



Written Description for: Section 11, Lesson 2

Qi Pressure Exercise #1: Cultivating Awareness of Qi Pressure

(i) Find a Comfortable Posture

- Sit comfortably with your spine straight or stand in the Simple Stance (as described earlier).
- Close your eyes to heighten your inner awareness and focus your attention inward.

(ii) Begin Observing the Breath

- Breathe naturally in and out through the nose.
- Bring your awareness to the movement of the lungs as they expand and contract.
- Pay particular attention to the sensation of air pressure against the inner walls of the lungs as you inhale.

(iii) Become Aware of Qi Pressure

- Can you feel the pressure of the air against the lungs as you inhale? Can you feel the expansive quality of the air as you inhale?
- Notice that it naturally seeks to expand outwards, creating a feeling of pressure against the lungs.
- Watch that feeling of pressure.
- Watch what happens to it as you exhale. Notice that the pressure is felt more on the inhalation than on the exhalation, as long as the lungs are relaxed while exhaling.

Note: If you are only aware of the Qi pressure with the inhalation, the Qi tends to diffuse out, and dissipate. In order to collect the Qi, we must hold onto the feeling of pressure for longer than just the inhalation. One way to do this is to slightly hold the breath at the end of the inhalation.

(iv) Extend the Feeling of Qi Pressure

- To retain and absorb more Qi, introduce a slight breath-hold at the peak of inhalation.
- Breathe in fully, hold your breath for 2-3 seconds, and focus on the sensation of internal pressure before slowly exhaling.
- As you exhale, let it be slow and controlled, rather than quick or forceful.



(v) Continue the Cycle

- Repeat this breathing pattern, being mindful of the internal pressure at all times.
- Pay attention to how your body absorbs *Qi* during the retention phase.
- As you continue, you may notice an increase in energy and vitality.