



Q I G U I D E

Three Breaths to Calm

DAOIST · BOX · 4-7-8

Three breathing methods for the moments your nervous system will not settle. Print it, keep it close, breathe when you need it.

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01



Slow, low, into the belly

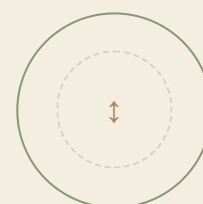
Daoist Lower Breath

FOR DEEP SETTling, ANY TIME OF DAY

POSTURE SIT OR STAND TALL, BOTH HANDS ON THE LOWER BELLY

- 1 Let your breath drop low, into the belly rather than the chest.
- 2 Breathe in slowly. The lower belly rounds and fills under your hands.
- 3 Breathe out slowly. The belly draws gently back toward the spine.
- 4 Keep it soft and unforced, the breath quiet and even.
- 5 Six unhurried breaths, or as long as you like.

Breath ·
inhale
belly fills ·
exhale
belly
draws in



lower belly

Why it works

This is the everyday Daoist breath that sits underneath the other two. Breathing low into the belly, near the lower dantian, is the most natural way to breathe and the quickest way back to it. Most of us have drifted up into shallow chest breathing without noticing. This brings you home.

Hands tell the truth. With both hands on the lower belly you can feel whether the breath is really dropping low. If only your chest moves, slow down and soften.

02

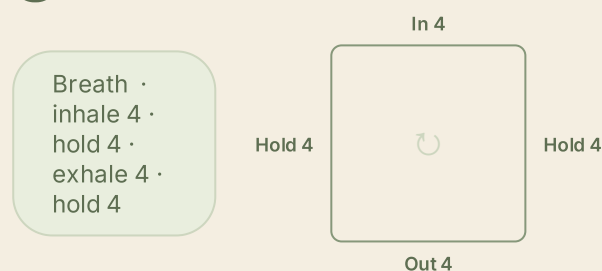
*Equal in, equal out*

Box Breathing

FOR A RACING MIND AND A TIGHT CHEST

POSTURE SIT TALL, SHOULDERS SOFT, ONE HAND RESTING ON THE BELLY

- 1 Breathe in slowly through the nose for a count of four.
- 2 Hold, gently, for four. No strain, no gripping.
- 3 Breathe out through the nose for four, emptying fully.
- 4 Hold empty for four, then begin again. Trace the square as you go.
- 5 Repeat four unhurried rounds.



Why it works

Box breathing gives a busy mind one simple thing to follow. The even, four-sided rhythm slows everything down and steadies the body under pressure. It is the breath used by people who need to stay calm and clear when it matters.

Keep it even. If four feels like a strain, drop to three. The point is the steady shape, not the size of the count. Never force the holds.

03



The long exhale that settles you

4-7-8 Breathing

FOR THE 3AM WAKE AND FALLING BACK TO SLEEP

POSTURE LYING DOWN OR RECLINED, BODY FULLY SUPPORTED

- 1 Rest the tip of your tongue just behind your upper teeth.
- 2 Breathe in quietly through the nose for a count of four.
- 3 Hold the breath for seven.
- 4 Breathe out through the mouth for eight, with a soft whoosh.
- 5 That is one round. Repeat four rounds, lying down.

Breath ·
inhale 4 ·
hold 7 ·
exhale 8

In 4 · nose

Hold 7

Out 8 · mouth

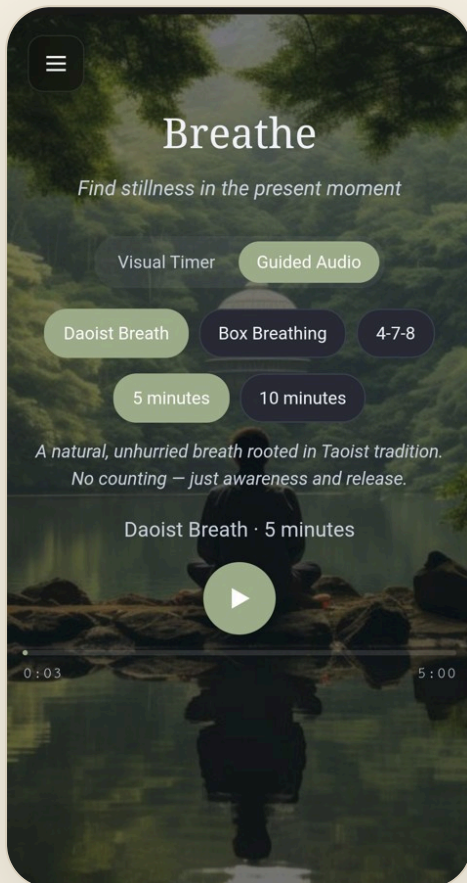
Why it works

The long, slow exhale is what does the work here. When the out-breath is longer than the in-breath, the body reads it as safety and shifts out of fight-or-flight. That is why 4-7-8 is so good for the wired, wide-awake mind at the wrong hour.

The exhale is the medicine. If holding for seven feels long, shorten every count but keep the exhale the longest of the three. Do not do this one while driving.

WHERE TO NEXT

Let the timer breathe with you



The free Breathing Timer

These three breaths are yours to keep. When you would rather close your eyes than watch a page, the free Breathing Timer paces all three for you, hands-free, the same **Daoist Breath**, **Box Breathing** and **4-7-8**. Pick a breath, pick five or ten minutes, and just follow the gentle visual or audio cue.

Create a free account to unlock it at qiguide.app/timer. No payment.

Go deeper: the full Daoist Breathing Guide

This is the taster. The complete guide adds the postures and troubleshooting behind each breath, a **which breath, when** map for real moments, and a gentle **14-day plan** to make it a habit that holds. Everything you need to move from a quick reset to a daily practice.

[READ THE FULL GUIDE ON ETSY →](https://qiguide.etsy.com)

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Breathe when you need it.

This guide is for general wellbeing and education. It is not medical advice. Breathe within your own comfortable range, never to the point of dizziness, and consult a qualified healthcare professional if you have a heart, lung, or blood-pressure condition, or are pregnant.