Soul Power Series
#1 NEW YORK TIMES BESTSELLING AUTHOR

TAO II

The Way of Healing, Rejuvenation, Longevity, and Immortality

DR. & MASTER ZHI GANG SHA
Sacred Text of the Tao of Healing, Rejuvenation, Longevity, and Immortality

治疗返老还童长寿永生之道
Zhi Liao Fan Lao Huan Tong Chang
Shou Yong Sheng Zhi Dao

(pronounced jr lee-yow fahn lao hwahn
tawng chahng sho yawng shung jr dow)

1. 上乘妙道 Shang Cheng Miao Dao  shahng chung mee-yow dow
   Highest and most profound Tao

2. 奥秘法门 Ao Mi Fa Men  ow mee fah mun
   The sacred and profound method of entering the gate of rejuvenation, longevity, and immortality

3. 得到真传 De Dao Zhen Chuan  dub dow jun chwahn
   Receive the true secret from the master

4. 修炼有望 Xiu Lian You Wang  sheo lyen yoe wahng
   There is hope to accomplish your Xiu Lian journey

5. 金丹至宝 Jin Dan Zhi Bao  jeen dahn jr bao
   Jin Dan is the highest treasure

6. 修炼根基 Xiu Lian Gen Ji  sheo lyen gun jee
   The root and foundation of Xiu Lian
7. Longevity and immortality

8. No second way for fan lao huan tong, longevity, and immortality

9. The purpose of Xiu Lian

10. Remove all sicknesses and strengthen the body

11. Develop intelligence

12. Transform a human being’s life

13. Meld with Tao

14. Go beyond the yin yang world

15. One is not controlled by the principles of Heaven, Mother Earth, and human beings

16. No shape, no control, no restraint from anything
<table>
<thead>
<tr>
<th>17. 得天地精华</th>
<th><strong>De Tian Di Jing Hua</strong></th>
<th><strong>dub tyen dee jing hwh</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Receive the essence of Heaven and Mother Earth</td>
<td></td>
</tr>
<tr>
<td>18. 与日月同辉</td>
<td><strong>Yu Ri Yue Tong Hui</strong></td>
<td><strong>yü rr yoo-eh tawng hway</strong></td>
</tr>
<tr>
<td></td>
<td>Shine together with the sun and moon</td>
<td></td>
</tr>
<tr>
<td>19. 天地同存</td>
<td><strong>Tian Di Tong Cun</strong></td>
<td><strong>tyen dee tawng tsoon</strong></td>
</tr>
<tr>
<td></td>
<td>Live together with Heaven and Mother Earth</td>
<td></td>
</tr>
<tr>
<td>20. 长寿永生</td>
<td><strong>Chang Shou Yong Sheng</strong></td>
<td><strong>chahng sho yawng shung</strong></td>
</tr>
<tr>
<td></td>
<td>Longevity and immortality</td>
<td></td>
</tr>
<tr>
<td>21. 苦海众生</td>
<td><strong>Ku Hai Zhong Sheng</strong></td>
<td><strong>koo hye jawng shung</strong></td>
</tr>
<tr>
<td></td>
<td>Everyone and everything in the bitter sea, which is the yin yang world</td>
<td></td>
</tr>
<tr>
<td>22. 生老病死</td>
<td><strong>Sheng Lao Bing Si</strong></td>
<td><strong>shung lao bing sz</strong></td>
</tr>
<tr>
<td></td>
<td>Birth, old age, sickness, death</td>
<td></td>
</tr>
<tr>
<td>23. 因果缠身</td>
<td><strong>Yin Guo Chan Shen</strong></td>
<td><strong>yeen gwaw chahn shun</strong></td>
</tr>
<tr>
<td></td>
<td>Karma controls you, no freedom</td>
<td></td>
</tr>
<tr>
<td>24. 反复轮回</td>
<td><strong>Fan Fu Lun Hui</strong></td>
<td><strong>fahn foo lwun hway</strong></td>
</tr>
<tr>
<td></td>
<td>Reincarnation continues</td>
<td></td>
</tr>
<tr>
<td>25. 修仙成道</td>
<td><strong>Xiu Xian Cheng Dao</strong></td>
<td><strong>sheo shyen chung dow</strong></td>
</tr>
<tr>
<td></td>
<td>Do Xiu Lian to become a saint in order to become Tao</td>
<td></td>
</tr>
<tr>
<td>26. 脱出轮回</td>
<td><strong>Tuo Chu Lun Hui</strong></td>
<td><strong>twaw choo lwun hway</strong></td>
</tr>
<tr>
<td></td>
<td>Get away from reincarnation</td>
<td></td>
</tr>
<tr>
<td>No.</td>
<td>Chinese</td>
<td>Pinyin</td>
</tr>
<tr>
<td>-----</td>
<td>---------</td>
<td>--------</td>
</tr>
<tr>
<td>27.</td>
<td>人仙地仙</td>
<td>\textit{Ren Xian Di Xian}</td>
</tr>
<tr>
<td></td>
<td>Human saints and Mother Earth saints</td>
<td></td>
</tr>
<tr>
<td>28.</td>
<td>上为天仙</td>
<td>\textit{Shang Wei Tian Xian}</td>
</tr>
<tr>
<td></td>
<td>Higher saints are Heaven saints</td>
<td></td>
</tr>
<tr>
<td>29.</td>
<td>道仙最上</td>
<td>\textit{Dao Xian Zui Shang}</td>
</tr>
<tr>
<td></td>
<td>Highest saints are Tao saints</td>
<td></td>
</tr>
<tr>
<td>30.</td>
<td>与道合真</td>
<td>\textit{Yu Dao He Zhen}</td>
</tr>
<tr>
<td></td>
<td>Meld with Tao</td>
<td></td>
</tr>
<tr>
<td>31.</td>
<td>和谐宇宙</td>
<td>\textit{He Xie Yu Zhou}</td>
</tr>
<tr>
<td></td>
<td>Harmonize universes</td>
<td></td>
</tr>
<tr>
<td>32.</td>
<td>奥妙无穷</td>
<td>\textit{Ao Miao Wu Qiong}</td>
</tr>
<tr>
<td></td>
<td>Profound and mysterious without ending</td>
<td></td>
</tr>
<tr>
<td>33.</td>
<td>祛病为先</td>
<td>\textit{Qu Bing Wei Xian}</td>
</tr>
<tr>
<td></td>
<td>First remove sickness</td>
<td></td>
</tr>
<tr>
<td>34.</td>
<td>修善断恶</td>
<td>\textit{Xiu Shan Duan E}</td>
</tr>
<tr>
<td></td>
<td>Be kind and stop all evil</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>除贪嗔痴</td>
<td>\textit{Chu Tan Chen Chi}</td>
</tr>
<tr>
<td></td>
<td>Remove greed, anger, and lack of wisdom</td>
<td></td>
</tr>
<tr>
<td>36.</td>
<td>修妙明心</td>
<td>\textit{Xiu Miao Ming Xin}</td>
</tr>
<tr>
<td></td>
<td>Purify and enlighten your heart</td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>无私为公</td>
<td>\textit{Wu Si Wei Gong}</td>
</tr>
<tr>
<td></td>
<td>Serve others selflessly</td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>修炼法要</td>
<td>\textit{Xiu Lian Fa Yao}</td>
</tr>
<tr>
<td></td>
<td>Xiu Lian principles</td>
<td></td>
</tr>
</tbody>
</table>
39. 誓为公仆 Shi Wei Gong Pu  
Vow to be a servant

40. 世代服务 Shi Dai Fu Wu  
Serve in all lifetimes

41. 服务修炼 Fu Wu Xiu Lian  
Service Xiu Lian

42. 上乘法门 Shang Cheng Fa Men  
The highest sacred Xiu Lian method

43. 祛除业障 Qu Chu Ye Zhang  
Remove bad karma

44. 积功累德 Ji Gong Lei De  
Accumulate virtue

45. 元神真灵 Yuan Shen Zhen Ling  
Tao is profound and mysterious

46. 本在心中 Ben Zai Xin Zhong  
Yuan Shen is inside the heart

47. 不生不灭 Bu Sheng Bu Mie  
Yuan Shen is not born and does not die

48. 与道同存 Yu Dao Tong Cun  
Yuan Shen and Tao exist together

49. 人人皆有 Ren Ren Jie You  
Everyone has Yuan Shen

50. 为何不见 Wei He Bu Jian  
Why can’t a human being see the Yuan Shen?
51. 世俗污浊  
*Shi Su Wu Zhuo*

All kinds of pollution in society

52. 性窍不开  
*Xing Qiao Bu Kai*

The tunnel of the heart is not open

53. 修炼三宝  
*Xiu Lian San Bao*

Practice with the three treasures of jing qi shen

54. 污浊自化  
*Wu Zhuo Zi Hua*

All of the pollution self-transforms

55. 明心见性  
*Ming Xin Jian Xing*

Enlighten your heart to see your Yuan Shen

56. 元神主宰  
*Yuan Shen Zhu Zai*

Yuan Shen is in charge for your life

57. 内三宝  
*Nei San Bao*

Three internal treasures

58. 精气神  
*Jing Qi Shen*

Matter energy soul

59. 外三宝  
*Wai San Bao*

Three external treasures

60. 耳目口  
*Er Mu Kou*

Ears eyes mouth

61. 妄视神漏  
*Wang Shi Shen Lou*

See polluted things, your soul could get lost
62. 妄听精漏  **Wang Ting Jing Lou**  
Hear polluted words, lose your jing

63. 妄言气漏  **Wang Yan Qi Lou**  
Speak polluted words, lose your qi

64. 外三宝漏  **Wai San Bao Lou**  
Three external treasures are leaking

65. 目不妄视  **Mu Bu Wang Shi**  
Do not see polluted things

66. 耳不妄听  **Er Bu Wang Ting**  
Do not hear polluted words

67. 口不妄言  **Kou Bu Wang Yan**  
Do not speak polluted words

68. 外三宝不漏  **Wai San Bao Bu Lou**  
Close your external treasures, do not leak your jing qi shen

69. 不视安神于心  **Bu Shi An Shen Yu Xin**  
Do not see polluted things to make your shen reside peacefully in your heart

70. 不听蓄精于肾  **Bu Ting Xu Jing Yu Shen**  
Do not hear polluted words to increase the jing in your kidneys
71. 不言孕气丹田  
Bu Yan Yun Qi Dan Tian  
Do not speak polluted words to increase the qi in the Dan Tian

72. 内三宝自合  
Nei San Bao Zi He  
Three internal treasures join together

73. 外不漏  
Wai Bu Lou  
Three external treasures do not leak

74. 内自合  
Nei Zi He  
Three internal treasures join as one

75. 通天达地  
Tong Tian Da Di  
Connect Heaven and Mother Earth

76. 逍遥道中  
Xiao Yao Dao Zhong  
Meld with Tao to have true freedom and joy

77. 道生一  
Tao Sheng Yi  
Tao creates One

78. 天一真水  
Tian Yi Zhen Shui  
Heaven’s Oneness sacred liquid

79. 金津玉液  
Jin Jin Yu Ye  
Gold liquid, jade liquid

80. 咽入丹田  
Yan Ru Dan Tian  
Swallow into the Lower Dan Tian
81. 神气精合一 Shen Qi Jing He Yi  shun chee jing huh yee
Join soul energy matter as one

82. 天地人合一 Tian Di Ren He Yi  tyen dee wren huh yee
Join Heaven, Mother Earth, human being as one

83. 金丹炼成 Jin Dan Lian Cheng  jeen dahn lyen chung
Jin Dan is formed

84. 抱元守一 Bao Yuan Shou Yi  bao ywen sho yee
Hold both hands in a circle below the navel and concentrate on the Jin Dan

85. 人命如灯油 Ren Ming Ru Deng You  wren ming roo dung yoe
A human’s life is like the oil in a lamp

86. 耗尽命归西 Hao Jin Ming Gui Xi  how jeen ming gway shee
When the oil is exhausted, life ends

87. 欲健康长寿 Yu Jian Kang Chang Shou  yü jyen kahng chahng sho
Wish to have good health and longevity

88. 必添灯油 Bi Tian Deng You  bee tyen dung yoe
Must add oil to the lamp

89. 天一真水 Tian Yi Zhen Shui  tyen yee jun shway
Heaven’s Oneness sacred liquid
90. 金津玉液 **Jin Jin Yu Ye**  
Gold liquid, jade liquid  

91. 犹如添油 **You Ru Tian You**  
Is just like adding oil  
to the lamp  

92. 油灯常明 **You Deng Chang Ming**  
The oil is always  
burning  

93. 修仙之道 **Xiu Xian Zhi Dao**  
The way to become a  
saint  

94. 性命双修 **Xing Ming Shuang Xiu**  
Do Xiu Lian to develop  
intelligence and body  

95. 明心见性 **Ming Xin Jian Xing**  
Enlighten your heart to  
see your Yuan Shen  

96. 超凡入圣 **Chao Fan Ru Sheng**  
Go beyond an ordinary  
being and become a  
saint  

97. 静定慧明 **Jing Ding Hui Ming**  
Quiet, still, intelligent,  
enlightened  

98. 静中生定 **Jing Zhong Sheng Ding**  
Stillness comes from  
quietness  

99. 定中生慧 **Ding Zhong Sheng Hui**  
Intelligence comes from  
stillness
<table>
<thead>
<tr>
<th>No.</th>
<th>Chinese</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>100.</td>
<td>慧中生明 Hui Zhong Sheng Ming</td>
<td>Enlightenment comes from intelligence</td>
</tr>
<tr>
<td>101.</td>
<td>跳出欲海 Tiao Chu Yu Hai</td>
<td>Jump out from the sea of desire</td>
</tr>
<tr>
<td>102.</td>
<td>服务万灵 Fu Wu Wan Ling</td>
<td>Serve all souls</td>
</tr>
<tr>
<td>103.</td>
<td>抱元守一 Bao Yuan Shou Yi</td>
<td>Hold both hands in a circle below the navel and concentrate on the Jin Dan</td>
</tr>
<tr>
<td>104.</td>
<td>通体透明 Tong Ti Tou Ming</td>
<td>Whole body is transparent</td>
</tr>
<tr>
<td>105.</td>
<td>人之初 Ren Zhi Chu</td>
<td>Origin of a human being</td>
</tr>
<tr>
<td>106.</td>
<td>精卵化人 Jing Luan Hua Ren</td>
<td>Sperm and egg create a human being</td>
</tr>
<tr>
<td>107.</td>
<td>内肾先生 Nei Shen Xian Sheng</td>
<td>Kidneys are produced first</td>
</tr>
<tr>
<td>108.</td>
<td>渐长两目 Jian Zhang Liang Mu</td>
<td>Gradually grow both eyes</td>
</tr>
<tr>
<td>109.</td>
<td>后生外肾 Hou Sheng Wai Shen</td>
<td>Grow the urinary system, including sexual organs</td>
</tr>
</tbody>
</table>
110. 五脏六腑 **Wu Zang Liu Fu**  
Five yin and six yang organs grow

111. 四肢百骸 **Si Zhi Bai Hai**  
Four extremities and skeleton

112. 逐次而生 **Zhu Ci Er Sheng**  
Gradually grow one by one

113. 入静忘我 **Ru Jing Wang Wo**  
Meditate deeply to go into stillness and forget yourself

114. 刹那悟空 **Cha Na Wu Kong**  
Go suddenly into emptiness and nothingness

115. 恍兮惚兮 **Huang Xi Hu Xi**  
Spiritual images appear and disappear

116. 真气从之 **Zhen Qi Cong Zhi**  
Zhen qi, the qi of Yuan Shen, is produced

117. 真气升泥丸 **Zhen Qi Sheng Ni Wan**  
Zhen qi rises to the Zu Qiao

118. 化玉液 **Hua Yu Ye**  
Transforms to jade liquid

119. 入中元 **Ru Zhong Yuan**  
Swallow into the abdomen
120. 滋润丹田  
**Zi Run Dan Tian**  
Nourish the Lower Dan Tian

121. 何谓坤宫  
**He Wei Kun Gong**  
What is the Kun Temple?

122. 肾上心下肝左脾右  
**Shen Shang Xin Xia Gan Zuo Pi You**  
Above the kidneys, below the heart, at the left of the liver, at the right of the spleen

123. 两肾之前脐轮之后  
**Liang Shen Zhi Qian Qi Lun Zhi Hou**  
In front of both kidneys, behind the navel

124. 中虚之窍真气产地  
**Zhong Xu Zhi Qiao Zhen Qi Chan Di**  
The space in Kun Temple is the land to produce zhen qi

125. 母气坤宫  
**Mu Qi Kun Gong**  
Kun Temple carries Mother Earth’s qi

126. 阴阳交媾  
**Yin Yang Jiao Gou**  
Yin yang connect in Kun Temple

127. 坤官意守  
**Kun Gong Yi Shou**  
Concentrate on Kun Temple

128. 真火自来  
**Zhen Huo Zi Lai**  
True fire from Yuan Shen comes by itself
129. 产药之源  Chan Yao Zhi Yuan  
Kun Temple is the source to create yao (the material of Jin Dan)

130. 真气自归  Zhen Qi Zi Gui  
Zhen qi comes back to Kun Temple

131. 天地未判  Tian Di Wei Pan  
Before Heaven and Mother Earth existed

132. 清浊未定  Qing Zhuo Wei Ding  
Clean qi and disturbed qi have not been created

133. 混沌一气  Hun Dun Yi Qi  
There is only one qi, which is Tao

134. 时至气化  Shi Zhi Qi Hua  
When the time comes for Tao to create

135. 清升为天  Qing Sheng Wei Tian  
Clean qi rises to form Heaven

136. 浊降为地  Zhuo Jiang Wei Di  
Disturbed qi falls to form Mother Earth

137. 天地开化  Tian Di Kai Hua  
Heaven and Mother Earth start

138. 地气上升  Di Qi Shang Sheng  
Mother Earth’s qi rises
139. 天气下降  
**Tian Qi Xia Jiang**  
Heaven’s qi falls

140. 万物孕生  
**Wan Wu Yun Sheng**  
Countless things are produced

141. 抱元守一  
**Bao Yuan Shou Yi**  
Hold both hands in a circle below the navel and concentrate on the Jin Dan

142. 真精自固  
**Zhen Jing Zi Gu**  
Real matter is produced nonstop

143. 真气自在  
**Zhen Qi Zi Zai**  
Real qi continues to be produced

144. 真神自现  
**Zhen Shen Zi Xian**  
Yuan Shen appears and is in charge

145. 抱元守一  
**Bao Yuan Shou Yi**  
Hold both hands in a circle below the navel and concentrate on the Jin Dan

146. 三宝合一  
**San Bao He Yi**  
Three treasures, jing qi shen, join as one

147. 真气自行  
**Zhen Qi Zi Xing**  
Real qi moves by itself

148. 真火自运  
**Zhen Huo Zi Yun**  
Real fire moves by itself
149. 百日筑基  **Bai Ri Zhu Ji**  
Practice for one hundred days to build a foundation for your body.

150. 补足漏体  **Bu Zu Lou Ti**  
Completely fulfill your leaky body.

151. 抱元守一  **Bao Yuan Shou Yi**  
Hold both hands in a circle below the navel and concentrate on the Jin Dan.

152. 行走坐卧  **Xing Zou Zuo Wo Bu Li Zhe Ge**  
Walking, sitting, or lying down, always focus on Jin Dan.

153. 千日文武火  **Qian Ri Wen Wu Huo**  
Practice gentle fire and strong fire for one thousand days.

154. 守一咽津液  **Shou Yi Yan Jin Ye**  
Bao Yuan Shou Yi and swallow jade liquid.

155. 性命双修  **Xing Ming Shuang Xiu**  
Do Xiu Lian to develop intelligence and body together.

156. 明心见性  **Ming Xin Jian Xing**  
Enlighten your heart to see your Yuan Shen.
157. 穿岁月
无形
Chuan Sui Yue Wu Xing  chwahn sway yoo-eh woo shing
Time passes without notice

158. 贯金墙
无碍
Guan Jin Qiang Wu Ai  gwahn jeen shyahng woo eye
Go through the golden wall without blockage

159. 三千日抱
元守一
San Qian Ri Bao Yuan  sahn chyen rr bao Shou Yi  ywen sho yee
Practice Bao Yuan Shou Yi for three thousand days

160. 修得与道
合真
Xiu De Yu Dao He Zhen  sheo duh yü dow huh jun
Xiu Lian to meld with Tao

161. 天地淡定
Tian Di Dan Ding  tyen dee dahn ding
Heaven and Mother Earth have no emotion, no desire, no attachment

162. 阳升阴降
Yang Sheng Yin Jiang  yahng shung yeen jyahng
Yang qi ascends, yin qi descends

163. 日往月来
Ri Wang Yue Lai  rr wahng yoo-eh lye
Sun goes, moon comes

164. 万物昌盛
Wan Wu Chang Sheng  wahn woo chahng shung
All things flourish

165. 静中至寂
Jing Zhong Zhi Ji  jing jawng jr jee
Meditate to extreme quietness where you forget yourself

166. 神气相抱
Shen Qi Xiang Bao  shun chee shyahng bao
Yuan Shen and yuan qi hold together
167. 气结精凝  
Qi Jie Jing Ning  
Yuan qi and yuan jing accumulate and concentrate

168. 结成金丹  
Jie Cheng Jin Dan  
Jing Qi Shen He Yi to form Jin Dan

169. 丹田温暖  
Dan Tian Wen Nuan  
Dan Tian area is warm

170. 三关升降  
San Guan Sheng Jiang  
Energy ascends and descends in three gates

171. 上下冲合  
Shang Xia Chong He  
Di qi ascends, tian qi descends; yang qi and yin qi collide and join in order to balance

172. 醍醐灌顶  
Ti Hu Guan Ding  
Suddenly achieve enlightenment

173. 甘露洒心  
Gan Lu Sa Xin  
Dew sprays to the heart

174. 玄天妙音  
Xuan Tian Miao Yin  
Hear Heaven’s profound sounds

175. 耳中常闻  
Er Zhong Chang Wen  
Often hear Heaven’s music and voices

176. 至宝玄珠  
Zhi Bao Xuan Zhu  
Jing Qi Shen He Yi forms the initial Jin Dan, just like a pearl
177. 真真景象 Zhen Zhen Jing Xiang jun jun jing
See the real images shyahng

178. 永存道中 Yong Cun Dao Zhong yawng tsoon dow
These images always jawng exist within Tao jwang

179. 犹如灯光 You Ru Deng Guang yoe roo dung
Just like the lamp gwahng light

180. 长明不熄 Chang Ming Bu Xi chahng ming boo shee
The light always shines continuously

181. 先天真阳 Xian Tian Zhen Yang shyen tyen jun yahng
Innate real yang is Yuan Shen

182. 后天真阴 Hou Tian Zhen Yin hoe tyen jun yeen
After birth, real yin is Shi Shen plus the body

183. 两气氤氲 Liang Qi Yin Yun lyahng chee yeen yün
Yin yang unification

184. 结成仙胎 Jie Cheng Xian Tai jyeh chung shyen tye
Form a saint baby

185. 仙胎道胎 Xian Tai Dao Tai shyen tye dow tye
Saint baby and Tao Baby

186. 道乳哺养 Dao Ru Pu Yang dow roo poo yahng
Tao milk feeds the saint baby and Tao Baby

187. 成长壮大 Cheng Zhang chung jahng
Zhuang Da jwahng dah
Baby grows bigger and stronger
<table>
<thead>
<tr>
<th>No.</th>
<th>Title (Chinese)</th>
<th>Title (English)</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>188.</td>
<td>提高等级</td>
<td>Ti Gao Deng Ji</td>
<td>Your joined Yuan Shen and Shi Shen are uplifted</td>
</tr>
<tr>
<td>189.</td>
<td>十月功成</td>
<td>Shi Yue Gong Cheng</td>
<td>Saint baby or Tao Baby takes ten months to grow</td>
</tr>
<tr>
<td>190.</td>
<td>脱胎飞升</td>
<td>Tuo Tai Fei Sheng</td>
<td>Soul baby travels</td>
</tr>
<tr>
<td>191.</td>
<td>超乎阴阳</td>
<td>Chao Hu Yin Yang</td>
<td>Go beyond yin yang laws</td>
</tr>
<tr>
<td>192.</td>
<td>无形无拘</td>
<td>Wu Xing Wu Ju</td>
<td>No shape, no control, no restraint from anything</td>
</tr>
<tr>
<td>193.</td>
<td>通身浊阴</td>
<td>Tong Shen Zhuo Yin</td>
<td>Whole body is disturbed yin after birth</td>
</tr>
<tr>
<td>194.</td>
<td>尽化纯阳</td>
<td>Jin Hua Chun Yang</td>
<td>Whole body transforms to pure yang, which is your Yuan Shen</td>
</tr>
<tr>
<td>195.</td>
<td>跳出樊笼</td>
<td>Tiao Chu Fan Long</td>
<td>Jump out from the control of yin, yang, and San Jie</td>
</tr>
<tr>
<td>196.</td>
<td>逍遥无穷</td>
<td>Xiao Yao Wu Qiong</td>
<td>Freedom and joy are endless within Tao</td>
</tr>
<tr>
<td>197.</td>
<td>炼己炼心</td>
<td>Lian Ji Lian Xin</td>
<td>Xiu Lian for your body and heart</td>
</tr>
</tbody>
</table>
198. 炼心不动 **Lian Xin Bu Dong**
The Xiu Lian heart cannot be shaken

199. 离宫修定 **Li Gong Xiu Ding**
Xiu Lian for the heart leads to stillness

200. 定则神和 **Ding Ze Shen He**
Stillness leads to harmonization of Yuan Shen and Shi Shen

201. 和则气安 **He Ze Qi An**
Harmonization of Yuan Shen and Shi Shen will balance and increase qi and bring true peace in the heart

202. 安则精满 **An Ze Jing Man**
Sufficient qi and a peaceful heart will create full jing

203. 满则丹结 **Man Ze Dan Jie**
Sufficient jing accumulates to form the Jin Dan

204. 结则造化 **Jie Ze Zao Hua**
Jin Dan forms and follows nature’s way

205. 玄珠成象 **Xuan Zhu Cheng Xiang**
Initial stage of Jin Dan formation like a pearl
206. 太乙含真  Tai Yi Han Zhen  tye yee hahn jun
Everyone has the real yang of Tao, which is Yuan Shen

207. 津液炼形  Jin Ye Lian Xing  jeen yuh lyen shing
Tian Yi Zhen Shui and Jin Jin Yu Ye transform your body

208. 神形俱妙  Shen Xing Ju Miao  shun shing jü mee-yow
Xing Gong and Ming Gong Xiu Lian have been accomplished

209. 奋勇精进  Fen Yong Jing Jin  fun yawng jing jeen
Try your greatest best to do Xiu Lian

210. 舍生忘死  She Sheng Wang Si  shuh shung wahng sz
Give your life to do Xiu Lian

211. 心死神活  Xin Si Shen Huo  sheen sz shun hwaw
Shi Shen gives up the position, Yuan Shen is in charge

212. 方可修成  Fang Ke Xiu Cheng  fahng kuh sheo chung
Xiu Lian can reach Tao

213. 灵脑身圆满  Ling Nao Shen Yuan Man  ling now shun ywen mahn
Soul mind body enlightenment

214. 金丹道体生  Jin Dan Dao Ti Sheng  jeen dahnh dow tee shung
Jin Dan and Tao body are produced
<table>
<thead>
<tr>
<th>No.</th>
<th>Chinese</th>
<th>Pinyin</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>215</td>
<td>海枯石烂</td>
<td>Hai Ku Shi Lan</td>
<td><em>h ye k oo s hr lahn</em> The seas run dry and</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>the rocks crumble</td>
</tr>
<tr>
<td>216</td>
<td>道体长存</td>
<td>Dao Ti Chang Cun</td>
<td><em>d ow t ee</em> The Tao body lives</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><em>c ha h ng t s oon</em> forever</td>
</tr>
<tr>
<td>217</td>
<td>阴阳归道</td>
<td>Yin Yang Gui Dao</td>
<td><em>y e e n y ah ng g w ay</em> Yin yang returns to</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Tao</td>
</tr>
<tr>
<td>218</td>
<td>与道合真</td>
<td>Yu Dao He Zhen</td>
<td><em>y u d ow h u h j u n</em> Meld with Tao</td>
</tr>
<tr>
<td>219</td>
<td>道法自然</td>
<td>Dao Fa Zi Ran</td>
<td><em>d ow f ah d z r ah n</em> Follows nature’s way</td>
</tr>
<tr>
<td>220</td>
<td>神哉妙哉</td>
<td>Shen Zai Miao Zai</td>
<td><em>sh u n d z ye m e e-y ow</em> Miraculous and</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><em>d z ye</em> profound</td>
</tr>
</tbody>
</table>