

FREE PRACTICE SAMPLE

3 Tao Qi Daily Practices for Breath, Morning, and Sleep

A short companion script sample from the Tao Qi Daily practice library. Use these gentle Taoist-inspired breath and Qi practices as quiet daily prompts, not as medical or therapeutic treatment.

Inside: Qi Breath for Stress Relief, Morning Qi Wake-Up, and Sleep Preparation Deep Relaxation.

How to use this sample

- Read one script slowly, out loud or silently, and pause whenever the body asks for more time.
- Keep the practice light. A few steady breaths are enough to begin.
- If you feel discomfort, stop and return to ordinary breathing.

The full Tao Qi Daily library includes 15 guided meditation audios with companion scripts for breath, morning reset, evening calm, sleep preparation, focus, release, and inner quiet.

PRACTICE 1

Qi Breath for Stress Relief

Source script title: 2-Minute Qi Breath for Stress Relief

Core Focus: Unblock stuck Qi, calm a busy mind, and release immediate tension (perfect for work stress or stressful commutes).

Sit comfortably, feet flat on the ground if you can, hands resting gently on your lap.

Close your eyes, or keep them soft and unfocused if that feels better for you.

Breathe in slowly through your nose for 4 counts; 1, 2, 3, 4, imagining gentle Qi flowing into every part of your body.

Breathe out slowly through your mouth for 6 counts; 1, 2, 3, 4, 5, 6, letting all stress and stuck Qi leave your body completely.

Repeat: in for 4, out for 6.

One more time: in 4, out 6.

Now, take one slow, deep breath in through your nose, and a long, slow breath out through your mouth.

Open your eyes slowly, bringing this calm and clarity back with you.

Morning Qi Wake-Up

Source script title: 4-Minute Morning Qi Wake-Up

Core Focus: Gently activate Qi, wake up your body (without rushing), and start the day calm and focused (ideal for first thing in the morning, before work/errands).

Find a comfortable seated position: you can sit on the edge of your bed, a chair, or even stand tall. Let your spine be straight, but not stiff-like a bamboo, tall and flexible.

Place your hands gently on your lap, palms up or down, whichever feels more natural. Close your eyes softly, or keep them unfocused, gazing at a spot in front of you.

Take one slow, deep breath in through your nose-filling your lungs, feeling your chest and belly expand, and imagining cool, fresh Qi flowing into your body. 1, 2, 3, 4.

Exhale slowly through your mouth, letting go of any remaining sleepiness, any heaviness from the night. 1, 2, 3, 4, 5, 6.

Again, inhale through your nose-slow, steady, intentional. Feel the Qi rise from the bottom of your feet, up through your legs, into your core. 1, 2, 3, 4.

Exhale through your mouth, releasing any tension in your shoulders, your neck, your forehead. Let go of all worries about the day ahead-right now, you only need to be here. 1, 2, 3, 4, 5, 6.

One more breath like this: inhale calm, inhale energy, inhale clarity. 1, 2, 3, 4.

Exhale gratitude, exhale ease, exhale readiness. 1, 2, 3, 4, 5, 6.

Now, take a natural breath-no counting, just feeling the Qi move through your body, waking you up gently, not jolting you.

When you're ready, slowly wiggle your fingers and toes, stretch your arms overhead if it feels good, and gently open your eyes.

You are awake, you are calm, you are connected to your Qi. Carry this feeling with you into your day.

PRACTICE 4

Sleep Preparation Deep Relaxation

Source script title: 4-Minute Sleep Preparation Deep Relaxation

Core Focus: Calm a restless mind, relax your body completely, and prepare for deep, restful sleep (perfect for 10-15 minutes before bed).

Find a comfortable position, either sitting or lying down-whatever allows you to fully relax and let go. Allow your body to feel heavy, supported, and at ease. Let your shoulders drop, your face soften, and your whole body begin to unwind.

Close your eyes gently, and take a slow, quiet breath in through your nose.

Inhale softly, drawing in peaceful, calming Qi. 1, 2, 3, 4.

Exhale slowly, releasing any restlessness, any busy thoughts, any tension in your body. Let it all fade away. 1, 2, 3, 4, 5, 6.

Again, inhale quietly, feeling calm spread through you. 1, 2, 3, 4.

Exhale fully, letting yourself sink deeper into relaxation. 1, 2, 3, 4, 5, 6.

Allow your breath to become natural, slow, and effortless.

With each exhale, you relax more deeply. With each breath, you feel quieter, calmer, and closer to peaceful sleep.

Feel your Qi settling, your mind quieting, your body preparing for deep, gentle rest. This is your time to let go, to trust, and to relax completely.

When you are ready, take one last soft, slow breath in... and exhale, fully at peace.

You are ready for deep, restful sleep.

NEXT STEP

Continue With The Full Tao Qi Daily Library

This sample is part of a larger practice library: 15 short guided meditations with companion scripts. The complete library is being prepared as a quiet practice layer for Eastern Elements.

Join the Tao Qi Daily waitlist on the Taoist Practice guide page to hear when the full audio and script library is ready.

eastern-elements.com/guide/taoist-practice

Disclaimer: These practices are for mindfulness, reflection, and gentle self-cultivation. They do not replace medical, psychological, legal, or professional advice.