



Written Description for: Section 11, Lesson 6

Qi Pressure Exercise #5: Packing Process Breathing

1. Packing Process Breathing Exercise 1: Charging the Kidneys

(i) Assume a Stable Posture

- Stand in the Simple Stance or sit comfortably with a straight spine.
- Relax the shoulders and place the tongue on the upper palate.

(ii) Seal the Energy Leaks

- Pull up the perineum ever so slightly (root lock) to seal Qi within the body.
- Lower the throat slightly (throat lock) to prevent energy from escaping upwards.
- For this exercise, we use reverse breathing, where the abdomen contracts on inhalation and expands on exhalation.

(iii) Step Inhale with Directed Qi Packing:

- **First 10% of the breath:** Using reverse breathing, inhale ten percent of your full capacity into your navel. Feel the Qi pressure going directly into the centre of the navel.
- **Second 10%:** Pull up the left side of the perineum a little further, guiding Qi into the left kidney and adrenal gland. Pack and wrap the energy around the left kidney and adrenal gland. Pull in the left abdominal wall slightly.
- **Third 10%:** With the next ten percent, pull up the right side of the anus/perineum a little further, guiding the Qi pressure into the right kidney. Pull in the right side of the abdominal wall. Pack and wrap the energy around the right kidney.
- **Fourth 10%:** With the next ten percent, contract the perineum a little more tightly and bring the Qi into the lower intestines. Pack and wrap the energy around the intestines.
- **Fifth 10%:** With the next ten percent, contract the perineum a little further and guide the Qi pressure into the middle of the navel again.



- **Remaining inhalation steps:** Continue as we have been doing, by pulling up the perineum with each sip of breath, packing and wrapping the *Qi* around the kidneys, alternating left and right kidney activation until full inhalation capacity is reached.
 - If needed, release a small portion of air mid-way through inhalation to make space for additional breaths.
- Hold the full breath for a few seconds, feeling the *Qi* pressure condensing deep within the kidneys.

(iv) Controlled Exhalation:

- Slowly exhale with the abdomen pushing out.
- Maintain focus on the kidneys, feeling the *Qi* remain and integrate within them.

(v) Repeat the Process

- Perform 3-6 cycles per session, increasing as your capacity builds over time.
- For beginners: Start with just 3 cycles and gradually increase to 6, 9, or 18 cycles as endurance improves.

2. Packing Process Breathing Exercise 2: Charging the Whole Body

(i) Assume a stable position and seal energy leaks

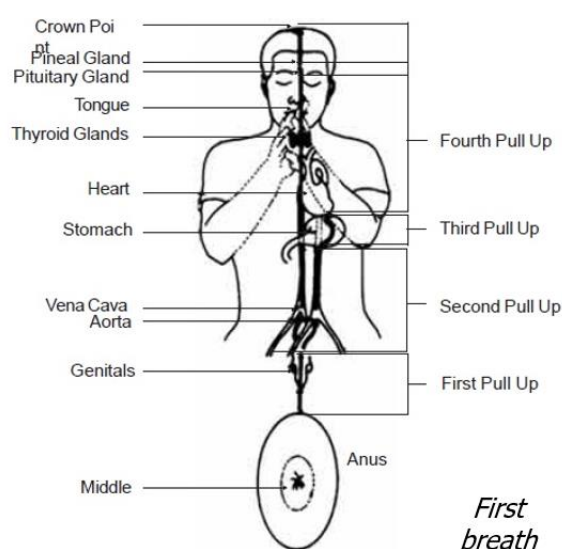
- Stand in the Simple Stance or sit with a straight spine.
- Relax the shoulders, tuck the chin slightly, and place the tongue against the upper palate.
- Pull up the perineum ever so slightly and lower the throat to seal in *Qi*.
- This exercise utilises reverse breathing, guiding *Qi* inward with each inhalation.

(ii) First Breath: Charging the Middle Zone

- **First 25% of the breath:** Using reverse breathing, inhale 25% of your full capacity. At the same time, pull up the centre of the perineum slightly. Direct *Qi* into the genitals (sexual vitality).



- **Second pull-up:** Inhale another 25% of your breath capacity, lifting the centre of the perineum slightly further. Guide *Qi* into major arteries of the trunk (circulatory strengthening).
- **Third pull-up:** Inhale another 25% of your breath capacity, lifting the centre of the perineum slightly further. Pack *Qi* into the stomach and heart (digestive and cardiovascular energy).
- **Fourth pull-up:** Inhale another 25% of your breath capacity, lifting the centre of the perineum slightly further. Direct *Qi* to the thyroid, tongue, pituitary, and pineal gland (hormonal regulation and higher consciousness).
- Then exhale slowly through the nose, allowing the abdomen to expand outward, releasing the perineum.

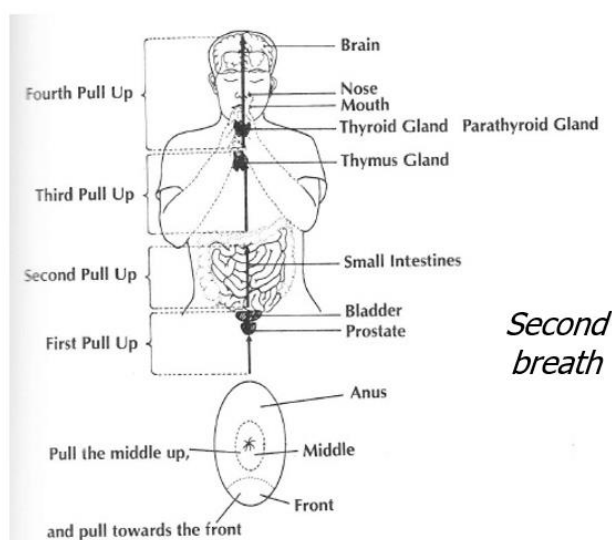


(iii) Second Breath: Charging the Front Zone

- **First 25% of the breath:** Using reverse breathing, inhale 25% of your full capacity. At the same time, pull up the centre and then the front of the perineum slightly. Direct the *Qi* into the sexual organs and the bladder.
- **Second pull-up:** Inhale another 25% of your breath capacity, lifting the front of the perineum slightly further. Guide *Qi* into the intestines (digestive energy).
- **Third pull-up:** Inhale another 25% of your breath capacity, lifting the front of the perineum slightly further. Guide *Qi* into the solar plexus and thymus gland (immune strengthening).
- **Fourth pull-up:** Inhale another 25% of your breath capacity, lifting the front of the perineum slightly further. Guide *Qi* into the thyroid, mouth, nose, and brain (upper respiratory and cognitive enhancement).



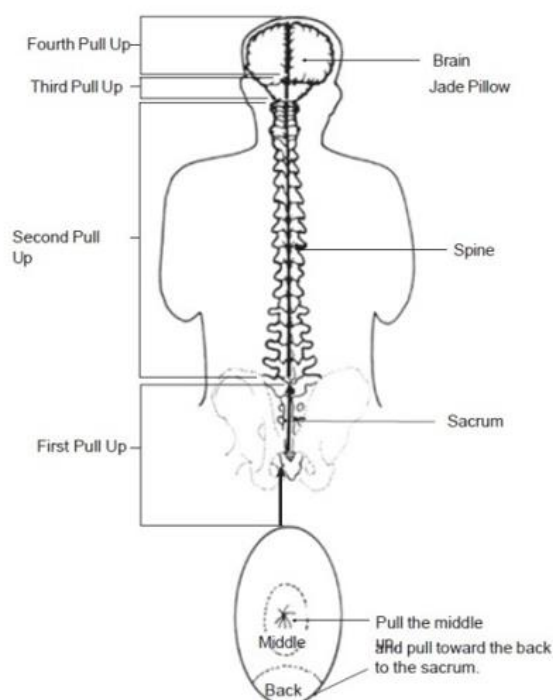
- Exhale slowly, through the nose, allowing the abdomen to expand outward, releasing the perineum.



*Second
breath*

(iv) Third Breath: Charging the Back Zone

- **First 25% of the breath:** Using reverse breathing, inhale 25% of your full capacity. At the same time, pull up the centre and then the back of the perineum slightly. Direct the Qi into the sacrum (spinal energy).
- **Second pull-up:** Inhale another 25% of your breath capacity, lifting the back of the perineum slightly further. Guide Qi into the Spine (central nervous system).
- **Third pull-up:** Inhale another 25% of your breath capacity, lifting the back of the perineum slightly further. Guide Qi into the neck (cervical alignment and energy flow).
- **Fourth pull-up:** Inhale another 25% of your breath capacity, lifting the back of the perineum slightly



Third breath

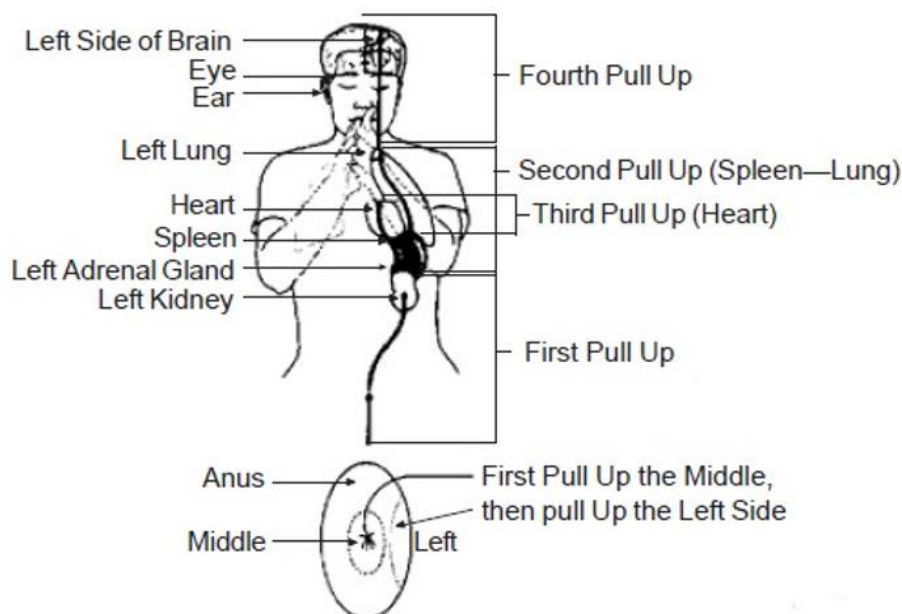


further. Guide *Qi* into the brain (higher awareness and neurological activation).

- Exhale slowly through the nose, allowing the abdomen to expand outward, releasing the perineum.

(v) Fourth Breath: Charging the Left Zone

- **First 25% of the breath:** Using reverse breathing, inhale 25% of your full capacity. At the same time, pull up the centre and then the left side of the perineum slightly. Direct the *Qi* into the left kidney (vital energy storage).
- **Second pull-up:** Inhale another 25% of your breath capacity, lifting the left side of the perineum slightly further. Guide *Qi* into the spleen and left lung (immune and respiratory balance).
- **Third pull-up:** Inhale another 25% of your breath capacity, lifting the left side of the perineum slightly further. Guide *Qi* into the heart (circulatory strength).
- **Fourth pull-up:** Inhale another 25% of your breath capacity, lifting the left side of the perineum slightly further. Guide *Qi* into the left eye, ear, and brain (sensory activation and cognitive clarity).
- Exhale slowly through the nose, allowing the abdomen to expand outward, releasing the perineum.

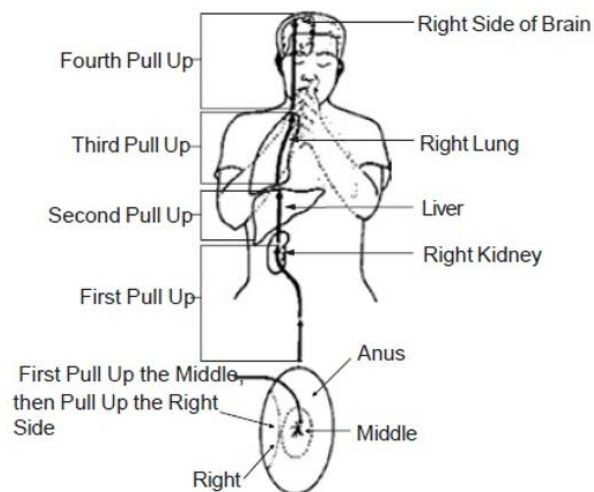


Fourth breath



(vi) Fifth Breath: Charging the Right Zone

- **First pull-up:** Using reverse breathing, inhale 25% of your full capacity. At the same time, pull up the centre and then the right side of the perineum slightly. Direct the *Qi* into the right kidney (vital energy storage).
- **Second pull-up:** Inhale another 25% of your breath capacity, lifting the right side of the perineum slightly further. Guide *Qi* into the liver (detoxification and metabolic balance).
- **Third pull-up:** Inhale another 25% of your breath capacity, lifting the right side of the perineum slightly further. Guide *Qi* into the right lung (respiratory strength).
- **Fourth pull-up:** Inhale another 25% of your breath capacity, lifting the right side of the perineum slightly further. Guide *Qi* into the right eye, ear, and brain (sensory activation and mental clarity).
- Exhale slowly through the nose, allowing the abdomen to expand outward, releasing the perineum.



Fifth breath

(vii) Integrating the Energy

- After completing five breath cycles, sit or stand still for a moment, sensing the *Qi* pressure expanding throughout the entire body.
- Feel the organs charged, fascia strengthened, and internal structures resilient.