

# Bao Yuan Shou Yi Chang Shou Yong Sheng Dao Jing

## 抱元守一長壽永生道經

	Chinese	Pinyin	English translation
1	嘿嘿嘿	Hēi Hēi Hēi	Hei Hei Hei
2	嘿金丹	Hēi Jīn Dān	Hei Golden Light Ball
3	大光明	Dà Guāng Míng	Greatest Light
4	大光明金丹	Dà Guāng Míng Jīn Dān	Greatest Light Golden Light Ball
5	我在道光中	Wǒ Zài Dào Guāng Zhōng	I am in Tao Source light
6	道光在我中	Dào Guāng Zài Wǒ Zhōng	Tao Source light is in me
7	通體透明	Tōng Tǐ Tòu Míng	Whole body is light and transparent
8	哼哼哼	Hēng Hēng Hēng	Heng Heng Heng
9	哼金丹	Hēng Jīn Dān	Heng Golden Light Ball
10	大感恩	Dà Gǎn Ēn	Greatest Gratitude
11	大感恩金丹	Dà Gǎn Ēn Jīn Dān	Greatest Gratitude Golden Light Ball
12	道生德養	Dào Shēng Dé Yǎng	Tao Source creates and De nourishes everyone and everything
13	栽培賜慧	Zāi Péi Cì Huì	Tao Source cultivates and bestows wisdom
14	道恩永存	Dào Ēn Yǒng Cún	The glory of Tao Source is eternal
15	哄哄哄	Hōng Hōng Hōng	Hong Hong Hong
16	哄金丹	Hōng Jīn Dān	Hong Golden Light Ball
17	大謙卑	Dà Qiān Bēi	Greatest Humility
18	大謙卑金丹	Dà Qiān Bēi Jīn Dān	Greatest Humility Golden Light Ball
19	柔弱不爭	Róu Ruò Bù Zhēng	Be gentle and soft, do not compete
20	持續精進	Chí Xù Jīng Jìn	Improve persistently
21	失謙卑	Shī Qiān Bēi	Lose humility
22	跌萬丈	Dié Wàn Zhàng	Fail tremendously in every aspect of life
23	啊啊啊	Āh Āh Āh	Ah Ah Ah
24	啊金丹	Āh Jīn Dān	Ah Golden Light Ball
25	大愛	Dà Ài	Greatest Love
26	大愛金丹	Dà Ài Jīn Dān	Greatest Love Golden Light Ball
27	無條件愛	Wú Tiáo Jiàn Ài	Unconditional love
28	融化災難	Róng Huà Zāi Nàn	Melts all blockages
29	心清神明	Xīn Qīng Shén Míng	Purifies heart and enlightens soul, heart, and mind
30	唏唏唏	Xī Xī Xī	Xi Xi Xi
31	唏金丹	Xī Jīn Dān	Xi Golden Light Ball
32	大服務	Dà Fú Wù	Greatest Service
33	大服務金丹	Dà Fú Wù Jīn Dān	Greatest Service Golden Light Ball

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34	誓為公僕	Shì Wéi Gōng Pú	Vow to be a servant of humanity, Mother Earth, and Heaven
35	無私奉獻	Wú Sī Fèng Xiàn	Serve selflessly
36	上乘法門	Shàng Chéng Fǎ Mén	The highest way to reach Tao Source
37	噫噫噫	Yī Yī Yī	Yi Yi Yi
38	噫金丹	Yī Jīn Dān	Yi Golden Light Ball
39	大寬恕	Dà Kuān Shù	Greatest Forgiveness
40	大寬恕金丹	Dà Kuān Shù Jīn Dān	Greatest Forgiveness Golden Light Ball
41	我原諒您	Wǒ Yuán Liàng Nǐ	I forgive you
42	您原諒我	Nǐ Yuán Liàng Wǒ	You forgive me
43	相愛平安和諧	Xiāng Ài Píng Ān Hé Xié	Love, peace, and harmony
44	嗡嗡嗡	Wēng Wēng Wēng	Weng Weng Weng
45	嗡金丹	Wēng Jīn Dān	Weng Golden Light Ball
46	大圓滿	Dà Yuán Mǎn	Greatest Enlightenment
47	大圓滿金丹	Dà Yuán Mǎn Jīn Dān	Greatest Enlightenment Golden Light Ball
48	靈心腦身圓滿	Líng Xīn Nǎo Shén Yuán Mǎn	Soul, heart, mind, body enlightenment
49	人地天道神仙梯	Rén Dì Tiān Dào Shén Xiān Tī	Human saint, Mother Earth saint, Heaven saint, and Tao Source saint are soul enlightenment layers
50	服務修煉才可攀	Fú Wù Xiū Liàn Cái Kě Pān	Only through service and purification can one reach all enlightenment layers
51	呦呦呦	Yōu Yōu Yōu	You You You
52	呦金丹	Yōu Jīn Dān	You Golden Light Ball
53	大慈悲	Dà Cí Bēi	Greatest Compassion
54	大慈悲金丹	Dà Cí Bēi Jīn Dān	Greatest Compassion Golden Light Ball
55	願力增強	Yuàn Lì Zēng Qiáng	Increase willpower
56	服務眾生	Fú Wù Zhòng Shēng	Serve humanity
57	功德無量	Gōng Dé Wú Liàng	Virtue will be immeasurable
58	哈哈	Hā Hā Hā	Ha Ha Ha
59	哈金丹	Hā Jīn Dān	Ha Golden Light Ball
60	大昌盛	Dà Chāng Shèng	Greatest Flourishing
61	大昌盛金丹	Dà Chāng Shèng Jīn Dān	Greatest Flourishing Golden Light Ball
62	道賜盈福	Dào Cì Yíng Fú	Tao Source bestows huge Tao wisdom, health, longevity, happiness, good relationships, prosperity, luck, success, and more to all aspects of life
63	行善積德	Xíng Shàn Jī Dé	Do good deeds and accumulate virtue
64	道業昌盛	Dào Yè Chāng Shèng	Tao career flourishes

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65 吁吁吁	Yū Yū Yū	Yu Yu Yu
66 吁金丹	Yū Jīn Dān	Yu Golden Light Ball
67 大和諧	Dà Hé Xié	Greatest Harmony
68 大和諧金丹	Dà Hé Xié Jīn Dān	Greatest Harmony Golden Light Ball
69 三人同心	Sān Rén Tóng Xīn	Three people join hearts together
70 齊力斷金	Qí Lì Duàn Jīn	Their strength can cut through gold
71 成功秘訣	Chéng Gōng Mì Jué	This is the secret of Tao success
72 嘿哼哄啊唏噎噲	Hēi Hēng Hōng Āh Xī Yī Wēng Yōu	Divine and Tao Source Qi Channel for healing
73 呦噲噎唏啊哄哼嘿	Yōu Wēng Yī Xī Āh Hōng Hēng Hēi	Divine and Tao Source Jing Channel for rejuvenation and longevity
74 噲嘿哄呦	Wēng Hēi Hōng Yōu	Divine and Tao Source Shen Channel for immortality
75 光感謙愛服寬圓慈	Guāng Gǎn Qiān Ài Fú Kuān Yuán Cí	Tao Source Natures Qi Channel for healing
76 慈圓寬服愛謙感光	Cí Yuán Kuān Fú Ài Qiān Gǎn Guāng	Tao Source Natures Jing Channel for rejuvenation and longevity
77 圓光謙慈	Yuán Guāng Qiān Cí	Tao Source Natures Shen Channel for immortality
78 噓噓噓	Xū Xū Xū	Xu Xu Xu
79 噓金丹	Xū Jīn Dān	Xu Golden Light Ball
80 舒肝金丹	Shū Gān Jīn Dān	Smooth Liver Function Golden Light Ball
81 啊啊啊	Āh Āh Āh	Ah Ah Ah
82 啊金丹	Āh Jīn Dān	Ah Golden Light Ball
83 養心金丹	Yǎng Xīn Jīn Dān	Nourish Heart Golden Light Ball
84 呼呼呼	Hū Hū Hū	Hu Hu Hu
85 呼金丹	Hū Jīn Dān	Hu Golden Light Ball
86 健脾金丹	Jiàn Pí Jīn Dān	Strengthen Spleen Golden Light Ball
87 呬呬呬	Sī Sī Sī	Si Si Si
88 呬金丹	Sī Jīn Dān	Si Golden Light Ball
89 宣肺金丹	Xuān Fèi Jīn Dān	Facilitate Lung Function Golden Light Ball
90 吹吹吹	Chuī Chuī Chuī	Chui Chui Chui
91 吹金丹	Chuī Jīn Dān	Chui Golden Light Ball
92 壯腎金丹	Zhuàng Shèn Jīn Dān	Reinforce Kidneys Golden Light Ball
93 目不妄視	Mù Bù Wàng Shì	Do not look at impure things
94 耳不妄聽	Ěr Bù Wàng Tīng	Do not listen to impure sounds
95 口不妄言	Kǒu Bù Wàng Yán	Do not speak impure words

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96 外三寶不漏	Wài Sān Bǎo Bù Lòu	Three external treasures (eyes, ears, mouth) do not leak
97 不視安神於心	Bù Shì Ān Shén Yú Xīn	Do not look at impure things to keep your soul and mind pure and peaceful in your heart
98 不聽蓄精於腎	Bù Tīng Xù Jīng Yú Shèn	Do not listen to impure sounds to increase the pure essence of matter in your kidneys
99 不言孕氣丹田	Bù Yán Yùn Qì Dān Tián	Do not speak impure words to increase the pure energy in your Lower Dan Tian
100 內三寶自合	Nèi Sān Bǎo Zì Hé	Three internal treasures (Jing [matter], Qi [energy], Shen [soul, heart, mind]) join together
101 外不漏	Wài Bù Lòu	Three external treasures do not leak
102 內自合	Nèi Zì Hé	Three internal treasures join as one
103 通天達地	Tōng Tiān Dá Dì	Connect through Heaven and Mother Earth
104 逍遙道中	Xiāo Yáo Dào Zhōng	Meld with Tao for true freedom from all You World laws
105 抱元守一	Bào Yuán Shǒu Yī	Hold, focus, and meld as one, which is Tao
106 一即是中	Yī Jí Shì Zhōng	One is Zhong, the core of one's life
107 坤宮命門尾閭 會陰加足跟	Kūn Gōng Mìng Mén Wěi Lǚ Huì Yīn Zú Gēn Zhōng	Kun Temple, Kundalini, sacrum, perineum, and heels of feet Zhong
108 人中地中	Rén Zhōng Dì Zhōng	Zhong includes Human Zhong, Mother Earth Zhong
109 天中道中	Tiān Zhōng Dào Zhōng	Zhong also includes Heaven Zhong, Tao Zhong
110 中中道空空	Zhōng Zhōng Dào Kōng Kōng	Core, core, Tao, emptiness, emptiness, which are all Tao Source
111 抱元守一	Bào Yuán Shǒu Yī	Hold, focus, and meld as one, which is Tao
112 天一真水	Tiān Yī Zhēn Shuǐ	Heaven's sacred nectar
113 金津玉液	Jīn Jīn Yù Yè	Earth's sacred golden and jade nectar
114 咽入丹田	Yàn Rù Dān Tián	Swallow Heaven and Earth's sacred nectars into the Lower Dan Tian
115 神氣精合一	Shén Qì Jīng Hé Yī	Soul, heart, mind, energy, matter join as one
116 天地人合一	Tiān Dì Rén Hé Yī	Heaven, Mother Earth, Human join as one in soul, heart, mind, energy, and matter
117 金丹形成	Jīn Dān Xíng Chéng	Jin Dan is formed
118 抱元守一	Bào Yuán Shǒu Yī	Hold, focus, and meld as one, which is Tao
119 舌抵上顎	Shé Dǐ Shàng È	Tip of tongue touches palate
120 咽津不斷	Yàn Jīn Bù Duàn	Swallow Heaven's and Earth's sacred nectars constantly
121 金丹壯大	Jīn Dān Zhuàng Dà	Jin Dan grows bigger and stronger

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122 抱元守一	Bào Yuán Shǒu Yī	Hold, focus, and meld as one, which is Tao
123 十圓滿合一	Shí Yuán Mǎn Hé Yī	Number ten indicates soul, heart, mind, and body enlightenments join as one
124 九九归一	Jiǔ Jiǔ Guī Yī	Number nine indicates all kinds of spiritual belief systems join as one
125 八卦合一	Bā Guà Hé Yī	Number eight indicates <i>I Ching Ba Gua</i> , including Heaven, Earth, thunder, wind, water, fire, mountain, and lake, join as one
126 北斗七星合一	Běi Dǒu Qī Xīng Hé Yī	Number seven indicates the seven stars in the Big Dipper join as one
127 南斗六星合一	Nán Dǒu Liù Xīng Hé Yī	Number six indicates the six stars in the Southern Dipper join as one
128 五行合一	Wǔ Xíng Hé Yī	Number five indicates Five Elements join as one
129 四象合一	Sì Xiàng Hé Yī	Number four indicates different conditions of Yin and Yang, including Younger Yin, Older Yin, Younger Yang, and Older Yang, join as one
130 神氣精合一	Shén Qì Jīng Hé Yī	Soul, heart, mind, energy, matter join as one
131 陰陽合一	Yīn Yáng Hé Yī	Yin Yang join as one
132 人地天道中合一	Rén Dì Tiān Dào Zhōng Hé Yī	Zhong of Human, Mother Earth, Heaven, and Tao join as one
133 萬物合一	Wàn Wù Hé Yī	Countless planets, stars, galaxies, and universes, human beings, and all things join as one
134 道生一	Dào Shēng Yī	Tao creates One
135 一生二	Yī Shēng Èr	One creates Two
136 二生三	Èr Shēng Sān	Two creates Three
137 三生萬物	Sān Shēng Wàn Wù	Three creates all things
138 萬物归三	Wàn Wù Guī Sān	All things purify in order to return to and reach Three
139 三归二	Sān Guī Èr	Three purifies in order to return to and reach Two
140 二归一	Èr Guī Yī	Two purifies in order to return to and reach One
141 一归道	Yī Guī Dào	One purifies in order to return to and reach Tao
142 常誦此經不離口	Cháng Sòng Cǐ Jīng Bù Lí Kǒu	Continue to chant this sacred classic non-stop, silently or aloud
143 常丹轉此經	Cháng Dān Zhuǎn Cǐ Jīng	Frequently trace this sacred classic with your Dan
144 金丹持續壯大	Jīn Dān Chí Xù Zhuàng Dà	Jin Dan continues to grow bigger and stronger
145 待到金丹等身大	Dài Dào Jīn Dān Děng Shēn Dà	Wait until the Jin Dan grows to the size of the body
146 長壽永生道修成	Cháng Shòu Yǒng Shēng Dào Xiū Chéng	Longevity, immortality, and the Tao journey are accomplished