

The Three Treasures

DAILY RESET

*A Gentle Step-by-Step Practice
for Qi, Shen & Jing*



Dr. Guadalupe Vanderhorst Rodriguez, D.Ac

The Three Treasures Daily Reset

A Gentle Step-by-Step Practice for Qi, Shen & Jing

**A calm daily guide designed for
women seeking balance, clarity,
and sustainable well-being.**

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Welcome

If you are reading this, you may be feeling tired, overwhelmed, or simply aware that the pace of life has begun to feel unsustainable.

This guide was created for women who are thoughtful, capable, and accomplished—yet sense that pushing through no longer works the way it once did.

The Three Treasures Daily Reset offers a simple way to pause, listen, and restore balance without forcing change or adding another obligation to your day.

This is not a program to complete.
It is a practice you return to.

WHAT ARE THE THREE TREASURES?

Understanding the Three Treasures

In holistic health traditions, well-being is supported through three interconnected aspects of life:

Qi – Energy & Physical Flow

Qi reflects how energy moves through your body and daily life. When Qi is strained, we feel tired, tense, or rushed.

WHAT ARE THE THREE TREASURES?

Shen — Emotional & Mental Clarity

Shen reflects emotional balance, mental calm, and inner clarity.

When Shen is unsettled, thoughts race and emotions feel overwhelming.

Jing — Vitality & Sustainability

Jing reflects long-term vitality, resilience, and endurance. When Jing is depleted, rest no longer feels restorative.

This guide gently supports all three—together.

HOW TO USE THIS GUIDE

How to Use the Daily Reset

- This practice takes 5–7 minutes
- You may sit, stand, or lie down
- You may use it daily or as needed
- There is no right or wrong way

If a step feels difficult, shorten it.

If you miss a day, simply return.

The goal is support, not perfection.

The Three-Step Daily Reset

Each step supports one of the Three Treasures:

1. Restore Qi – reconnect with the body and breath
2. Calm Shen – acknowledge emotions and mental activity
3. Protect Jing – preserve long-term vitality through gentle choices

Together, these steps create a steady reset you can use any time.

STEP 1: RESTORE QI

Step One: Restore Qi

Energy & Body Awareness

Begin by bringing attention to your body.

Step-by-Step:

1. Place one hand on your chest and one on your abdomen
2. Take five slow, natural breaths
3. Notice:
 - Where does my body feel tense?
 - Where does it feel at ease?

There is nothing to change.

Simply noticing allows energy to settle.

This step supports Qi by slowing the nervous system and reconnecting you with physical awareness.

STEP 2: CALM SHEN

Step Two: Calm Shen

Emotional & Mental Clarity

Emotions do not need to be fixed to move through.

Step-by-Step:

1. Ask yourself quietly:
 - What emotion feels most present right now?
2. Name it gently—without judgment
3. Place attention on the heart or chest area
4. Breathe slowly for 60 seconds

Acknowledging emotions helps calm Shen and reduces mental strain.

STEP 3: PROTECT JING

Step Three: Protect Jing

Vitality & Sustainability

This step supports long-term well-being.

Step-by-Step:

1. Reflect briefly:

- What drained me today?
- What restored me, even slightly?

2. Choose one gentle action:

- Rest earlier
- Reduce stimulation
- Set a small boundary

Small daily choices protect vitality over time.

USING THE RESET ON BUSY OR HARD DAYS

When Time Is Limited

On difficult days, shorten the practice:

- One breath for Qi
- One emotion named for Shen
- One supportive choice for Jing

Even one minute of awareness can make a difference.

A GENTLE REMINDER

A Final Note

This practice is not about fixing yourself.

It is about listening.

Return to the Daily Reset whenever life feels rushed, heavy, or unclear. Allow it to change with you.

CONTINUE THE PRACTICE

Continue Your Journey

To deepen this work, explore:

The Three Treasures Daily Reflection Journal

A guided journal with 108 gentle prompts inspired by Qi, Shen, and Jing.

Educational resources, reflections, and courses

Available through Book Serenity at www.bookserenity.com.

DISCLAIMER

Educational Notice

This guide is for educational purposes only and does not replace medical or mental health care. Always consult qualified professionals regarding personal health concerns.