Sacred Text of the Tao of Healing, Rejuvenation, Longevity, and Immortality

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 Shang Cheng Miao Dao shahng chung mee-yow dow Highest and most profound Tao 2 Ao Mi Fa Men ow mee fah mun The sacred and profound method of entering the gate of rejuvenation, longevity, and immortality 3 De Dao Zhen Chuan duh dow jun chwahn Receive the true secret from the master 4 Xiu Lian You Wang sheo Iyen yoe wahng There is hope to accomplish your Xiu Lian journey 5 Jin Dan Zhi Bao jeen dahn jr bao Jin Dan is the highest treasure 6 Xiu Lian Gen Ji sheo Iyen gun jee The root and foundation of Xiu Lian 7 Chang Shou Yong Sheng chohang sho yawng shung Longevity and immortality 9 Xiu Lian Mu Di sheo Iyen moo dee The purpose of Xiu Lian 10 Qu Bing Jian Shen chū bing jyen shun Remove all sicknesses and strengthen the body 11 Kai Fa Zhi Neng kye fah jr nung Develop intelligence 12 Zhuan Hua Ren Sheng jwahn hwoh were shung Transform a human being's life 13 Yu Dao He Zhen yü dow hoo yeen yahng Go beyond the yin yang world 15 Tiao Chu San Jie		Text	Pronunciation	Translation/meaning
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Everyone and everything in the bitter sea, which is the yin yang world 22 Sheng Lao Bing Si shung lao bing sz Birth, old age, sickness, death 23 Yin Guo Chan Shen yeen gwaw chahn shun Karma controls you, no freedom 24 Fan Fu Lun Hui fahn foo lwun hway Reincarnation continues 25 Xiu Xian Cheng Dao sheo shyen chung dow Do Xiu Lian to become a saint in order to become Tao 26 Tuo Chu Lun Hui twaw choo lwun hway Get away from reincarnation 27 Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints 28 Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints 29 Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints 30 Yu Dao He Zhen yü dow huh jun Meld with Tao 31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	19	Tian Di Tong Cun	tyen dee tawng tsoon	Live together with Heaven and Mother Earth
yin yang world 22 Sheng Lao Bing Si shung lao bing sz Birth, old age, sickness, death 23 Yin Guo Chan Shen yeen gwaw chahn shun Karma controls you, no freedom 24 Fan Fu Lun Hui fahn foo lwun hway Reincarnation continues 25 Xiu Xian Cheng Dao sheo shyen chung dow Do Xiu Lian to become a saint in order to become Tao 26 Tuo Chu Lun Hui twaw choo lwun hway Get away from reincarnation 27 Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints 28 Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints 29 Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints 30 Yu Dao He Zhen yü dow huh jun Meld with Tao 31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	20	Chang Shou Yong Sheng	chahng sho yawng shung	Longevity and immortality
Yin Guo Chan Shen yeen gwaw chahn shun Karma controls you, no freedom 24 Fan Fu Lun Hui fahn foo lwun hway Reincarnation continues 25 Xiu Xian Cheng Dao sheo shyen chung dow Do Xiu Lian to become a saint in order to become Tao 26 Tuo Chu Lun Hui twaw choo lwun hway Get away from reincarnation 27 Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints 28 Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints 29 Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints 30 Yu Dao He Zhen yü dow huh jun Meld with Tao 31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	21	Ku Hai Zhong Sheng	koo hye jawng shung	
Fan Fu Lun Hui fahn foo lwun hway Reincarnation continues Xiu Xian Cheng Dao sheo shyen chung dow Do Xiu Lian to become a saint in order to become Tao Tuo Chu Lun Hui twaw choo lwun hway Get away from reincarnation Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints Yu Dao He Zhen yü dow huh jun Meld with Tao He Xie Yu Zhou huh shyeh yü joe Harmonize universes Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending Au Bing Wei Xian chü bing way shyen First remove sickness Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil Remove greed, anger, and lack of wisdom	22	Sheng Lao Bing Si	shung lao bing sz	Birth, old age, sickness, death
25 Xiu Xian Cheng Dao sheo shyen chung dow Do Xiu Lian to become a saint in order to become Tao 26 Tuo Chu Lun Hui twaw choo lwun hway Get away from reincarnation 27 Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints 28 Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints 29 Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints 30 Yu Dao He Zhen yü dow huh jun Meld with Tao 31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	23	Yin Guo Chan Shen	yeen gwaw chahn shun	Karma controls you, no freedom
Tuo Chu Lun Hui twaw choo lwun hway Get away from reincarnation Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints Yu Dao He Zhen yü dow huh jun Meld with Tao He Xie Yu Zhou huh shyeh yü joe Harmonize universes Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending Qu Bing Wei Xian chü bing way shyen First remove sickness Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	24	Fan Fu Lun Hui	fahn foo lwun hway	Reincarnation continues
Ren Xian Di Xian wren shyen dee shyen Human saints and Mother Earth saints Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints Yu Dao He Zhen yü dow huh jun Meld with Tao He Xie Yu Zhou huh shyeh yü joe Harmonize universes Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending Qu Bing Wei Xian chü bing way shyen First remove sickness Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	25	Xiu Xian Cheng Dao	sheo shyen chung dow	Do Xiu Lian to become a saint in order to become Tao
Shang Wei Tian Xian shahng way tyen shyen Higher saints are Heaven saints Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints Vu Dao He Zhen yü dow huh jun Meld with Tao He Xie Yu Zhou huh shyeh yü joe Harmonize universes Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending Qu Bing Wei Xian chü bing way shyen First remove sickness Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	26	Tuo Chu Lun Hui	twaw choo lwun hway	Get away from reincarnation
29 Dao Xian Zui Shang dow shyen dzway shahng Highest saints are Tao saints 30 Yu Dao He Zhen yü dow huh jun Meld with Tao 31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	27	Ren Xian Di Xian	wren shyen dee shyen	Human saints and Mother Earth saints
30 Yu Dao He Zhen yü dow huh jun Meld with Tao 31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	28	Shang Wei Tian Xian	shahng way tyen shyen	Higher saints are Heaven saints
31 He Xie Yu Zhou huh shyeh yü joe Harmonize universes 32 Ao Miao Wu Qiong ow mee-yow woo chyawng Profound and mysterious without ending 33 Qu Bing Wei Xian chü bing way shyen First remove sickness 34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	29	Dao Xian Zui Shang	dow shyen dzway shahng	Highest saints are Tao saints
32Ao Miao Wu Qiongow mee-yow woo chyawngProfound and mysterious without ending33Qu Bing Wei Xianchü bing way shyenFirst remove sickness34Xiu Shan Duan Esheo shahn dwahn uhBe kind and stop all evil35Chu Tan Chen Chichoo tahn chun cheeRemove greed, anger, and lack of wisdom	30	Yu Dao He Zhen	yü dow huh jun	Meld with Tao
33 Qu Bing Wei Xian <i>chü bing way shyen</i> First remove sickness 34 Xiu Shan Duan E <i>sheo shahn dwahn uh</i> Be kind and stop all evil 35 Chu Tan Chen Chi <i>choo tahn chun chee</i> Remove greed, anger, and lack of wisdom	31	He Xie Yu Zhou	huh shyeh yü joe	Harmonize universes
34 Xiu Shan Duan E sheo shahn dwahn uh Be kind and stop all evil 35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	32	Ao Miao Wu Qiong	ow mee-yow woo chyawng	Profound and mysterious without ending
35 Chu Tan Chen Chi choo tahn chun chee Remove greed, anger, and lack of wisdom	33	Qu Bing Wei Xian	chü bing way shyen	First remove sickness
	34	Xiu Shan Duan E	sheo shahn dwahn uh	Be kind and stop all evil
36 Xiu Miao Ming Xin sheo mee-yow ming sheen Purify and enlighten your heart	35	Chu Tan Chen Chi	choo tahn chun chee	Remove greed, anger, and lack of wisdom
	36	Xiu Miao Ming Xin	sheo mee-yow ming sheen	Purify and enlighten your heart

	Text	Pronunciation	Translation/meaning
37	Wu Si Wei Gong	woo sz way gawng	Serve others selflessly
38	Xiu Lian Fa Yao	sheo lyen fah yow	Xiu Lian principles
39	Shi Wei Gong Pu	shr way gawng poo	Vow to be a servant
40	Shi Dai Fu Wu	shr dye foo woo	Serve in all lifetimes
41	Fu Wu Xiu Lian	foo woo sheo lyen	Service Xiu Lian
42	Shang Cheng Fa Men	shahng chung fah mun	The highest sacred Xiu Lian method
43	Qu Chu Ye Zhang	chü choo yuh jahng	Remove bad karma
44	Ji Gong Lei De	jee gawng lay duh	Accumulate virtue
45	Yuan Shen Zhen Ling	ywen shun jun ling	Tao is profound and mysterious
46	Ben Zai Xin Zhong	bun dzye sheen jawng	Yuan Shen is inside the heart
47	Bu Sheng Bu Mie	boo shung boo myeh	Yuan Shen is not born and does not die
48	Yu Dao Tong Cun	yü dow tawng tsoon	Yuan Shen and Tao exist together
49	Ren Ren Jie You	wren wren jyeh yoe	Everyone has Yuan Shen
50	Wei He Bu Jian	way huh boo jyen	Why can't a human being see the Yuan Shen?
51	Shi Su Wu Zhuo	shr soo woo jwaw	All kinds of pollution in society
52	Xing Qiao Bu Kai	shing chee-yow boo kye	The tunnel of the heart is not open
53	Xiu Lian San Bao	sheo lyen sahn bao	Practice with the three treasures of jing qi shen
54	Wu Zhuo Zi Hua	woo jwaw dz hwah	All of the pollution self-transforms
55	Ming Xin Jian Xing	ming sheen jyen shing	Enlighten your heart to see your Yuan Shen
56	Yuan Shen Zhu Zai	ywen shun joo dzye	Yuan Shen is in charge for your life
57	Nei San Bao	nay sahn bao	Three internal treasures
58	Jing Qi Shen	jing chee shun	Matter energy soul
59	Wai San Bao	wye sahn bao	Three external treasures
60	Er Mu Kou	ur moo koe	Ears eyes mouth
61	Wang Shi Shen Lou	wahng shr shun loe	See polluted things, your soul could get lost
62	Wang Ting Jing Lou	wahng ting jing loe	Hear polluted words, lose your jing
63	Wang Yan Qi Lou	wahng yahn chee loe	Speak polluted words, lose your qi
64	Wai San Bao Lou	wye sahn bao loe	Three external treasures are leaking
65	Mu Bu Wang Shi	moo boo wahng shr	Do not see polluted things
66	Er Bu Wang Ting	ur boo wahng ting	Do not hear polluted words
67	Kou Bu Wang Yan	koe boo wahng yahn	Do not speak polluted words
68	Wai San Bao Bu Lou	wye sahn bao boo loe	Close your external treasures, do not leak your jing qi shen
69	Bu Shi An Shen Yu Xin	boo shr ahn shun yü sheen	Do not see polluted things to make your shen reside peacefully in your heart
70	Bu Ting Xu Jing Yu Shen	boo ting shü jing yü shun	Do not hear polluted words to increase the jing in your kidneys
71	Bu Yan Yun Qi Dan Tian	boo yahn yün chee dahn tyen	Do not speak polluted words to increase the qi in the Dan Tian
72	Nei San Bao Zi He	nay sahn bao dz huh	Three internal treasures join together
73	Wai Bu Lou	wye boo loe	Three external treasures do not leak
74	Nei Zi He	nay dz huh	Three internal treasures join as one
75	Tong Tian Da Di	tawng tyen dah dee	Connect Heaven and Mother Earth
76	Xiao Yao Dao Zhong	shee-yow yow dow jawng	Meld with Tao to have true freedom and joy
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	Text	Pronunciation	Translation/meaning
77	Tao Sheng Yi	dow shung yee	Tao creates One
78	Tian Yi Zhen Shui	tyen yee jun shway	Heaven's Oneness sacred liquid
79	Jin Jin Yu Ye	jeen jeen yü yuh	Gold liquid, jade liquid
80	Yan Ru Dan Tian	yahn roo dahn tyen	Swallow into the Lower Dan Tian
81	Shen Qi Jing He Yi	shun chee jing huh yee	Join soul energy matter as one
82	Tian Di Ren He Yi	tyen dee wren huh yee	Join Heaven, Mother Earth, human being as one
83	Jin Dan Lian Cheng	jeen dahn lyen chung	Jin Dan is formed
84	Bao Yuan Shou Yi	bao ywen sho yee	Hold both hands in a circle below the navel and
			concentrate on the Jin Dan
85	Ren Ming Ru Deng You	wren ming roo dung yoe	A human's life is like the oil in a lamp
86	Hao Jin Ming Gui Xi	how jeen ming gway shee	When the oil is exhausted, life ends
87	Yu Jian Kang Chang Shou	yü jyen kahng chahng sho	Wish to have good health and longevity
88	Bi Tian Deng You	bee tyen dung yoe	Must add oil to the lamp
89	Tian Yi Zhen Shui	tyen yee jun shway	Heaven's Oneness sacred liquid
90	Jin Jin Yu Ye	jeen jeen yü yuh	Gold liquid, jade liquid
91	You Ru Tian You	yoe roo tyen yoe	Is just like adding oil to the lamp
92	You Deng Chang Ming	yoe dung chahng ming	The oil is always burning
93	Xiu Xian Zhi Dao	sheo shyen jr dow	The way to become a saint
94	Xing Ming Shuang Xiu	shing ming shwahng sheo	Do Xiu Lian to develop intelligence and body
95	Ming Xin Jian Xing	ming sheen jyen shing	Enlighten your heart to see your Yuan Shen
96	Chao Fan Ru Sheng	chow fahn roo shung	Go beyond an ordinary being and become a saint
97	Jing Ding Hui Ming	jing ding hway ming	Quiet, still, intelligent, enlightened
98	Jing Zhong Sheng Ding	jing jawng shung ding	Stillness comes from quietness
99	Ding Zhong Sheng Hui	ding jawng shung hway	Intelligence comes from stillness
100	Hui Zhong Sheng Ming	hway jawng shung ming	Enlightenment comes from intelligence
101	Tiao Chu Yu Hai	tee-yow choo yü hye	Jump out from the sea of desire
102	Fu Wu Wan Ling	foo woo wahn ling	Serve all souls
103	Bao Yuan Shou Yi	bao ywen sho yee	Hold both hands in a circle below the navel and
404	T T' T		concentrate on the Jin Dan
104	Tong Ti Tou Ming	tawng tee toe ming	Whole body is transparent
105	Ren Zhi Chu	wren jr choo	Origin of a human being
106	Jing Luan Hua Ren	jing lwahn hwah wren	Sperm and egg create a human being
107	Nei Shen Xian Sheng	nay shun shyen shung	Kidneys are produced first
108	Jian Zhang Liang Mu	jyen jahng lyahng moo	Gradually grow both eyes
109	Hou Sheng Wai Shen	hoe shung wye shun	Grow the urinary system, including sexual organs
110	Wu Zang Liu Fu	woo dzahng leo foo	Five yin and six yang organs grow
111	Si Zhi Bai Hai	sz jr bye hye	Four extremities and skeleton
112	Zhu Ci Er Sheng	joo tszz ur shung	Gradually grow one by one
113	Ru Jing Wang Wo	roo jing wahng waw	Meditate deeply to go into stillness and forget yourself
114	Cha Na Wu Kong	chah nah woo kawng	Go suddenly into emptiness and nothingness
115	Huang Xi Hu Xi	hwahng shee hoo shee	Spiritual images appear and disappear
116	Zhen Qi Cong Zhi	jun chee tsawng jr	Zhen qi, the qi of Yuan Shen, is produced

	Text	Pronunciation	Translation/meaning
117	Zhen Qi Sheng Ni Wan	jun chee shung nee wahn	Zhen qi rises to the Zu Qiao
118	Hua Yu Ye	hwah yü yuh	Transforms to jade liquid
119	Ru Zhong Yuan	roo jawng ywen	Swallow into the abdomen
120	Zi Run Dan Tian	dz rwun dahn tyen	Nourish the Lower Dan Tian
121	He Wei Kun Gong	huh way kwun gawng	What is the Kun Temple?
122	Shen Shang Xin Xia Gan Zuo Pi You	shun shahng sheen shya gahn dzwaw pee yoe	Above the kidneys, below the heart, at the left of the liver, at the right of the spleen
123	Liang Shen Zhi Qian Qi Lun Zhi Hou	lyahng shun jr chyen chee lwun jr hoe	In front of both kidneys, behind the navel
124	Zhong Xu Zhi Qiao Zhen Qi Chan Di	jawng shü jr chee-yow jun chee chahn dee	The space in Kun Temple is the land to produce zhen qi
125	Mu Qi Kun Gong	moo chee kwun gawng	Kun Temple carries Mother Earth's qi
126	Yin Yang Jiao Gou	yeen yahng jee-yow goe	Yin yang connect in Kun Temple
127	Kun Gong Yi Shou	kwun gawng yee sho	Concentrate on Kun Temple
128	Zhen Huo Zi Lai	jun hwaw dz lye	True fire from Yuan Shen comes by itself
129	Chan Yao Zhi Yuan	chahn yow jr ywen	Kun Temple is the source to create yao (the material of Jin Dan)
130	Zhen Qi Zi Gui	jun chee dz gway	Zhen qi comes back to Kun Temple
131	Tian Di Wei Pan	tyen dee way pahn	Before Heaven and Mother Earth existed
132	Qing Zhuo Wei Ding	ching jwaw way ding	Clean qi and disturbed qi have not been created
133	Hun Dun Yi Qi	hwun dwun yee chee	There is only one qi, which is Tao
134	Shi Zhi Qi Hua	shr jr chee hwah	When the time comes for Tao to create
135	Qing Sheng Wei Tian	ching shung way tyen	Clean qi rises to form Heaven
136	Zhuo Jiang Wei Di	jwaw jyahng way dee	Disturbed qi falls to form Mother Earth
137	Tian Di Kai Hua	tyen dee kye hwah	Heaven and Mother Earth start
138	Di Qi Shang Sheng	dee chee shahng shung	Mother Earth's qi rises
139	Tian Qi Xia Jiang	tyen chee shya jyahng	Heaven's qi falls
140	Wan Wu Yun Sheng	wahn woo yün shung	Countless things are produced
141	Bao Yuan Shou Yi	bao ywen sho yee	Hold both hands in a circle below the navel and
			concentrate on the Jin Dan
142	Zhen Jing Zi Gu	jun jing dz goo	Real matter is produced nonstop
143	Zhen Qi Zi Zai	jun chee dz dzye	Real qi continues to be produced
144	Zhen Shen Zi Xian	jun shun dz shyen	Yuan Shen appears and is in charge
145	Bao Yuan Shou Yi	bao ywen sho yee	Hold both hands in a circle below the navel and concentrate on the Jin Dan
146	San Bao He Yi	sahn bao huh yee	Three treasures, jing qi shen, join as one
147	Zhen Qi Zi Xing	jun chee dz shing	Real qi moves by itself
148	Zhen Huo Zi Yun	jun hwaw dz yün	Real fire moves by itself
149	Bai Ri Zhu Ji	bye rr joo jee	Practice for one hundred days to build a foundation for your body
150	Bu Zu Lou Ti	boo dzoo loe tee	Completely fulfill your leaky body
151	Bao Yuan Shou Yi	bao ywen sho yee	Hold both hands in a circle below the navel and concentrate on the Jin Dan
152	Xing Zou Zuo Wo Bu Li Zhe Ge	shing dzoe dzwaw waw boo lee juh guh	Walking, sitting, or lying down, always focus on Jin Dan

Gian Ri Wen Wu Huo Chyen rr wun woo hwaw Practice gentle fire and strong fire for one thousand days		Text	Pronunciation	Translation/meaning
154 Shou Yi Yan Jin Ye sha yee yahn jeen yuh Bao Yuan Shou Yi and swallow jade liquid 155 Xing Ming Shuang Xiu Shing ming shwahng sheo Do Xiu Lian to develop intelligence and body together 156 Ming Xin Jian Xing chwahn sway yoo-eh woo shing Time passes without notice 157 Chuan Sui Yue Wu Xing chwahn sway yoo-eh woo shing Time passes without notice 158 Guan Jin Qiang Wu Ai gwahn jeen chyahng woo eye Go through the golden wall without blockage 159 San Qian Ri Bao Yuan shoo UY Sah chyen r bao ywen sho yee Sof through the golden wall without blockage 160 Xiu De Yu Dao He Zhen shoo duh yū dow huh jun Xiu Lian to meld with Tao 161 Tian Di Dan Ding tyen dee dahn ding Heaven and Mother Earth have no emotion, no desire, no attachment 162 Yang Sheng Yin Jiang yahng shung yeen jyahng Yang qi ascends, yin qi descends 163 Ri Wang Yue Lai rr wahng yoo-eh Iye Sun goes, moon comes 164 Wan Wu Chang Sheng wahn woo chahng shung All things flourish 165 Jing Zhong Zhi Ji jing jamng jing jamng Yuan qi and	153	Qian Ri Wen Wu Huo	chyen rr wun woo hwaw	Practice gentle fire and strong fire for one thousand
155 Xing Ming Shuang Xiu shing ming shwahng sheo Do Xiu Lian to develop intelligence and body together 156 Ming Xin Jian Xing ming sheen jiyen shing Enlighten your heart to see your Yuan Shen 157 Chuan Sui Yue Wu Xing chwahn sway yoo-eh woo shing Time passes without notice 158 Guan Jin Qiang Wu Ai gwahn jeen chyahng woo eye Go through the golden wall without blockage 159 San Qian Ri Bao Yuan sahn chyen rr bao ywen sho yee Go through the golden wall without blockage 160 Xiu De Yu Dao He Zhen sheo duh yū dow huh jun Xiu Lian to meld with Tao 161 Tian Di Dan Ding tyen dee dahn ding Heaven and Mother Earth have no emotion, no desire, no attachment 162 Yang Sheng Yin Jiang yang shung yeen jyahng Yang qi ascends, yin qi descends 163 Ri Wang Yue Lai rr wahng yoo-eh Iye Sun goes, moon comes 164 Wan Wu Chang Sheng wahn woo chahng shung All things flourish 165 Jing Zhong Zhi Ji jing awng jr jee Meditate to extreme quietness where you forget 166 Shen Qi Jiang Bao shun chee shyahng bao Yuan Shen and yuan qih old				days
156 Ming Xin Jian Xing ming sheen jyen shing Enlighten your heart to see your Yuan Shen 157 Chuan Sui Yue Wu Xing chwahn sway yoo-eh woo shing Time passes without notice 158 Guan Jin Qiang Wu Ai gwahn jeen chyahng woo eye Go through the golden wall without blockage 159 San Qian Ri Bao Yuan sahn chyen rr bao ywen sho yee Practice Bao Yuan Shou Yi for three thousand days 160 Xiu De Yu Dao He Zhen sheo duh yū dow huh jun Xiu Lian to meld with Tao 161 Tian Di Dan Ding tyen dee dahn ding Heaven and Mother Earth have no emotion, no desire, no attachment 162 Yang Sheng Yin Jiang yang shung yeen jyahng Yang qi ascends, yin qi descends 163 Ri Wang Yue Lai rr wahng yoo-eh lye Sun goes, moon comes 164 Wan Wu Chang Sheng wohn woo chahng shung All things flourish 165 Jing Zhong Zhi Ji jing jowng jr jee Meditate to extreme quietness where you forget yourself 166 Shen Qi Xiang Bao shun chee shyahng boo Yuan Shen and yuan qi hold together 167 Qi Jie Jing Ning chee jyeh jing ning Yuan Qi and yuan qi hold together <td>154</td> <td>Shou Yi Yan Jin Ye</td> <td>sho yee yahn jeen yuh</td> <td>Bao Yuan Shou Yi and swallow jade liquid</td>	154	Shou Yi Yan Jin Ye	sho yee yahn jeen yuh	Bao Yuan Shou Yi and swallow jade liquid
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186Dao Ru Pu Yangdow roo poo yahngTao milk feeds the saint baby and Tao Baby187Cheng Zhang Zhuang Dachung jahng jwahng dahBaby grows bigger and stronger	184	Jie Cheng Xian Tai	jyeh chung shyen tye	Form a saint baby
187 Cheng Zhang Zhuang Da chung jahng jwahng dah Baby grows bigger and stronger	185	Xian Tai Dao Tai	shyen tye dow tye	Saint baby and Tao Baby
	186	Dao Ru Pu Yang	dow roo poo yahng	Tao milk feeds the saint baby and Tao Baby
188 Ti Gao Deng Ji tee gao dung jee Your joined Yuan Shen and Shi Shen are uplifted	187	Cheng Zhang Zhuang Da	chung jahng jwahng dah	Baby grows bigger and stronger
	188	Ti Gao Deng Ji	tee gao dung jee	Your joined Yuan Shen and Shi Shen are uplifted

	Text	Pronunciation	Translation/meaning
189	Shi Yue Gong Cheng	shr yoo-eh gawng chung	Saint baby or Tao Baby takes ten months to grow
190	Tuo Tai Fei Sheng	twaw tye fay shung	Soul baby travels
191	Chao Hu Yin Yang	chow hoo yeen yahng	Go beyond yin yang laws
192	Wu Xing Wu Ju	woo shing woo jü	No shape, no control, no restraint from anything
193	Tong Shen Zhuo Yin	tawng shun jwaw yeen	Whole body is disturbed yin after birth
194	Jin Hua Chun Yang	jeen hwah chwun yahng	Whole body transforms to pure yang, which is your Yuan Shen
195	Tiao Chu Fan Long	tee-yow choo fahn long	Jump out from the control of yin, yang, and San Jie
196	Xiao Yao Wu Qiong	shee-yow yow woo chyawng	Freedom and joy are endless within Tao
197	Lian Ji Lian Xin	lyen jee lyen sheen	Xiu Lian for your body and heart
198	Lian Xin Bu Dong	lyen sheen boo dawng	The Xiu Lian heart cannot be shaken
199	Li Gong Xiu Ding	lee gawng sheo ding	Xiu Lian for the heart leads to stillness
200	Ding Ze Shen He	ding dzuh shun huh	Stillness leads to harmonization of Yuan Shen and Shi Shen
201	He Ze Qi An	huh dzuh chee ahn	Harmonization of Yuan Shen and Shi Shen will balance and increase qi and bring true peace in the heart
202	An Ze Jing Man	ahn dzuh jing mahn	Sufficient qi and a peaceful heart will create full jing
203	Man Ze Dan Jie	mahn dzuh dahn jyeh	Sufficient jing accumulates to form the Jin Dan
204	Jie Ze Zao Hua	jyeh dzuh dzow hwah	Jin Dan forms and follows nature's way
205	Xuan Zhu Cheng Xiang	shwen joo chung shyahng	Initial stage of Jin Dan formation like a pearl
206	Tai Yi Han Zhen	tye yee hahn jun	Everyone has the real yang of Tao, which is Yuan Shen
207	Jin Ye Lian Xing	jeen yuh lyen shing	Tian Yi Zhen Shui and Jin Jin Yu Ye transform your body
208	Shen Xing Ju Miao	shun shing jü mee-yow	Xing Gong and Ming Gong Xiu Lian have been accomplished
209	Fen Yong Jing Jin	fun yawng jing jeen	Try your greatest best to do Xiu Lian
210	She Sheng Wang Si	shuh shung wahng sz	Give your life to do Xiu Lian
211	Xin Si Shen Huo	sheen sz shun hwaw	Shi Shen gives up the position, Yuan Shen is in charge
212	Fang Ke Xiu Cheng	fahng kuh sheo chung	Xiu Lian can reach Tao
213	Ling Nao Shen Yuan Man	ling now shun ywen mahn	Soul mind body enlightenment
214	Jin Dan Dao Ti Sheng	jeen dahn dow tee shung	Jin Dan and Tao body are produced
215	Hai Ku Shi Lan	hye koo shr lahn	The seas run dry and the rocks crumble
216	Dao Ti Chang Cun	dow tee chahng tsoon	The Tao body lives forever
217	Yin Yang Gui Dao	yeen yahng gway dow	Yin yang returns to Tao
218	Yu Dao He Zhen	yü dow huh jun	Meld with Tao
219	Dao Fa Zi Ran	dow fah dz rahn	Follows nature's way
220	Shen Zai Miao Zai	shun dzye mee-yow dzye	Miraculous and profound