Written Description for: Section 11, Lesson 3

Qi Pressure Exercise #2: Reverse Breathing

(i) Start with Normal Abdominal Breathing

- Find a comfortable sitting or standing position (the Simple Stance is ideal).
- Breathe naturally through the nose, allowing the abdomen to expand on inhalation and contract on exhalation.
- Focus on feeling the movement of the diaphragm and the natural expansion of the belly.
- Repeat this natural breath cycle six times to establish a steady rhythm.

(ii) Transition into Reverse Breathing

- On your final exhale, gently flatten your stomach — pulling the abdomen inward toward the spine.
- Maintain this abdominal contraction as you inhale deeply through the nose.
- Instead of allowing the abdomen to expand, keep it pulled in while breathing in.
- As you exhale, gently push the abdomen outward, maintaining a sense of control and relaxation in the breath.

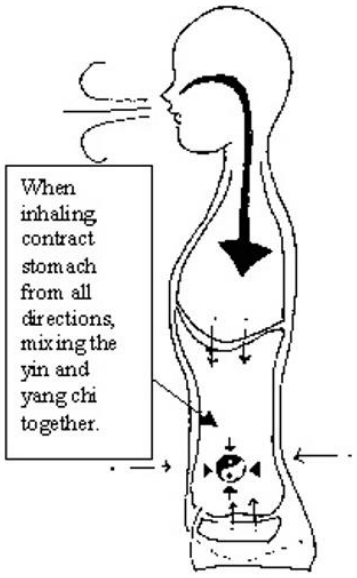
(iii) Continue the Breath Cycle

- Count each inhale-exhale pair as one round.
- Begin by practicing 6 rounds, then gradually increase to 9 rounds and eventually 18 rounds as your capacity improves.
- Throughout the practice, keep the chest relaxed — only the abdominal wall is engaged in maintaining pressure.

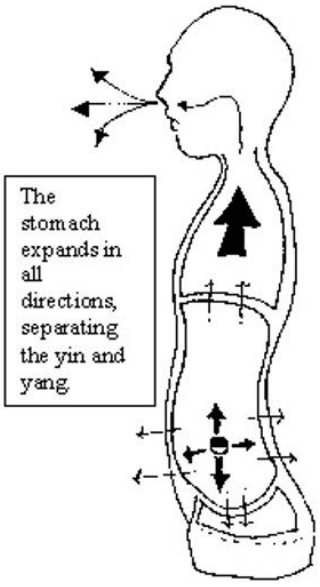
(iv) Maintain Awareness of *Qi* Pressure

- Notice how the feeling of internal pressure is sustained through both inhalation and exhalation.
- Observe the enhanced sensation of *Qi* retention in the lower *tan tien* and lungs.
- Pay attention to the subtle increase in warmth, tingling, or internal energy circulation as the practice progresses.

See the following image:



Inhaling during reverse breathing



Exhaling during reverse breathing

Notice that the feeling of pressure is maintained during both the inhalation and exhalation. In fact, during the process, the breath (and the *Qi*) is kept under pressure throughout. This longer period of time with the *Qi* under pressure allows the body to absorb the *Qi* much more easily, and contributes to increasing *Qi* pressure in the body.

Note: with reverse breathing, we want our diaphragm lowered during inhalation. This can take some time to develop the inner sensitivity to perfect.