. Spend your lunch, for example, with a group of sympathetic colleagues. And spend your dinner with the people you love. Tell about your day and listen attentively. Read stories or fairy tales to your children and tuck them in. Think up nice rituals to nourish your heart at this time of the day.

## DIARY

Back to the Liver and Gallbladder. If you do not know about the Chinese organ clock, you might have the habit of eating your biggest meal of the day in the evening. Especially eating after 8 pm is discouraged. This food isn't properly digested when the Liver and Gallbladder have their most active period, between 11 pm and 3am.

The liver's job is to cleanse everything, so you can start your day completely refreshed and renewed. This is yet another reason to 'digest' your day in conversations with loved ones, or for example by writing in a diary.

When you eat late at night, or go to bed without completely letting go of the day, the liver cannot do its work. The energy of the liver cannot draw inwards, and stays outward, partially remaining in the eyes: as a result you will experience a light sleep, possibly with hectic dreams, and often you will wake up in the middle of the night (mostly during the transition from the Liver to the Lung energy).

Also, the Liver and Gallbladder need rest to do their job. Therefore I recommend going to bed before 11 pm. In this way, the energy can draw inwards and you will feel reborn in the morning.

The Chinese organ clock shows that, in order to start the day fresh and renewed you:

- Eat a healthy breakfast
- Eat dinner, but not too late and not too heavy
- Process your experiences and emotions from the day
- Don't eat after 8 pm
- Go to bed before 11 pm

You can live according to these suggestions every day. Or at least during the months when you want to take care of your Liver and Gallbladder the most.

# DAILY PRACTICE

Would you like to pay special attention to the Liver and Gallbladder energy in Spring? The next 7 tips will help get you on your way. Regard them as what Buddhism calls 'informal practice': your lifestyle beside the hours of meditation. The next tips are a complete practise, but the effect will increase when combined the nutritional tips further in this book.

## 1. STRECH YOUR MERIDIANS TWICE A DAY

Use these special videos

For the morning: <https://youtu.be/NiEB9UGzkfA>

For the evening: <https://youtu.be/EcJlos9ICkQ>

## 2. TAKE TIME TO GROUND, REGULARLY, DURING THE DAY

Place your hands on your lower belly. Inhale deeply, hold your breath for 3 seconds. Exhale slowly, pause for 3 seconds.

Repeat for a minute.

## 3. WU WEI

Let go of your willpower. Willpower uses an enormous amount of life force. Practise the head-heart- hara meditation instead. You can find this powerful meditation that I've developed at the end of this book. During the day, return to this feeling of connection between these areas. This oneness makes sure you will use your life force efficiently, while accomplishing at least as much. When you stop *wanting*, you will encounter what you *need*.

## 4. OPTIMISM

See everything 'on the bright side'. Negativity obstructs your energy.

A Dutch saying is: When the sun shines in your heart, it shines everywhere.

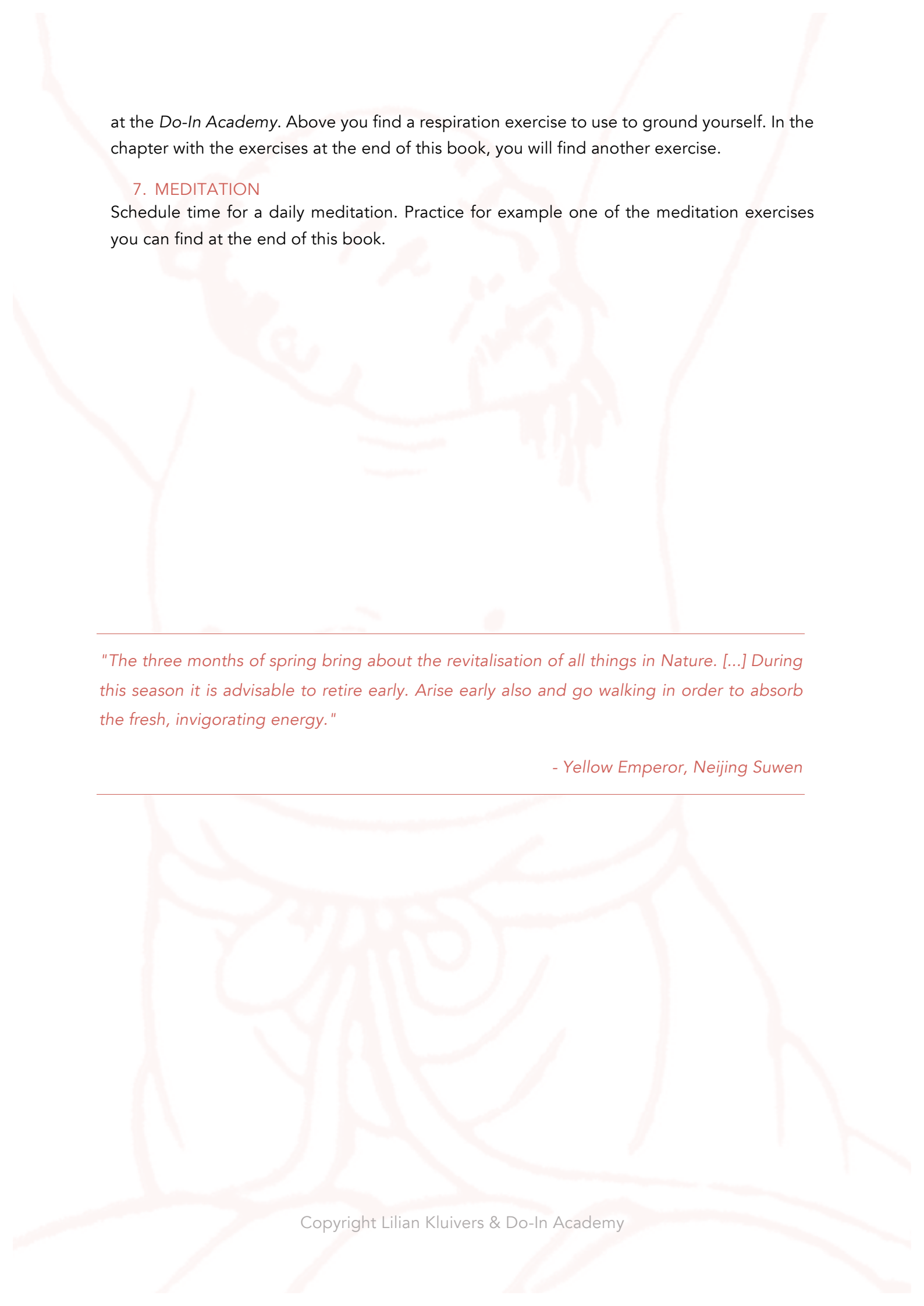
## 5. COMPASSION AND FRIENDLINESS

Be kind and loving. Start with yourself. Notice when you feel down, or mad at yourself (on a side note: you are not the only one doing this, in my classes I see how immensely difficult it is for people to direct loving kindness towards themselves). When this happens, practise the healing sound for the Liver energy: SHSHSHSHSHSHSHSHS. A very calming sound You will read more about the working of this sound later on. And after that think of something friendly you could say to yourself and then, say it to yourself as you would to a dear friend. As an example you could say: I appreciate myself for taking good care of my physical as well as my energetic and emotional body, I will flourish as a result of my efforts to do so.

## 6. RESPIRATION

During the day, focus your attention on your respiration on a regular basis. A deep and calm respiration relaxes the Liver energy. I can explain this looking at the Ko-cycle, about which I write more in my book *Do-In, Tao Yoga for Health and Energy*, and especially in the courses





at the *Do-In Academy*. Above you find a respiration exercise to use to ground yourself. In the chapter with the exercises at the end of this book, you will find another exercise.

## 7. MEDITATION

Schedule time for a daily meditation. Practice for example one of the meditation exercises you can find at the end of this book.

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*"The three months of spring bring about the revitalisation of all things in Nature. [...] During this season it is advisable to retire early. Arise early also and go walking in order to absorb the fresh, invigorating energy."*

*- Yellow Emperor, Nei Jing Suwen*

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## DETOX AND DO-IN

Feeling relaxed, enjoying a good night's sleep, clear focus and a sense of purpose... this is what you experience when the energy of the Liver and Gallbladder is balanced. A spring detox removes the obstructions from these meridians and revitalises your body and mind.

Ever since I have experienced a detox for Liver and Gallbladder, I look forward to it every year.

The nutritional tips for cleansing in Spring are also described in the beautiful book *Healing with Whole Foods, Asian traditions and modern nutrition*, written by Paul Pitchford. The Do-In series I've made on YouTube reinforce this cleansing. And you can even further increase this effect with the 7 tips for Daily Practice, and the exercises like acupuncture in the second last chapter.

### FOR EVERYONE?

If you are pregnant, or have health issues, I recommend consulting your health practitioner(s) before starting a purifying diet. Also, when you are very slim, it's important to eat enough of the flaxseed oil so you won't lose weight. If you do lose weight, adjust the diet. I will give some suggestions below.

If you do have physical complaints, or feel entirely fit, detoxing your body on a regular basis is very beneficial for the body, and for energy levels.

### HOW LONG?

The detox is most effective if you follow the diet and practice the exercises for thirty days.

But you will also feel the difference when detoxing for a shorter period, or when following a detox-light programme. For example, you can skip dairy food and red meat for a month. Or follow the complete detox programme, but only for a week. Or eat as usual, but take the time to process old frustrations and other emotions. This can also be very beneficial.

## HOW TO CLEAN THE ENERGIES OF LIVER AND GALLBLADDER

Eat mainly:

- Pure, unrefined grains
- Vegetables
- Fruits
- Legumes

Some ingredients hasten gallstone removal:

- Pears
- Parsnip
- Seaweed
- Lemon
- Lime
- Turmeric
- Radish

Drink:

- Five cups of Chamomile tea a day or
- Three cups of Cleavers tea (galium aparine)
- And besides these teas, drink enough water. At least 1.5 liter a day, room temperature.

Finally, pour 3 to 5 teaspoons cold pressed flaxseed oil over food at one meal a day, or use half this amount at two meals daily. Make for example a dressing with flaxseed oil.

### ADDITIONAL TIPS:

- All green veggies relax the liver: eat lots of fresh leafy greens
- All vegetables and fruits with a sour taste have a refreshing energy: good for the Liver and Gallbladder. Think of lemon, green apples, or sorrel
- All typical spring greens nourish the Liver and Gallbladder. Usually they are green, like spinach.

Avoid:

- Products rich in saturated fat and cholesterol like meat, dairy food and eggs
- Peanuts, eat other nuts and seeds sparingly

It is not necessary to fast or skip meals. Simply change the contents of your meals for the period of a month. The recommended ingredients contain few toxins, thus taxing the liver less. And are very low in cholesterol, which helps to clear the gallbladder. A fresh beginning for a new start, Spring!

### WHAT TO EXPECT AFTER A MONTH?

The gallbladder is clean or at least much cleaner. The liver is relaxed. And because the energy in the meridians flows much better, you will notice a change in many ways. Don't forget about the emotional and spiritual effects.

- A clean gallbladder
- Better night rest
- Clear skin
- Relaxed shoulders, hips, back, jaws and chest.
- Brightness: knowing which direction to take in life.
- More ease to move from plans to actions.
- Easy visualisation and inventiveness
- Emotional stability.
- Decisively
- Less feelings of guilt, irritation and depression.
- More passion, joie de vivre, life becomes more colourful.
- It will be easier to 'go with the flow', keeping your own focus.
- Less focus on others faults, or injustice in the world.
- Greater self-responsibility better contact with your own values.

## RECIPES

In this chapter you will find some recipes that support the cleansing of the Liver and Gallbladder.

Almost all these recipes contain ingredients from the Five Elements: Water, Wood, Metal, Fire and Earth. In other words, the tastes salt, sour, pungent, bitter and sweet.

Would you like to know more about this? The energetic qualities of food are part the course material of the Do-in Academy.

### BREAKFAST

So many men, so many breakfasts... As for me, I love porridge for breakfast. I switch-up the ingredients. One day I prepare a spelt-porridge, the other, oat-porridge, the next day, rice porridge. I love variation and I believe all the grains have another healing quality to offer.

Breakfast should be sweet, according to my darling daughter. So to the porridge, I add loads of dried fruits. In springtime and summertime I like to add fresh fruits as well. Below you'll find my standard recipe. Freestyling is allowed!

### PORRIDGE, PLEASE!

Porridge is a part of my morning ritual.

Strew the grains of your choice in a pot, add water and bring it to a simmer until the grains are done. You can add raisins, goji berries, dates, apple, dried plum, apricot, mango... Just add what you feel like today.

I like to add some cinnamon, a tiny bit of salt, and to my own plate I usually add quite a lot of turmeric, some black pepper and one to two tablespoons freshly ground flax seeds. My daughter loves her porridge best when I add a teaspoon of raw cacao.

TIP: porridge party style: add blueberries, raspberries or strawberries!



### MMM... MISO SOUP

Of course breakfast might as well be savoury. A lovely example is this simple miso soup, a recipe of Jutta Koehler. She is a specialist in Five Element Nutrition, and a respected teacher. In Dutch she wrote an influential book with breakfast recipes. On her website you will find all about her courses, her book and you'll find even more recipes on her blog. <http://www.juttakoehler.eu/>

Ingredients:

- ½ ts fresh lemon juice
- Pinch of turmeric
- Vegetables, f.e. carrot, broccoli, parsnip
- 1 piece of tofu
- Fresh ginger, about ½ cm
- Handful of watercress
- 1 l water
- 1 ts instant wakame
- kombu, piece of 4 cm
- 2-4 ts miso paste, add to taste



Bring the water, kombu and wakame to a boil. Add the vegetables, lemon juice, turmeric and ginger and bring to a simmer. Cut the tofu into small cubes. When the vegetables are almost done, add the tofu. Turn off the stove. Dissolve the miso paste in a bit of lukewarm water and add to the soup. Remove the kombu or cut into small pieces and add to the soup. Serve with watercress. Use leftovers like rice or other grains to make the soup even more nutritious.

TIP: Use hatcho-miso or genmai-miso if you don't want to eat gluten.

Effects on the body : Helps to remove dampness and strengthens Yin. Purifies. Helps intestinal flora to recover, for example after a treatment with antibiotics.

### SIMPLE AND QUICK

Running out of time? A quick breakfast can be just as lovely. For example with a rice- or corn-cracker with apple syrup, pear syrup, date syrup, or any other dairy- and nut-free spread.



## SPREADS

### HEAVENLY HUMMUS

This delicious hummus is a perfect spread on a rice- or corn-cracker, or on a (sourdough) sandwich. And why not use it as a dip for fresh vegetables?

Chickpeas contain iron and are high in protein, they also contain selenium, a mineral not present in most fruits and vegetables. Selenium plays a role in liver enzyme function, and helps detoxify.



Enjoy this super spread!

Ingredients:

- 2 cans chickpeas, or 500 gram dried chickpeas, soaked for 8 hours, and boiled for 1.5 hour.
- 1-2 cloves garlic
- Bit of cumin
- 4/3 ts salt
- Juice of 1 lemon
- Bit of water (about 50 ml)
- 1-2 tbls flaxseed oil
- Bit of turmeric
- Freshly ground pepper
- Possibly: 1-2 tbsp miso or tahini for a savory taste.

Rinse the chickpeas and place all the ingredients into a blender. You may want to add some water later, until the structure of the hummus is as desired. Also very tasty with coriander or parsley blended, or as a topping.



## TOFU PESTO

This pesto is one of my favourites. Originally it's a recipe from The Ayurvedic Cookbook from Amadea Morningstar and Urmila Desai. But for this detox I have changed their recipe slightly.

Ingredients:

- 1 pack of tofu
- 1 fresh basil, finely chopped, about 30 gram
- 2 tbsp flaxseed oil
- 1-2 cloves of garlic
- 1 tbs barley miso or soft white miso
- 3 tbs water
- Pinch of salt
- Squeeze of lemon
- Little paprika

Steam the tofu for some minutes and cut the tofu into big pieces. Blend the basil and the oil for half a minute. Add the other ingredients and mix until smooth.

Tofu contains all eight essential amino acids, and is a good source of protein, iron, magnesium, copper, zinc, selenium, phosphorus and vitamin B2. Soya protein (from which tofu is derived) is believed to help lower levels of bad cholesterol (LDL)



### SOUR CREME SUPREME

This is a wonderful recipe of Anna Freedman, owner of Wholefood Harmony. I fell in love with her recipes during her Pure Cook's Training. And I still use many of the vegan recipes she shares. This is one of them. Authentic sour cream without any dairy. A firm favourite at any table and hit with little people. Simply delicious



served with vegetables, leafy greens, inside tortilla wraps or with a curry.

<http://www.wholefoodharmony.com/>

Ingredients:

- Half pack silken tofu (or regular tofu combined with a little water)
- 5 tbsp flaxseed oil
- 2 tbs lemon juice
- 2 spring onions or handful chives
- 1-2 tbsp ume vinegar
- ¼ tsp salt
- Blend all the ingredients in a food processor. Adjust flavours to taste. Enjoy!

### DANDELION TAPENADE

This is a recipe by Irina Verwer. She is an international yoga teacher, she wrote the yogic cookbook "With a Pinch of Yoga" (and another great cookbook in Dutch), she is a yoga coach, leads retreats, workshops, and masterclasses. One to remember, just like her recipe! I've adjusted the recipe slightly. <http://www.irinaverwer.com/>



Dandelions are delicious in salads and even more healthy than regular lettuce: dandelions contain more Vitamin C, E,

and beta carotene. Also, dandelion contains vitamin D, several types of B vitamin, and minerals like potassium, sodium, magnesium, iron, copper, zinc, and calcium.

Dandelion detoxes the liver and kidneys, and is often recommended in detoxes. For the same reason dandelion is recommended when someone suffers from chronic pain, rheuma, and skin disorders.

The young leaves taste the best, but the flowers and roots are also edible.

*Soak the flowers and leaves 10 minutes in water with a bit of apple vinegar: this cleanses them and diminishes the bitter taste.*

Use fresh leaves and flowers

Ingredients:

- 2 cups green peas
- 2 cups dandelion, washed
- 1 avocado, no pit or skin
- ¼ - ½ cup water
- 2 tbs nutritional yeast
- 2 tbs flaxseed oil
- ½ tsp celtic sea salt
- ½ tsp paprika powder
- ½ tsp oregano



In a food processor or blender, blend all ingredients until a smooth paste forms. Start with the lowest amount of water and add more if needed. You can use more or other spices, according to your taste. I made the tapenade once with lentils instead of green peas, which was also very nice!



## LUNCHES, MAIN COURSES & SALADS

### SNACK WELL

This is another of Anna Freedman's recipes from the Wholefood Company. The ultimate balanced snack or meal.

<http://www.wholefoodharmony.com/>

I love brown rice sushi for their whole grain quality, their nutrient rich sea vegetable wrapper, yummy fillings and delicious dipping sauce.



Ingredients:

- 1 cup short grain brown rice
- Sea salt
- Toasted Nori sheets
- Fillings – sauerkraut, cucumber, avocado, spring onion, mustard, pickled ginger
- Sushi mat

Preparation:

Cook the rice in a pressure cooker with one and a half cups water and a pinch of sea salt for 40 minutes. Place the nori sheet on the sushi mat, shiny side down. Spoon the warm rice on the nori leaving a 1 and a half inch strip of nori uncovered at the top and bottom ends. Using wet hands, press the rice down firmly. Across the middle of the rice, add your fillings. E.g. cucumber strips with a little mustard and then spring onions. Using the sushi mat, roll the rice up, then cut the sushi into pieces.

### RADISHES, CRESTS AND AVOCADO CREAM

Another great recipe by Irina Verwer. Radish stimulates the kidneys and therefore detoxes. Radishes contain vitamin C, K, B3, B5, B6, and folic acid. In low dosages they contain minerals, like potassium, calcium, magnesium, iron, zinc, manganese.

Preparations:

Soak ½ cup buckwheat at least 4 hours in water. Drain, rinse and put the buckwheat in a jar (glass). Put aside. Rinse the buckwheat twice a day during the next two days. Continue the



process to fully sprout them which can take up to 48 hours.

Ingredients:

- 3 hands full of lettuce
- The buckwheat sprouts
- 1 big handful of alfalfa
- 1 bunch of radishes
- 1 avocado
- 1 hand full of fresh coriander
- Juice of 1 lime
- 1 ½ tbs water
- 1 ½ tbs tamari

Divide the lettuce to 4 bowls. Shovel the buckwheat and the alfalfa on the lettuce. Slice the radishes thinly and place them on the sprouts. Mix the avocado, coriander, lime juice, water and tamari in a small food processor or a mixer into a creamy thick sauce. Add to the salad and garnish with fresh coriander.

### ROASTED ONIONS

You can still prepare your favourite recipes. All they need is a little creativity. If you usually fry an onion, for example to make a soup, you can roast the onion. In this way the onion will become sweet, soft and creamy without using any oils. Roasted onions are a delicious side dish, but also a perfect base for soups.

- 4 onions (or as many as you like)
- Baking pan
- Aluminium foil

Place the onions without peeling them in the baking pan. Wrap tightly with the foil. Bake the onions in a preheated oven on 420 degrees F, for about 25 minutes. Let the onions cool down a bit, and cut them into pieces.

## DRESSINGS

### SAVORY AND SOUR

A savory dressing to be used on vegetables or rice.

- 1 tbs miso (I use brown miso made of barley, but any other sort will do)
- 1 tbs fresh lemon juice
- 1 tbs flaxseed oil
- Freshly ground pepper

### SUSHI DIP

- 1 tablespoon shoyu
- 1 tablespoon water
- 1 teaspoon rice vinegar
- 1 teaspoon mirin (sweet rice vinegar) or half tsp fresh ginger juice

Mix all the ingredients and serve.

## CUP OF TEA?

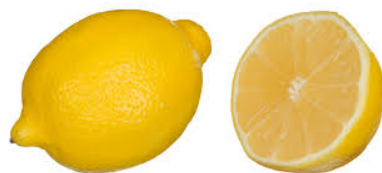
Let's take a look at our drinks these months. Water (room temperature or warm) is fine, as always. But some herbal teas will help your Liver to relax and your Gallbladder to cleanse.

### KICK START

Drink a cup of warm water with a squeeze of fresh lemon juice in the morning. Wait half an hour before you eat breakfast. After drinking, rinse with some plain water for 30 seconds to make sure the acid from the lemon juice doesn't remain on teeth.

TIP: Drink the lemon-water before you practice in the morning!

- Improves digestion
- Contains calcium and Vitamin C, phosphorus and magnesium
- Potassium nourishes the brain- and nerve cells
- Strengthens the liver
- Prevents the formation of wrinkles



... to mention only some of the benefits.



### CHAMOMILE TEA

Chamomile is a neutral tea. It relaxes and supports the Liver energy. Make tea from a bag or from dried flowers. Use 1 tablespoon of dried flowers, 500 ml water. Steep the tea for five minutes.

- Calming
- Antibacterial
- Soothes a irritable bowel
- Relaxes, recommended before bedtime



### CLEAVERS TEA

Cleavers purifies the lymphatic system and the blood. Besides that it also gives qi, life force. If you drink cleavers tea for the first time, your urine may change colour because of the toxins that are released. Cleavers is safe to use and easy to find in parks and woods. You can make tea of it, or add it to your soup. You'll recognise this herb because it sticks to plants and clothing.

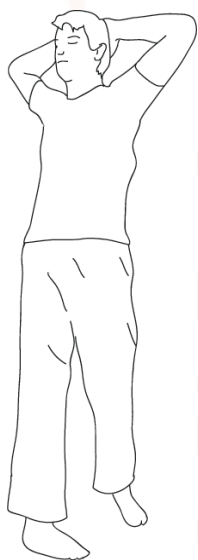
## EXERCISES

With the YouTube videos you've been introduced to several exercises that affect the energy of the Liver and Gallbladder. As you know by now, an obstructed energy flow in the Liver and Gallbladder meridians cause tension in the chest or back. Therefore part of the exercises aim to relax the thorax.

The Do-In stretches, combined with a deep, full respiration are like a massage for the organs and muscles.

The videos also demonstrate massage techniques for the eyes, some acupressure points and a short tapping-technique. I demonstrate this technique more thoroughly on some of the other video classes that you can follow on my YouTube channel. Massages like these stimulate the circulation of energy, lymph fluid, diminishes and even resolves stagnations in our qi, life force.

When you suffer from spring fatigue more often, I recommend to practice massages like the tapping massages also during winter. This will promote cleansing, even when the energy slows down. As a result, you won't experience such a big transition when spring starts. Of course there are other exercises that have the same effect. You're welcome to be creative, this is in fact very nutritive for the energy of the Liver.



A slow and deep respiration calms the Liver energy. That's why, for the evening series, I've chosen calm exercises that are perfect to practice on your breathing rhythm. Besides that, I chose to do stretches that open the Lung meridian, which as well promotes a deep and slow respiration as well.

Balancing exercises are grounding.

For the morning: <https://youtu.be/NiEB9UGzkfA>

For the evening: <https://youtu.be/EcJlos9lCkQ>



## STRESS RELIEF RESPIRATION

Your respiration shows exactly how you feel. Do you feel anxious? Your respiration will be shallow and more high in the chest. Do you feel completely relaxed or in a meditative state? Your respiration will be deep and slow. So, your emotional state does affect your respiration. But it also works the other way around: by breathing slowly and deeply you are able to affect your mood, stress levels, improve your energy circulation and take up more energy.

Also, research has shown that deep abdominal breathing makes people feel more vital and prevents pain in the lower back.

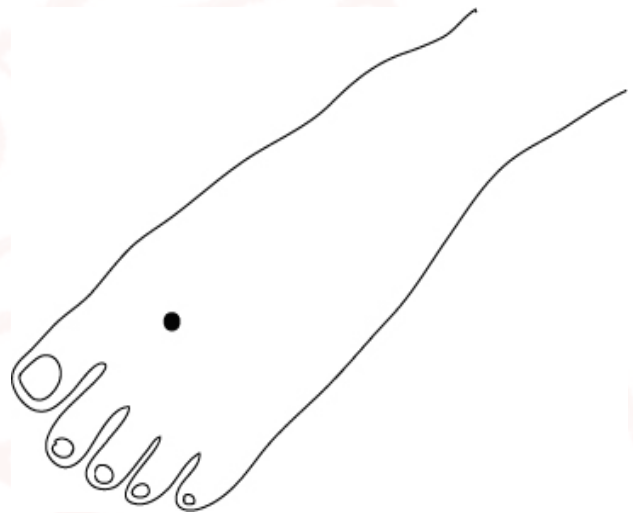
- Place your hands on your lower belly.
- Place the tip of your tongue to the pallet, right behind the front teeth.
- Exhale deeply, feel your lower belly sinks towards your spine.
- Wait until the inhalation starts naturally, deeply, and slowly. Your hands move forwards.
- Wait for a count of 4.
- Exhale through your nose for a count of four.
- Pause for a count of 4.
- Inhale for a count of four, all the way down to your lower belly. In the lower belly lies one of the tan-den's also called dantians, very powerful energy centres. This is also a place where we can store our life force, like a battery. This will strengthen your vitality and, among other benefits, strengthen the lower back.
- After the inhalation, pause again for a count of 4.
- Exhale.
- Breathe like this as long as you like. Maybe you even build it up and finally inhale for a count of 10, pause for a count of 4 to 10, and exhale for a count of 10.

And when you continue your daily business after this exercise, take a minute for the transition to your next activity. By the way, you could train yourself to stay in this calm flow for a whole day, or as much as possible. You will feel much more energetic and calm at the same time.

## LIVER 3

On my YouTube Video for a Happy Liver (<https://youtu.be/NiEB9UGzkfA>), I refer to an acupressure point **Liver 3**. This is a wonderful point, one of the most powerful of the whole body. It is easy to combine with a stretch for an extra healing dimension. Or treat Liver 3 as an exercise on itself.

Liver 3 is located on the foot about two finger widths (1,5 Cun: thumb widths, the measure used in Chinese Medicine) above the place where the skin of your big toe and the next toe join.



### WHAT DOES LIVER 3 DO?

Easy to remember is: *"Liver 3 spreads the qi"*. It helps to resolve stagnations and lets the qi flow freely through the body. This is one of the most important tasks of the Liver energy. Use Liver 3 to resolve pain, like a headache. Pain is a sign of an obstruction in the energy flow.

Also use Liver 3 to nourish the Liver energy in general, and to calm down. It helps to deal with frustrations in a calm way. And keeps a person grounded.

Treatment of Liver 3 during pregnancy is discouraged.

- Massage the point,
- Hold it firmly during a stretch like demonstrated on the YouTube Video "Do-In Academy liver detox series": <https://youtu.be/NiEB9UGzkfA>
- Rub the area using the heel of your other foot.

### HEAD, HEART, HARA

This is a shortened version of the meditation that I've developed for my students at the Do-In Academy. It is inspired on the Taoist tan-den's or dantain's, very strong energy centres in our body. This meditation connects them, so we can live with wisdom and balance instead of being driven by willpower.

Start in a comfortable sitting position, seiza, cross legged, or maybe on a chair. Breathe deeply to increase the intake of qi.

Continue to breathe calmly in this manner, and bring your attention to the energy centre – named tan den – in your head. This centre is situated in the middle of your head, right behind the space between your eyebrows. Are there many thoughts? Is it quiet? Get in touch with the silence, which is always present behind the thoughts.

From this silence, you can experience things as they really are. Also, this is the spot associated with the rational wisdom developed when you realize that you are not subjected to your thoughts, when you see that you cannot be identified with your thoughts, but that you can use them to gain or provide insights.

Now, bring your attention to the heart area, a second important energy centre. How does this area feel? Make contact with the space, the softness and openness in your heart. Breathe in this space.



Now, bring your attention even further down, to your belly, just below the navel. This is the most important energy centre, which deserves 50 to 60 percent of your attention at any time. This is the centre of your sub consciousness, the intuitive wisdom. What does your sub consciousness tell you at this moment?

Be aware of the connection between these areas, the oneness.

Now take some deeper inhalations... Wake up your body, move the fingers and the toes... the other joints one by one... When you've practised this meditation lying down, roll to your right side and help yourself to a sitting position. Bring your hands in front of your heart, end with an inner smile.

### MERIDIAN MEDITATION

I have developed the next meditation to help you feel the meridians of Liver and Gallbladder. Whenever you read '...', pause for 30 seconds and feel the area mentioned in the text.

You may practise this visualisation on both sides at the same time. But it can also be very interesting to visualise first one side, feel the difference, and then visualise the other side. Visualising something has a very strong effect on the circulation of energy, the Liver energy in particular. Let's say you will start by feeling and visualising the left side. This side will feel very different from the right side after focussing just on this one side.

Take a comfortable position; sitting or lying down. Feel your respiration, calmly and slowly. At each inhalation the lower belly moves forward. There is a pause, and after that, the lower belly sinks inwards with an exhalation. Focus on your breath for a while...

Now bring your attention to the outer corner of your eye. Feel this area...

- feel your forehead...
- the side of your head...
- your shoulder...
- the side of your chest...
- your pelvic area...
- the outer side of your upper leg...
- your knee...
- the outer side of your lower leg...
- your ankle...
- the instep...
- and the fourth toe, the one next to the little toe. You may like to wiggle your toes in order to feel them better. And if you can't feel your toes separately, that's perfectly fine. Then just feel your toes all together.

This is the pathway of the Gallbladder meridian.



Now bring your attention to your big toe, feel this toe...

- the space between this toe and the one next to it...
- the instep...
- the inner ankle, especially the part in front...
- the inside of your lower leg...
- and the knee...
- the inside of your upper leg...
- the groin...
- and connect this area to the place just below your breast.

This is the pathway of the Liver meridian.

When you've felt both sides, take some time to feel your body. The meridians you've just paid attention to... and your body as a whole.

Then take some deeper in- and exhalations... Wake up your body, move the fingers and the toes... the other joints one by one... When you've practised this meditation lying down, roll to your right side and help yourself to a sitting position. Bring your hands in front of your heart, end with an inner smile.

### SHSHSHSHSHSHSH - THE HEALING SOUND

Inhale deeply into your lower belly. Massage your liver (right side, below the ribs) by inhaling deeply. Exhale, make the sound shshshshshshsh. Let go of everything that is a burden to your liver, like anger, frustration, irritation. As if you pass it on to the wind.

Inhale and take up new energy - imagine it to be fresh air from the woods - deep into the body. Let it soften your liver, relax.

Feel the friendliness, humor, creativity arise in the liver. Visualise a green colour in the liver, green, the colour that relaxes and nourishes the Liver.

Shshshshshshs is considered to be the healing sound for the Liver by taoists. The sound is much like the sound of the wind blowing through the trees - remember the Liver energy is connected to the Wood-element. Let the sound vibrate in your liver-area.

TIP: also make this sound during a stretch, like demonstrated on the YouTube videos belonging to this course.



#### 4 REMEDIES FOR HAY FEVER

It is lovely to go outside in spring. But unfortunately it is not possible for everyone to enjoy the fresh air. In Western society, 5 to 8 percent of the adults suffer from hay fever. The next tips can alleviate the symptoms.

1. Massage the acupressure point Large Intestine 4 several times a day for a minute. Especially before and after you go out. (Not recommended during pregnancy). Large Intestine 4 has a strong purifying effect, also on the respiratory system.
2. Liver 3, which I've explained above, is another point you could massage, rub or just hold - even in a side stretch in a straddle pose (the makko-ho stretch for Liver and Gallbladder). Again, avoid massaging this acupressure point during pregnancy.
3. Eat locally made honey, 1 tbsp a day should be sufficient.
4. Lemons contain a lot of ingredients that diminish hay fever.
5. Purify your Liver and Gallbladder at the end of the winter, this will improve your immune system and help you in spring.



## ABOUT LILIAN KLUIVERS

Lilian Kluivers is the founder of the Do-In Academy, an international education in Do-In where you will learn about the principal meridians, the extraordinary meridians, the five elements, yin and yang, nutrition and acupressure. She teaches Do-In classes, workshops and offers personal consultations in Do-In and shiatsu.

She has internationally published press articles on Do-In. Most can be found on her own websites.

Lilian is the author of two books *Do-In, Tao Yoga for Health and Energy*. And in Dutch she wrote a book about Do-In exercises, that nourish mother and baby during pregnancy.

[www.doinacademy.com](http://www.doinacademy.com)

[www.liliankluivers.nl](http://www.liliankluivers.nl)

More videos? Take a look the YouTube channel of the Do-In Academy:

<https://www.youtube.com/channel/UCRZDrVLI3te-zg0XajHRqWQ>



## WORD OF GRATITUDE

I am grateful to my spiritual mentors. They've helped me greatly in writing this book. I thank my husband Bas and my daughter Niya, they are important to me with every step I take in life.

And of course I thank the guest writers for sharing their recipes: Anna Freedman, Irina Verwer, and Jutta Koehler.

# DO-IN ACADEMY

MOVING THROUGH ORIENTAL WISDOM

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## COLOFON

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