

## CULTIVATE THE QI

A Free Daily Guide from the Three Sacred Treasures Method

Step 3: Find Your Flow

Qi (气) — Energy · Breath · Flow

May your Qi flow freely.

## WELCOME

You've cleared your Shen. You've strengthened your Jing. Now you must stop forcing and start flowing. Qi is the energy of the universe flowing through you. Wu Wei (无为) means effortless action. You can not change the river current. You must learn to float or flow.

## YOUR DAILY QI FLOW ROUTINE

Morning Flow (5-10 minutes):

Before touching your phone or doing anything else, put your hand on your heart and take 3 deep breaths. Then say: "Today I will flow. I will not force myself." The first hour of the day: no decisions, no email, no news.

Midday Reset (2 minutes):

Pause. Close your eyes. Ask yourself: "Am I forcing or flowing?" If I am forcing Pause. Close your eyes. Ask yourself: "Are my actions forcing or flowing?" If I am forcing, you must make a small adjustment. Just do one small thing to soften and create flow - don't make ten changes by trying to fix everything : Next: stretch, drink some warm water, and take 3 deep breaths. Breathe in through the nose, and out through the mouth.

Evening Wind-Down (5-10 minutes):

Digital sunset: screens off 30-60 minutes before bed. Release: write one worry, say "I release this to the Dao." Gratitude: name one thing that went well today.

### 30-DAY QI TRACKER

Flow Score: 1=Forcing all day, 2=Mostly forcing, 3=Some flow, 4=Mostly flowing, 5=Effortless flow (Wu Wei)

Day 1:  morning  midday  evening Score \_\_\_\_

Day 2:  morning  midday  evening Score \_\_\_\_

Day 3:  morning  midday  evening Score \_\_\_\_

(Continue to Day 30)

### WEEKLY FLOW CHECK-IN

Week 1: Which day felt most effortless? \_\_\_\_\_

What was different about that day? \_\_\_\_\_

Week 2: Which day and time did you feel the most resistance?

\_\_\_\_\_

What was I trying to force on that day?

\_\_\_\_\_

Week 3: What is the one thing that you can remove to create better flow?

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Week 4: What flow practice will you keep forever?

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### QI RITUAL CARDS (Cut these out)

Card 1: Morning flow — Take 3 breaths. Put your hand on your heart. Say out loud "I am flowing. I am not forcing."

Card 2: Midday pause — "Am I forcing or flowing?" Make one small adjustment in your routine.

Card 3: Evening release — Write one "worry." Say this: "I release this worry....." Then, name one thing that you are grateful for on that day.

### CLOSING

You've completed the Three Sacred Treasures Method. You cleared your Shen. You strengthened your Jing. You cultivated your Qi. May your Jing be strong. May your Qi flow freely. May your Shen be clear. This is The Three Sacred Treasures · 精 · 气 · 神