The Yellow Court Scripture

黃庭經
Huang Ting Jing

The Exalted One’s Scripture on the External Illumination of the Yellow Court

太上黃庭外景經
Tai Shang Huang Ting Wai Jing Jing

Commentary by Wu Cheng Zi

務成子撰注
Wu Cheng Zi Zhuan Zhu
Upper Chapter of the Scripture, Part One

[1] When Lao Jun was residing on the border he composed these seven character verses.

老君閑居作七言
Lao Jun Xian Ju Zuo Qi Yan

[2] Explaining the bodily form and all its spirits.

解說身形及諸神
Jie Shuo Shen Xing Ji Zhu Shen

[3] Above there is the Yellow Court and below the Original Pass.

上有黃庭下關元
Shang You Huang Ting Xia Guan Yuan

[4] Behind there is the Secret Watchtower and in front the Gate of Life.

後有幽闕前命門
Hou You You Que Qian Ming Men


呼吸廬間入丹田
Hu Xi Lu Jian Ru Dan Tian


⽟玉池清⽔水灌靈根
Yu Chi Qing Shui Guan Ling Gen

[7] If you are able to cultivate and examine this you can live very long.

審能修之可長存
Shen Neng Xiu Zhi Ke Zhang Cun
Within the Yellow Court are persons dressed in a vermilion robes.

黃庭中人衣朱衣
Huang Ting Zhong Ren Yi Zhu Yi

In the Original Pass behind the two closed doors [is a man] with a beautiful flute.

關元茂籥闔兩扉
Guan Yuan Mou Yue He Liang Fei

At the Secret Watchtower are very imposing and lofty heroes.

幽闕俠之高巍巍
You Jue Xia Zhi Gao Wei

The subtle jing and qi are within the Elixir Field.

丹田之中精氣微
Dan Tian Zhi Zhong Jing Qi Wei

The pure water of the Jade Pool is the foremost fertility of life.

⽟玉池清⽔水上⽣生肥
Yu Chi Qing Shui Shang Sheng Fei

The Spiritual Root is strong, in old age it does not deteriorate.

靈根堅固老不衰
Ling Gen Jian Gu Lao Bu Shuai

Within the pool there is a scholar clothed in red vermilion.

中池有⼠士服赤朱
Zhong Chi You Shi Fu Chi Zhu

This spirit dwells in the three inches horizontally beneath.

橫下三⾜尺神所居
Heng Xia San Cun Shen Suo Ju

Within and without repeatedly they close off to oppose each other.

中外相距重閉之
Zhong Wai Xiang Ju Zhong Bi Zhi
Within the spirit of the Thatched Hut is cultivated the cure.

神廬之中當修治
Shen Lu Zhi Zhong Dang Xiu Zhi

The Mysterious Receptor is the tube that receives the qi from the Essence Storehouse.

玄膺氣管受精府
Xuan Ying Qi Guan Shou Jing Fu

Naturally restrain the anxious and obstinate child’s Essence.

急固子子精以自持
Ji Gu Zi Jing Yi Zi Chi

Dwelling within there is a gentleman constantly in a crimson robe.

宅中有士常衣絳
Zhai Zhong You Shi Chang Yi Jiang

If able to see the child there can be no illnesses.

子能見之可不病
Zi Neng Jian Zhi Ke Bu Bing

Around its inner essence, restricted to one foot in length, it is foremost.

橫理長尺約其上
Heng Li Zhang Chi Yao Ji Shang

If able to embrace the child there can be no worm to gnaw at the heart.

子能守之可無恙
Zi Neng Shou Zhi Ke Wu Yang

Inhaling and exhaling within the spaces of the Thatched Hut is natural restoration.

呼吸廬間以自償
Hu Xi Lu Jian Yi Zi Chang
The child guardian receives good fortune for repairing and making the body strong.

子保完堅身受慶
Zi Bao Wan Jian Shou Qing

Within the square inch pay careful attention to conceal the storehouse.

方寸之中謹葢藏
Fang Cun Zhi Zhong Jin Gai Zang

Old age can be returned to fertile health through restoring the jing and shen.

精神還歸老復壯
Jing Shen Huan Gui Lao Fu Zhuang

When the heart bonds with the Secret Tower it flows down unexpectedly.

心結幽闕流下竟
Xin Jie You Que Liu Xia Jing

Commanding with a staff from the Jade Tree the child is nourished.

養子玉樹令可杖
Yang Zi Yu Shu Ling Ke Zhang

There will be no confusion and no troubles when arriving at the Dao.

至道不煩無旁午
Zhi Dao Bu Fan Wu Pang Wu

From within the wilderness approach the Spiritual Terrace and penetrate Heaven.

靈臺通天臨中野
Ling Tai Tong Tian Lin Zhong Ye

Amongst the lower passes, there is within the square inch.

方寸之中間關下
Fang Cun Zhi Zhong Jian Guan Xia
Within the Jade Chamber are the Spiritual Doors.

玉房之中神門戶
Yu Fang Zhi Zhong Shen Men Hu

Teaching my own self the gentleman can be seen.

既是公子教我者
Ji Shi Gong Zi Jiao Wo Zhe

In the Original Ocean there is the Bright Hall of the Four Eminent Methods.

明堂四達法海源
Ming Tang Si Ta Fa Hai Yuan

The True Person prepares the elixir child for the beginning of a new self.

真人子丹當吾前
Zhen Ren Zi Dan Tang Wu Qian

Within the Three Passes are the subtle Essence and Qi.

三關之中精氣深
San Guan Zhi Zhong Jing Qi Shen

The child seeks to cultivate immortality on Kun Lun.

子欲不死修崑崙
Zi Yu Bu Si Xiu Kun Lun

The Zhong Lou in the Red Palace has twelve bracelets.

絳宮重樓十二環
Jiang Gong Zhong Lou Shi Er Huan

Within the Precious Jade House the Five Colors assemble.

瓊室之中五色集
Qiong Shi Zhi Zhong Wu Se Ji

The child of the Red Spirit stands within the pool.

赤神之子中池立
Chi Shen Zhi Zi Zhong Chi Li
Beneath there is a great wall and mysterious village in the valley.

下有長城玄谷色
Xia You Zhang Cheng Xuan Gu Se

Longevity must be treated carefully, for within the chamber there is anxiety.

長生要慎房中急
Zhang Sheng Yao Shen Fang Zhong Ji

Abandon lustful desires and focus intently on youthful Essence.

棄捐婬俗專子精
Qi Juan Yin Su Zhuan Zi Jing

The one-inch square within the one-foot house regulates life.

寸田尺宅可治生
Cun Tian Chi Zhai Ke Zhi Sheng

Constantly restrain the difficult child so the heart can be peaceful.

雉子長留心安寧
Ji Zi Zhang Liu Xin An Ning

Direct the will if the spirit wanders to three eminent immortal spirits.

推志游神三奇靈
Tui Zhi You Shen San Qi Ling

Allow them to walk amongst them and there will be no problem in having Great Peace.

行間無事心太平
Xing Jian Wi Shi Xin Tai Ping

Eternally perserving the spiritual illumination penetrating the Jade Chamber.

常存玉房神明達
Chang Cun Yu Fang Shen Ming Ta
When meditating on the Great Granary there will be no more hunger and thirst.
時思太倉不飢渴
Shi Si Tai Cang Bu Ji Ke

When this is accomplished there will be a visitation from all six Jade Maidens.
役使六丁玉女謁
Yi Shi Liu Ding You Nu Ye

Close off the child at the Essence Gate to acquire the medicine for longevity.
閉子精門可長活
Bi Zi Jing Men Ke Zhang Huo

In front of the Upright Chamber Hall is where the spirit resides.
正室堂前神所舍
Zheng Shi Tang Qian Shen Suo She

Cleanse the mind to self heal rather than wither from impurity.
洗心自治無敗洿
Xi Xin Zi Chi Wu Bai Wu

Contemplate each of the Five Viscera to see their economy.
歷觀五藏視節度
Li Guan Wu Zang Shi Jie Du

Cultivate and heal the Six Treasuries like cleaning pure silk.
六府修治潔素
Liu Fu Xiu Chi Jie Su

The strength of the Dao is in the Void and Naturally-Just-So.
虛無自然道之固
Xu Wu Zi Ran Dao Zhi Gu

All things have the Naturally-Just-So, the Dao is never vexed.
物有自然道不煩
Wu You Zi Ran Dao Bu Fan
It is non-action that surrounds and gives the self and body ease.

Chui Gong Wu Wei Shen Ti An

There is a curtain situated at the chamber leading to the Void.

Xu Wu Zhi Ju Zai Wei Jian

Remain silent and solitary so the mouth does not speak.

Ji Mo Kuo Ran Kou Bu Yan

But cultivate harmony [with the world] standing independent in the True Persons Palace.

Xui He Du Li Zhen Ren Gong

Roam about the Garden of Virtue in cheerful peace.

Tian Tan Wu Yu You De Yuan

There is a cleansing and purifying fragrance before the Jade Girl.

Qing Jing Xiang Jie Yu Nu Qian

At the gate of spiritual penetrations cultivate the light of virtue.

Xui De Ming Ta Shen Zhi Men
Those who practice the Dao should roam its heights and dwell in deep solitude.

作道優遊深獨居
Zuo Dao You You Shen Du Ju

Nurture Nature and Life through guarding the Void.

扶養性命守虛無
Fu Yang Xing Ming Shou Xu Wu

Tranquility and indifference brings joy to the self, why have anxious thoughts?

恬淡自樂何思慮
Tian Dan Zi Le He Si Lu

Afterwards one will have the ability of flight and correctly support the bones.

羽翼已具正扶骨
Yu Yi Yi Ju Zheng Fu Gu

When long observing immortality, flight is overcome.

長生久視乃飛去
Zhang Sheng Jiu Shi Nai Fei Chu

All the Five Activities and the Unequalled are of the same footstalk.

五行參差同根蒂
Wu Xing Can Cha Tong Gen Di

The Three and Five unite their Qi, the Original Ones.

三五合氣其本一
San Wu He Qi Ji Ben Yi
Altogether they share (in function) as the moon, sun, and constellations.

誰與共之斗日月
Shui Yu Gong Zhi Dou Ri Yue

Embracing the jade and cherishing the pearl is to bring harmony to the chamber of the child.

抱玉懷珠和子室
Bao Yu Huai Zhu He Zi Shi

The child will then be able to guard the one and complete the myriad affairs.

子能守一萬事畢
Zi Neng Shou Yi Wan Shi Bi

Grasping onto it the child will naturally acquire it and not lose it.

子自有之持無失
Zi Zi You Zhi Chi Wu Shi

Then [the child] can enter the Golden Chamber and seek no death.

即欲不死入金室
Ji Yu Bu Si Ru Jin Shi

The sun departs and the moon enters, this is my Dao.

出日入月是吾道
Chu Ri Ru Yue Shi Wu Dao

Heaven’s Seven and Earth’s Three return and mutually guard each other.

天七地三迥相守
Tian Qi Di San Hui Xiang Shou

Ascend and descend, advance and withdraw, continually join them.

昇降進退合乃久
Sheng Jiang Jin Tui He Nai Jiu

The Jade Stone, clear and magnificent, this is my treasure.

玉石落落是吾寶
Yu Shi Luo Luo Shi Wu Bao
The child self acquires it, why not guard it?
子自有之何不守
Zi Zi You Zhi He Bu Shou

When the foundation of the mind is clear, the bright flowers are nourished.
心晓根基养华彩
Xin Xiao Gen Ji Yang Hua Cai

Be in service to Heaven, obey the Earth, store the Essence where they join.
服天顺地合藏精
Fu Tian Shun Di He Cang Jing

In Wu of the seventh day, mutually join them in returning.
七日之午迴相合
Qi Ri Zhi Wu Hui Xiang He

There is no confusion atop Mt. Kun Lun
崑崙之上方不迷誤
Kun Lun Zhi Shang Bu Mi Wu

What are the pavilions on the mountain of the Nine Origins?
九原之山何亭亭
Jiu Yuan Zhi Shan He Ting Ting

Within there is a True Person who can bring about order.
中有真人可使令
Zhong You Zhen Ren Ke Shi Ling

Concealed in a Purple Palace with the elixir in the wall tower.
蔽以紫宫丹城楼
Bi Yi Zi Gong Dan Cheng Lou

The brave knight of the sun and moon becomes a bright pearl.
俠以日月为明珠
Xia Yi Ri Yue Wei Ming Zhu
[26]
For ten-thousand years, without cease, illumines himself.
萬 岁 昭 昭 非 有 期
Wan Sui Zhao Zhao Fei You Qi

[27]
Externally all things originally come from the Three Yang.
外 本 三 陽 物 自 來
Wai Ben San Yang Wu Zi Lai

[28]
Longevity can be had by internally embracing the Three Spirits.
內 抱 三 神 可 長 ⽣
Nei Bao San Shen Ke Zhang Sheng

[29]
The Hun seeks going to Heaven, the Po enters the abyss.
魂 欲 上 天 魄 ⼊入 淵
Hun Yu Shang Tian Po Ru Yuan

[30]
Restoring the Hun and reverting the Po is the naturally just so of Dao.
還 魂 返 魄 道 自 然
Huan Hun Fan Po Dao Zi Ran

[31]
Commonly people attempt to produce the pearl by stabilizing the spiritual root.
庶 幾 結 珠 固 靈 根
Shu Ji Jie Zhu Gu Ling Gen

[32]
The jade comb and golden flute complete and strengthen the spirit.
玉 笳 ⾦ 金 籥 神 完 堅
Yu Bi Jin Yue Shen Wan Jian

[33]
Support the Earth but be suspend in Heaven, this completes Qian and Kun.
戴 地 懸 天 周 乾 坤
Dai Di Xuan Tian Zhou Qian Kun
The images of the Four Seasons, the cinnabar just like the elixir.
象以四時赤如丹
Xiang Yi Si Shi Chi Ru Dan

Arranged at the gate, the front is noble and the rear is humble.
前仰後卑列其門
Qian Yang Hou Bi Lie Ji Men

Choose to restore the elixir into the Mysterious Well.
選以還丹與玄泉
Xuan Yi Huan Dan Yu Xuan Quan

The image of the tortoise guides the qi to reach the spiritual root.
象龜引氣致靈根
Xiang Gui Yin Qi Zhi Ling Gen

Within there is a True Person clothed in golden cloth.
中有真人巾金巾
Zhong You Zhen Ren Jin Jin

Bear Jia on the back, hold the Fu to open the seventh gate.
負甲持符開七門
Fu Jia Chi Fu Kai Qi Men

This is not putting attention on the leaves but on the reality of the root.
此非枝葉實是根
Ci Fei Zhi Ye Shi Shi Gen

Meditates in both the daytime and nighttime he can constantly preserve himself.
晝夜思之可常存
Zhou Ye Si Zhi Ke Chang Cun

Immortals and Daoist adepts are without discriminations.
仙人道士非有異
Xian Ren Dao Shi Fei You Yi
They accumulate their Essence and bring harmony and kindness to all.
積 精 所 致 和 専 仁
Ji Jing Suo Zhi He Zhuan Ren

People drain themselves through eating grains along with the Five Flavors.
人 盡 食 穀 與 五 味
Ren Jin Shi Kou Yu Wu Wei

If self-sustained they would ingest the Supreme Harmony of the yin and yang qi.
獨 食 太 和 陰 陽 氣
Du Shi Tai He Yin Yang Qi

Therefore, with irrigating Heaven they have no death.
故 能 不 死 天 相 溉
Gu Neng Bu Si Tian Xiang Gai

Testing these words, the Five Viscera each has its own direction.
試 說 五 藏 各 有 方
Shi Shuo Wu Cang Ge You Fang

The heart is the ruler of the country, and the Five Viscera is the king.
心 為 國 主 五 藏 王
Xin Wei Guo Zhu Wu Cang Wang

Received from the mind-intent of movement and tranquility, the movement of the qi can be obtained.
受 意 動 靜 氣 得 行
Shou Yi Dong Jing Qi De Xing

From the support of the Dao, my spiritual illumination will be bright.
道 自 將 我 神 明 光
Dao Zi Jiang Wo Shen Ming Guang
In the sun of the daytime it illuminates brightly, in the evening guard it.
晝日昭昭夜自守
Zhou Ri Zhao Ye Zi Shou

Thirst and hunger can be naturally satisfied by liquids.
渴可得漿飢自飽
Ke Ke De Jiang Ji Zi Bao

It will pass through the Six Mansions and be stored in Mao and You.
經歷六府藏卯酉
Jing Li Liu Fu Cang Mao You

Understanding my own Essence Flower the yin and yang can be harmonized.
通我精華調陰陽
Tong Wo Jing Hua Tiao Yin Yang

The concealed yin turns the yang in nine.
轉陽之陰藏於九
Zhuan Yang Zhi Yin Cang Yu Jiu

Practicing this constantly aging will be controlled.
常能行之可不老
Chang Neng Xing Zhi Ke Bu Lao

Cultivate the qi of the liver consistently.
肝之為氣修而長
Gan Zhi Wei Qi Xiu Er Zhang

The Five Viscera are set out in order and are the rulers of the Three Illuminaries.
羅列五藏主三光
Luo Lie Wu Cang Zhu San Guang

Above it connects to the Triple Warmer, below with the Jade Serum.
上合三焦下玉漿
Shang He San Jiao Xiao Yu Jiang
My spirits, Hun and Po, dwells within the center.
我神魂魄在中央
Wo Shen Hun Po Zai Zhong Yang

The Essence secretion flows out like a stream with a fragrant smell.
精液流泉去臭香
Jing Yi Liu Quan Qu Chou Xiang

Establish a connection between the Mysterious Well and the Ming Tang.
立於玄膺含明堂
Li Yu Xuan Ying Han Ming Tang

Like the sounds of clapping thunder and lightning they move together.
雷霹靂往相聞
Lei Pi Li Wang Xiang Wen

The right is You, the left Mao, this is my chamber.
右酉左卯是吾室
You You Zuo Mao Shi Wu Shi
Conceal yourself in the Gate of the Will and wait for Heaven’s Dao.
伏於志門候天道
Fu You Zhi Men Hou Tian Dao

Staying near the child within yourself, guard yourself through restoration.
近在子身還自守
Jin Zai Zi Shen Huan Zi Shou

Keep the spirit still through clarity and tranquility and non-action.
清靜無為神留止
Qing Jing Wu Wei Shen Liu Zhi

The Spirit of Vitality is above, below the principles are openly separated.
精神上下開分理
Jing Shen Shang Xia Kai Fen Li

The Essence waits for the Heavenly Dao, it is the grass of long-life.
精候天道長生草
Jing Hou Tian Dao Zhang Sheng Cao

Penetrating upon the Seven Apertures you will not know old age.
七竅已通不知老
Qi Qiao Yi Tong Bu Zhi Lao

Restore through sitting at Heaven’s Gate waiting for the yin and yang.
還坐天門候陰陽
Huan Zuo Tian Men Hou Yin Yang

The Shen Ming communicates through swallowing down through the throat.
下于喉嚨神明通
Xia Yu Hou Long Shen Ming Tong
Passing beneath the flowered umbrella it is cool and pure.
過華蔭下清且涼
Guo Hua Kai Xia Qing Qie Liang

Entering the deep pool of pure spirit my body can be seen.
入清靈澗見吾形
Ru Qing Ling Yuan Jian Wu Xing

When the restoration is complete the years will be extended into long life.
期成還年可長生
Qi Cheng Huan Nian Ke Zhang Sheng

Passing beneath the flowers the restoration will move the essence of the kidneys.
還過華下動腎精
Huan Guo Hua Xia Dong Shen Jing

Establishing from the Ming Tang gaze upon the Dan Tian.
立於明堂望丹田
Li Yu Ming Tang Wang Dan Tian

Command and employ all the spirits to open the Gate of Life.
將使諸神開命門
Jiang Shi Zhu Shen Kai Ming Men

Connect the benefits of Heaven’s Dao to preserve the Spiritual Root.
通利天道存靈根
Tong Li Tian Dao Cun Ling Gen

Bringing order to the Yin and Yang they will appear like flowing stars.
陰陽列布若流星
Yin Yang Lie Bu Re Liu Xing

The Qi of the liver will circulate everywhere without end.
肝氣周還終無端
Gan Qi Zhou Huan Zhong Wu Duan
The Qi of the lungs initiate the stimulation the Triple Warmer.
肝之為氣三焦起

Seated above Heaven's Gate is the ancient Dao.
上坐天門候故道

The sweet wine of the saliva is like a stream flowing through the Six Mansions.
津液醴泉通六府

Complying with the nose above and below with the openings of the two ears.
隨鼻上下開兩耳

Observe Heaven and Earth to preserve the youthful child.
窺視天地存童子

Harmonize the Essence Flower to restore the hair and teeth.
調和精華治髮齒

The color of the hair will shine and not turn white.
顏色光澤不復白

Examine the liquid as it descends down the throat.
下于喉嚨何落落

Then all the spirits will seek to assemble together in sequence.
諸神皆曾相求索
Below it enters the Crimson Palace of purple colored flowers.

下入終宮紫華色
Xia Ru Zhong Gong Zi Hua Se

Secretly conceal the Flowered Umbrella, gazing completely on the hut.

隱藏華蓋觀通廬
Yin Cang Hua Gai Guan Tong Lu

Steadfastly guard the Spirit of the Mind as it mutually turns the breath.

專守心神轉相呼
Zhuan Shou Xin Shen Zhuan Xiang Hu

Contemplating my Shen Ming to ward-off all evil influences.

觀我神明辟諸邪
Guan Wo Shen Ming Pi Zhu Xie

We all depend on the Spirit of the Spleen for restoring and returning.

脾神還歸依大家
Pi Shen Huan Gui Yi Da Jia

With the Stomach Pipe delicately connect with the Void.

致於胃管通虛無
Zhi Yu Wei Guan Tong Xu Wu

Store and nourish the Spiritual Root so it does not wither.

藏養靈根不復枯
Cang Yang Ling Gen Bu Fu Ku

Close off the Life Gates, such as the Jade Capital.

閉塞命門如玉都
Bi Se Ming Men Ru Yu Du

Longevity will pass 10,000 years and even be increased.

壽傳萬歲年有餘
Shou Zhuan Wan Sui Nian You Yu
The Spirit within the Spleen rules the middle palace.
脾 中 之 神 主 中 宮
Pi Zhong Zhi Shen Zhu Zhong Gong

It takes a pilgrimage through the Five Viscera, putting in order the Three Brights.
朝 曾 五 藏 列 三 光
Chao Zeng Wu Cang Lie San Guang

Above it unites with the Heavenly Gate, and then joins the Bright Hall.
上 合 天 門 合 明 堂
Shang He Tian Men He Ming Tang

It beneficially connects the Six Mansions regulating the Five Activities.
通 利 六 府 調 五 ⾏行
Tong Li Liu Fu Tiao Wu Xing

Of Metal, Wood, Water, Fire, the Earth is king.
金 木 水 火 土 為 王
Jin Mu Shui Huo Tu Wei Wang

It beneficially connects the blood and pulses, and the sweat becomes the serum.
通 利 血 脈 汗 為 漿
Tong Li Xue Mai Han Wei Jiang

Cultivating protects the Seven Apertures, and eliminates what is not auspicious.
修 護 七 竅 去 不 祥
Xiu Hu Qi Qiao Qu Bu Xiang

The Two Spirits mutually acquire the transformation of Jade Bravery.
二 神 相 得 化 玉 英
Er Shen Xiang De Hua Yu Ying
From above he is endowed with Heavenly Qi and so it granted increased life.

The Sun and Moon are arranged to reflect the eternal yin and yang.

The ruler of the Five Viscera are the kidneys, essential for the Jing [Essence].

Surrendering to the Tai Yin completes my form.

The two apertures [nostrils], entering and departing, unite with the Yellow Court.

Inhaling and exhaling the Void within emptiness I can see my form.

This will strengthen my sinews and bones and the blood and pulses to flourish.

Elusive and obscure the green spirit can not be seen as it passes over.
Sitting in the hut the small youth below can be seen,

坐於廬下見小童

Zuo Yu Lu Xia Jian Xiao Tong

Internally breath and meditate to preserve the spiritual bright illumination.

內息思存神明光

Nei Xi Si Cun Shen Ming Guang

Leaving the Heavenly Gate it enters into limitless space.

出於天門入無間

Chu Yu Tian Men Ru Wu Jian

Be tranquil and indifferent without desire to nourish the flowery stem.

恬淡無欲養華莖

Tian Dan Wu Yu Yang Hua Jing

Ingest the mysterious qi to satisfy life.

服食玄氣可遂生

Fu Shi Xuan Qi Ke Sui Sheng

Restore and pass beyond the seven gates to drink from the Ultimate Abyss.

還過七門飲太淵

Huan Guo Qi Men Yin Tai Yuan

When the green spirit passes over it is like an echo and suspended yet connected to me,

通我懸應過青靈

Tong Wo Xuan Ying Guo Jing Ling

Sitting in the hut the small youth within it can be seen,

坐於廬間見小童

Zuo Yu Lu Jian Jian Xiao Tong
Allow it to deliver your eminent method of the immortal Dao.
問於仙道與奇方
Wen Yu Xian Dao Yu Qi Fang

Eat the purple mushroom to attain the purple blossom bravery.
服食芝草紫華英
Fu Shi Zhi Cao Zi Hua Ying

Wearing upon the head a simple white light, it goes to the feet and the Dan Tian.
頭戴白素足丹田
Tou Dai Bai Su Zu Dan Tian

Then you will bathe in the Flowery Pool giving life to the Spiritual Root.
沐浴華池生靈根
Mu Yu Hua Chi Sheng Ling Gen

Three mansions mutually open the Ming Men.
三府相得開命門
San Fu Xiang De Kai Ming Men

All five flavors each arrive with good qi for restoration.
五味皆至善氣還
Wu Wei Jie Zhi Shan Qi Huan

Spreading the hair actively can bring about longlife.
被髮行之可長存
Bei Fa Xing Zhi Ke Zhang Cun

The Great Dao washes the heart so it is without any vexation.
大道蕩蕩心勿煩
Da Dao Dang Dang Xin Wu Fan
My words are complete, and should not be spread in vain, always honor them.

吾言畢矣慎勿傳

The End of Tai Shang’s External Illumination of the Yellow Court Scripture

太上黃庭外景經終
The Yellow Court Scripture

黃庭經
Huang Ting Jing

A Discussion on the Highest Purity Scripture of the Internal Illumination of the Yellow Court

上清黃庭內景經敘
Shang Qing Huang Ting Nei Jing Jing Xu

Commentary by Wu Cheng Zi

務成子撰注
Wu Cheng Zi Zhuan Zhu
Chapter One: Highest Purity

[1] Before the Emperor of the Highest Purity of the Purple Rosy Clouds Void

[2] the Exalted One of the Great Dao, the Eminent Jade Ruler.

[3] While residing leisurely like a stamen and pearl composed these seven character verses.

[4] Dispersing the transformations of the Five Forms and changing 10,000 spirits.

[5] Thus forming this Yellow Court and calling it the Internal Treatise.

[6] On the three terraces of the Qin rhythm the immortal fetus dances.


[8] The Youth’s spirit umbrella produces a purple mist.
This is called, the Jade Writ and it requires serious study.

是日玉書可精研
Shi Yue Yu Shu Ke Jing Yan

Chant ten-thousand times to ascend into the Three Heavens.

詠之萬過昇三天
Yong Zhi Wan Guo Sheng San Tian

One thousand troubles can be eradicated and cure one hundred diseases.

千災以消百病痊
Qian Zai Yi Xiao Bai Bing Quan

There will be no fear of the fierceness and cruelty of tigers and wolves.

不憚虎狼之凶殘
Bu Dan Hu Lang Zhi Xiong Can

Then old age can be rejected forever.

亦以却老年永延
Yi Yi Que Lao Nian Yong Yan
Chapter Two: Highest Being

[14] Above there is the immortal Hun Spirit, below is the Original Pass.

上 有 魂 靈 下 關 元
Shang You Hun Ling Xia Guan Yuan

[15] On the left is Young Yang, and the right Ultimate Yin.

左 為 少 陽 右 太 陰
Zuo Wei Shao Yang You Tai Yin

[16] In back there is the Secret Door, and in front the Gate of Life.

後 有 密 ⼾ 戶 前 有 生 門
Hou You Mi Hu Qian Sheng Men

[17] Perserving the breath, the sun departs and the moon enters.

出 ⽇ 入 月 呼 吸 存
Chu Ri Ru Yue Hu Xi Cun

[18] The four breaths [Qi] blend together and separate at night.

四 氣 所 合 列 宿 分
Si Qi Suo He Lie Su Fen

[19] A purple mist rises and descends through the three pure clouds.

紫 烟 上 下 三 素 元
Zi Yan Shang Xia San Su Yuan

[20] Irrigating and infusing the Five Flowers and planting the Spiritual Root.

灌 溉 五 華 植 靈 根
Gun Gai Wu Hua Zhi Ling Gen

[21] The Seven Secretions flow the thoroughfare in the grotto of the central hut.

七 液 洞 流 衝 盧 間
Qi Yi Dong Liu Chong Lu Jian
Circulate the purple, embrace the yellow entering the Elixir Field.

迴紫抱黃入丹田
Hui Zi Bao Huang Ru Dan Tian

In the Mysterious Chamber the internal illumination will shine on the Yang Gate.

幽室內明照陽門
You Shi Nei Ming Zhao Yang Men
Chapter Three: Actions of the Mouth

The mouth acts as the Jade Pool in the Palace of Supreme Harmony.

Rinse the throat with the spiritual secretion so there will be no drying or scorching.

Ascending in the body is a brilliant flower and an orchid fragrance in the Qi.

One hundred diseases will be eradicated, and look like refined jade.

Climb up to the Lunar Palace to examine and cultivate it.

Do not attach yourself to day and night, and you will achieve the True.

Even with the sounds of thunder and lightning the spirit will flow.
Chapter Four: The Yellow Court

[31] The inner spirit of the middle pool is clothed in a crimson robe,
中池內神服赤衣
Zhong Chi Nei Shen Fu Chi Zhu
This is the middle dan tian - red and fire

[32] Skirted by gauze-like clouds of qi, with purple flowers flying about.
紫華飛裙雲氣羅
Zi Hua Fei Qun Yun Qi Luo

[33] There are the colors of crimson and green grass, like a divine jade green stalk.
丹青祿條翠靈柯
Lei Qing Lu Tiao Cui Ling Ke

[34] Close the two doors with the seven flowers of the jade flute.
七甤玉籥閉兩扉
Qi Rui Yu Yue Bi Liang Fei
Two doors are the eyes, the seven holes are the seven apertures, the jade flute is the esophagus

[35] These double doors are the secret pivotal power of the Golden Passes.
重扇金關密樞機
Zhong Shan Jin Guan Mi Shu Ji

[36] The Secret Watchtower, the Mysterious Well, is like a lofty and profound mountain.
玄泉幽闕高崔微
Xuan Quan You Que Gao Cui Wei

[37] Within the three fields is the subtle spirit of vitality.
三田之中精氣微
Sand Tian Zhi Zhong Jing Qi Wei
[38]
A delicate maiden, quietly elegant and secluded, the firmament shines upon her feathered screen.
嬌女窈窕翳霄煇
Jiao Nu Yao Tiao Yi Xiao Hui

[39]
The Double Hall brilliantly illumines the eight powers.
重堂煥爍明八威
Zhong Tang Huan Huan Ming Ba Wei

[40]
The Heavenly Court and the Earth’s Passes are arranged like an axe for hewing.
天庭地關列斧斤
Tian Ting Di Guan Lie Fu Jin

[41]
The Spiritual Terrace eternally stays strong and does not weaken.
靈台盤固永不衰
Ling Tai Pan Gu Yong Bu Shuai
Chapter Five: Middle Pool

中池章第五
Zhong Chi Zhang Di Wu

[42]
The inner spirit of the middle pool wears a red pearl.
中池內神服赤珠
Zhong Chi Nei Shen Fu Chi Zhu

[43]
On the belt of the crimson brocade cloud gown there is a symbol of a tiger.
丹錦雲袍帶虎符
Dan Jin Yun Pao Dai Hu Fu

[44]
The divine immortal dwells across three inches from the ferry.
橫津三寸靈所居
Heng Jin San Cun Ling Suo Ju

[45]
Concealed is the feathered screen and fragrant herb of self-support.
隱芝翳鬱自相扶
Yin Zhi Yi Yu Zi Xiang Fu
Chapter Six: Middle Heaven
天中章第六
Tian Zhong Zhang Di Liu

[46]
On the high mountain peak of Middle Heaven the Essence must be cultivated carefully.
天中之岳精謹修
Tian Zhong Zhi Yue Jing Jin Xiu

[47]
The Jade Ruler roams about his cloud residence.
雲宅既清玉帝游
Yun Zhai Ji Qing Yu Di You

[48]
Comprehending the advantages of Dao, the path is without end.
通利道路無終休
Tong Li Dao Lu Wu Zhong Xiu

[49]
Between the two eyebrows a flowered umbrella covers a bright shining pearls.
眉號華蓋覆明珠
Mei Hao Hua Gai Fu Ming Zhu

[50]
There are nine secrets to the Sun and Moon Grottos of the Void.
九幽日月洞空無
Jiu You Ri Yue Dong Kong Wu

[51]
In the middle house there is true and constant cinnabar.
宅中有真常衣丹
Zhai Zhong You Zhen Chang Yi Dan

[52]
In examining it no imperfection can be found.
審能見之無疾患
Shen Neng Jian Zhi Wu Ji Huan
The spiritual red pearl on the flower skirt is luxuriant and beautiful.
赤 珠 靈 裙 華 蒨 粲
Chi Zhu Ling Qun Hua Qian Can

Beneath the tongue is the mystery of the breasts and the shore of life and death.
舌 下 玄 膺 生 死 岸
She Xia Xuan Ying Sheng Si An

Restoration enters the mystery, a coming together of the bright double qi.
出 青 入 玄 二 氣 煥
Chu Qing Ru Xuan Er Qi Huan

The birth of the child then joins with the Milky Way.
子 若 遇 之 生 天 漢
Zi Ruo Yu Zhi Sheng Tian Han
The Perfect Dao, do not try to determine the truth of its existence.

The Muddy Pellet and the Hundred Joints all have a spirit.

The Hair Spirit, styled as Splendid Dark Blue, is the Supreme Origin.

The Brain Spirit, styled a Essence Root, is the Muddy Pellet.

The Eye Spirit, styled Highest Illumination, is the Profound Mystery.

The Nose Spirit, styled Jade Ridge, is the Resolute Divine Spirit.

The Ear Spirit, styled Empty Void, is the Mysterious Field.

The Tongue Spirit, styled Penetrating Destiny, is the Correct Order.
The Teeth Spirit, styled the Stern Spears, is the Thousand Nets.  
齒神峭鋒字羅千  
Chi Shen Qian Feng Zi Luo Qian

All the spirits of the face are ancestors of the Muddy Pellet.  
一面之神宗泥丸  
Yi Mian Zhi Shen Zong Ni Wan

The Nine Truths each has a house within the Muddy Pellet.  
泥丸九真皆有⽅  
Ni Wan Jiu Zhen Jie You Fang

In the circumference of the one-inch it dwells within this.  
⽅圓一寸處此中  
Fang Yuan Yi Cun Chu Ci Zhong

The tapestry is the same as a purple silk flying robe.  
同服紫衣⾺⾺羅裳  
Tong Fu Zi Yi Fei Luo Chang

Just contemplate on this one section and longevity will have no end.  
但思一部壽無窮  
Dan Si Yi Bu Shou Wu Qiong

But these rooms are not located completely in the middle of the brain.  
⾮各別住俱腦中  
Fei Ge Bie Zhu Ju Nao Zhong

They have separate positions and times, sitting facing towards the outside directions.  
列位次坐向外⽅  
Lie Wei Ci Zuo Xiang Wai Fang
They are preserved and dwell in the mind, and correspond with each other.

所存在心自相當
Sou Cun Zai Xin Zi Xiang Dang
Chapter Eight: The Spirit Mind

[74]
The Original Elixir Heart Spirit is known as the Guardian of Immortality.

[75]
The Luminous Flower Lung Spirit is known as the Complete Void.

[76]
The Dragon Mist of the Liver Spirit is known as the Retainer of Illumination.

[77]
The dense screen directs and is master of the mists of impurities and purities.

[78]
The Deep Mystery Spirit of the Kidneys is known as Nurturing the Infant.

[79]
The Constant Dwelling Spirit of the Spleen is known as the Haven of Hun.

[80]
The Bright Dragon Spirit of the Gall Bladder is known as Prestigious Wisdom.

Xin Shen Dan Yuan Zi Shou Ling

Fei Shen Hao Hua Zi Xu Cheng

Gan Shen Long Yan Zi Han Ming

Yi Yu Dao Yan Zhu Zhuo Qing

Shen Shen Xuan Ming Zi Yu Ying

Pi Shen Chang Zai Zi Hun Ting

Dan Shen Long Yao Zi Wei Ming
The Spirits of the Six Internal [Yin] Organs and Five [Yang] Viscera are the Essence of the body.

六腑五藏神體精
Liu Fu Wu Cang Shen Ti Jing

They all reside in the mind and internal movement of the Celestial Meridians.

皆在心內運天經
Jie Zai Xin Nei Yun Tian Jing

Preserve them both day and night for longevity.

晝夜存之自長生
Zhou Ye Cun Zhi Zi Zhang Sheng
Chapter Nine: The Lung Region
肺 部 章 第 九
Fei Bu Zhang Di Jiu

[84]
The palace of the lung region resembles a flowered canopy.
肺 部 之 宮 似 華 葳
Fei Bu Zhi Gong Si Hua Gai

[85]Underneath sits the Jade Youth in a Jade Watchtower.
下 有 童 子 坐 玉 闕
Xia You Tong Zi Zuo Yu Que

[86]The child of the Seven Origins is the Ruler for transferring the Qi.
七 元 之 ⼦ 主 調 氣
Qi Yuan Zhi Zi Zhu Diao Qi

[87]Externally the nose complies with the central high mountain, evening out its position.
外 應 中 岳 鼻 齊 位
Wai Ying Zhong Yue Bi Qi Wei

[88]Wearing plain white brocade garments with a yellow cloud-like belt.
素 錦 衣 裳 黃 雲 帶
Su Jin Yi Chang Huang Yun Dai

[89]Breathe deeply, inhaling and exhaling with the body, but not too rapidly.
喘 息 呼 吸 體 不 快
Chuan Xi Hu Xi Ti Bu Kuai

[90]But quickly absorb the White Origin and harmonize the Six Qi.
急 存 白 元 和 六 氣
Ji Xun Bai Yuan He Liu Qi

[91]A spiritual immortal carefully watches to avoid any calamity.
神 仙 久 視 无 災 害
Shen Xian Jiu Shi Wu Zai Hai
Without resting the body makes use of it so there is no stagnation.

用之不已形不滞

Yong Zhi Bu Yi Xing Bu Zhi
Chapter Ten: The Heart Region

[93]
In the palace of the heart is contained a splendid lotus.

心部之宫莲含华
Xin Bu Zhi Gong Lian Han Hua

[94]
Underneath sits the Jade Youth of the original elixir family.

下有童子丹元家
Xia You Tong Zi Dan Yuan Jia

[95]
The Ruler suited to thrive on guarding the harmony of heat and cold.

主适寒热荣卫和
Zhu Shi Han Re Rong Wei He

[96]
His crimson brocade flying garments are draped in jade ornaments.

丹锦飞裳披玉罗
Dan Jin Fei Chang Pi Yu Luo

[97]
With a golden bell and red belt he sits in beauty.

金铃朱带坐婆娑
Jin Ling Zhu Dai Zuo Po Zi

[98]
Regulates the blood and inner essence of life and body will not wither.

调血理命身不枯
Diao Xue Li Ming Shen Bu Ku

[99]
Externally he responds to the mouth and tongue, and spits the Five Flowers.

外应口舌吐五华
Wai Ying Kou She Tu Wu Hua

[100]
Just before they are spent out he gathers and rejuvenates himself.

临绝呼之亦登苏
Lin Jue Hu Zhi Yi Deng Su
Continually practice to fly about the supreme rosy clouds.

久行之飛太霞
Jiu Jiu Xing Zhi Fei Tai Xia
Chapter Eleven: The Liver Region

肝 部

Within the liver region there is internally an important green emerald.

肝 部 之 中 翠 重 里

Beneath it there is a male child, a green virgin spirit.

下 有 青 童 神 公 子

Leading all the key passes to their illuminated origin.

主 諸 關 鍵 聰 明 始

Wears green brocades and carries a jade bell.

青 錦 披 裳 佩 玉 鈴

Harmonizing the production and balance of the Hun and Po body fluids.

和 制 魂 魄 津 液 平

Responding externally to the eyes, making them pure as the sun and moon.

外 應 眼 目 日 月 清

In none of the leafs [of the liver] can any of the hundred illnesses exist.

百 可 不 鍾 存 无 英

Together use self effort to increase and make sufficient for seven days.

同 用 七 日 自 充 盈
This will bequeath spiritual awareness and death will be restored to life.

垂絕念神死復生
Chui Jue Nian Shen Si Fu Sheng

The Earthly Spirit will return without leaking or absorbing into the spirit.

攝神還魄永無傾
She Shen Huan Po Yong Wu Qing
Chapter Twelve: The Kidney Region

The Palace of the Kidney region is a mysterious garden watchtower.

Within there is the Jade Youth of profound and superior mystery.

All the Six Mansions and Nine Secretions originate here.

Externally it responds to the two ears and all the fluids.

Dressed in dark green cloud-like brocades, dancing about like a dragon banner.

Ascending until it arrives at the Rosy Cloud Illumination, into the mists of sun and moon.

The hundred illnesses and a thousand calamities and worries that exist
The two regions are the Water Kings facing the Life Gate.
兩部水王對生門
Liang Bu Shui Wang Dui Sheng Men

People can acquire longevity and ascend into the Nine Heavens.
使人長生昇九天
Shi Ren Zhang Sheng Sheng Jiu Tian
Chapter Thirteen: The Spleen Region
脾部章第十三
Pi Bu Zhang Di Shi San

[121] The Palace of the Spleen Region the Wu and Ji are joined.
脾部之宮屬戊己
Pi Bu Zhi Gong Shu Wu Ji
The Earth Palace, Wu and Ji, they are in the middle of Chen (辰).

[122] Within there is a bright youth wearing a yellow lined garment.
中有明童黃裳里
Zhong You Ming Tong Huang Chang Li

[123] He consumes the grain and disperses the qi, absorbing them through the ivory teeth.
消谷散氣攝牙齒
Xiao Gu San Qi She Ya Chi

[124] This because in the Great Granary there are two illuminated youths.
是為太倉兩明童
Shi Wei Tai Cang Liang Ming Tong

[125] They sit within the Golden Terrace City of the Double Nine.
坐在金臺城九重
Zuo Zai Jin Tai Cheng Jiu Zhong

[126] In the center of the one-inch square and circle of the Life Gate.
方圓一寸命門中
Fang Yuan Yi Cun Ming Men Zhong

[127] Ruling and harmonizing over the 100 grains and the five tastes and fragrances.
主調百穀五味香
Zhu Diao Bai Gu Wu Wei Xiang
They dispel the false gains without illness or injury.
辟却虚赢无病伤
Bi Que Xu Ying Wu Bing Shang

Externally it responds to the one-foot residence with a fragrant countenance.
外应尺宅气色芳
Wai Ying Chi Zhai Qi Se Fang

The light of the flower is the place of life and brings about an external illumination.
光华所生以表明
Guang Hua Suo Sheng Yi Biao Ming

A robe of yellow brocade and jade ornaments has the mark of the tiger.
黄锦玉衣带虎章
Huang Jin Yu Yi Dai Hu Zhang

Be mindful of the three elders who are lightly soaring about.
注念三老子轻翔
Zhu Nian San Lao Zi Qing Xiang

The longevity of the high immortals is far beyond death and calamity.
长生高仙远死殃
Zhang Sheng Gao Xian Yuan Si Yang
Chapter Fourteen: The Gall Bladder Region
胆部章第十四
Dan Bu Zhang Di Shi Si

[134] The region of the Gall Bladder is the Palaces of Essence of the Six Mansions.
膽部之宮六府精
Dan Bu Zhi Gong Liu Fu Jing

[135] Within the middle there is the Jade Youth shining brightly.
中有童子曜威明
Zhong You Tong Zi Yao Wei Ming

[136] Through eight vibrations he unfurls the Jade Banner with thunder and lightning.
雷電八震揚玉旌
Lei Dian Ba Zhen Yang Yu Jing

[137] A dragon banner is moved across the sky swaying the fire bell.
龍旗橫天擲火鈴
Long Qi Heng Tian Zhi Huo Jing

[138] All rulers absorb the power of qi of the tiger solider.
主諸氣力攝虎兵
Zhu Zhu Qi Li She Hu Bing

[139] Externally corresponding between the youth in the eyes and the pillar of the nose.
外應眼童鼻柱間
Wai Ying Yan Tong Bi Zhu Jian

[140] The brain and hair are mutually supported and bring renewal to the body.
腦髮相扶持亦俱鮮
Nao Fa Xiang Fu Yi Ju Xian
A nine colored brocade robe of a splendid green gown.

九色錦衣緑華裙
Jiu Se Jin Yi Lu Hua Qun

With a golden belt decorated with jade dragons and tiger stripes.

佩金帶玉龍虎文
Pei Jin Dai Yu Long Hu Wen

Perserving the shining brightness of the dragon as it rides upon the high clouds.

龍存威明乘慶雲
Zhang

Gathering the myriad spirits to hold a ceremonial audience for the Three Origins.

役使萬神朝三元
Zhang
Chapter Fifteen: The Long Spleen
脾长章

脾長章第十五
Pi Chang Zhang Di Shi Wu

[145] The spleen is one foot long and covers the Great Granary.
脾 長 一 尺 掩 太 倉
Pi Chang Yi Chi Yan Tai Cang

[146] The middle section is ruled by Lao Jun in the Bright Hall.
中 部 老 君 治 明 堂
Zhong Bu Lao Jun Zhi Ming Tang

[147] His pseudonym is Original Spirit, but is called Drifting Peace.
厥 字 靈 元 名 混 康
Jue Zi Ling Yuan Ming Hun Kang

[148] Cures 100 human diseases and eliminates the grains.
治 人 百 病 消 穀 粮
Zhi Ren Bai Bing Xiao Gu Liang

[149] He wears a yellow robe and purple sash with a dragon and tiger seal.
黃 衣 紫 帶 龍 虎 章
Huang Yi Zi Dai Long Hu Zhang

[150] He increases the Essence to benefit life which relies on his sovereign rule.
長 精 益 命 賴 君 王
Chang Jing Yi Ming Lai Jun Wang

[151] With three callings of one’s name, the spirit naturally penetrates.
三 呼 我 名 神 自 通
San Hu Wo Ming Shen ZI Tong
The three elders sit alike and bring forth their companions.

三老同坐各自有朋
San Lao Tong Zuo Ge You Peng

Either the Essence or the Embryo will depart from its grasping power.

或精或胎别执方
Huo Jing Huo Tai Bie Zhi Fang

The Peach Child unites and enhances the creation of the flower awn.

桃孩合延生华芒
Tao Hai He Yan Sheng Hua Mang

The male and female return nine times bringing about an abundance of peaches.

男女回九有桃康
Nan Nu Hui Jiu You Tao Kang

The Dao father and Dao mother mutually face to look at one another.

道父道母相对望
Dao Fu Dao Mu Dui Xiang Wang

The father teacher and mother teacher are the elixir in a mysterious location.

师父师母丹玄乡
Shi Fu Shi Mu Dan Xuan Xiang

They are able to use and preserve their meditation to ascend into the Void.

可用存思登虚空
Ke Yong Cun Si Deng Xu Kong

The different ways is just one union of returning to seek an end.

殊途一会归要终
Shu Tu Yi Hui Gui Yao Zhong
Seal off the barriers of the three passes, holding firmly to stop them.

關塞三關握固停
Guan Sai San Guan Wo Gu Ting

Keep rinsing the golden wine then swallow the jade courage.

含漱金醴吞玉英
Han Shu Jin Li Tun Yu Ying

Do so until there is no hunger and the three worms will perish.

遂致不飢三蟲亡
Sui Zhi Bu Ji San Chong Wang

When the heart and mind-intention are constantly in harmony there will be happiness and prosperity.

心意常和致欣昌
Xin Yi Chang He Zhi Xin Chang

The qi clouds of the Five Mountains will disperse smoothly.

五岳之雲氣彭亨
Wu Yue Zhi Yun Qi Peng Heng

Guard the irrigation of the Jade Hut to fulfill yourself.

保灌玉廬以自償
Bao Guan Yu Lu Yi Zi Chang

The Five Phases need to be completed so no disasters befall.

五形完堅無災殃
Wu Xing Wan Jian Wu Zai Yang
Chapter Sixteen: The Foremost View

The foremost view of the Three Origins is like a string of pearls.

When they settle down their bright illumination shines in nine remote places.

The five spirits of the night are brightly illuminated by eight regions.

The child is preserved within the Emperor, together I can wander.

The body is dressed in a phoenix robe with the talisman of the tiger.

The one is reached not long after ascension into the Void.

Within the square inch is recalled a profound repository.

[167] The foremost view of the Three Origins is like a string of pearls.

[168] When they settle down their bright illumination shines in nine remote places.

[169] The five spirits of the night are brightly illuminated by eight regions.

[170] The child is preserved within the Emperor, together I can wander.

[171] The body is dressed in a phoenix robe with the talisman of the tiger.

[172] The one is reached not long after ascension into the Void.

[173] Within the square inch is recalled a profound repository.
Neither the square or circle can close off the screens of enlightenment.

不 方 不 圓 閉 牖 畝
Bu Fang Bu Yuan Bi You Chuang.

The Three Spirits restore the Essence of the old and renew its strength.

三 神 還 精 老 方 壯
San Shen Huan Jing Lao Fang Zhuang.

The Hun and Po internally protect, but do not vie for contention.

魂 魄 內 守 不 爭 競
Hun Po Nei Shou Bu Zheng Jing.

The spirit is creates within the abdomen matching jade.

神 ⽣ 腹 中 衝 玉 當
Shen Sheng Fu Zhong Xian Yu Dang.

The immortal spirit enters into a beautiful secret watchtower, fleeing death.

靈 注 幽 闕 那 得 喪
Ling Zhu You Que Na De Sang

Concealed is a myriad of gem strips, seeking to be in the shade of battle.

琳 條 萬 寻 可 蔭 仗
Lin Tiao Wan Xun Ke Yin Zhang.

From the peacefulness of the Hun Spirits is the Emperor’s Book of Life.

三 魂 自 寧 帝 書 命
San Hun Zi Ning Di Shu Ming.
Chapter Seventeen: The Spiritual Terrace

[181] The Spiritual Terrace is like a flourishing and friendly full yellow moon in space.

靈 臺 鬱 藹 望 黃 野
Ling Tai Yu Ai Wang Huang Ye

[182] The three inch chamber separates the upper from the lower.

三 寸 異 室 有 上 下
San Cun Yi Shi You Shang Xia

[183] Between the passes are guardian battalions subjected to defending the lofty and mysterious.

間 關 營 衞 高 玄 受
Jin Guan Ying Wei Gao Xuan Shou

[184] The Grotto Chamber is the Spiritual Gateway to the Ultimate Azure Door.

洞 房 紫 極 靈 門 戶
Dong Fang Zi Ji Ling Men Hu

[185] Formerly the Exalted One told me,

是 昔 太 上 告 我 者
Shi Xi Tai Shang Gao Wo Zhe

[186] On the left is the Spiritual Official issuing the spiritual speech.

左 神 公 子 發 神 語
Zuo Shen Gong Zi Fa Shen Yu

[187] On the right is the White Origin Official establishing the offices.

右 有 白 元 併 立 處
You You Bai Yuan Bing Li Chu
Within the Ming Tang is a gold plated chamber.

明堂金匮玉房間
Ming Tang Jin Kui Yu Fang Jian

A true person of Supreme Clarity acts upon foremost individuality.

上清真人當吾前
Shang Qing Zhen Ren Dang Wu Qian

A child in yellow clothes repeatedly interferes with the elixir and qi.

黃裳子弟丹氣頻煩
Huang Chang Zi Dan Qi Pin Fan

Seek the answers in the place between the two eyebrows.

借問何在兩眉端
Jie Wen He Zai Liang Mei Duan

An inner hero of the sun and moon arranges the constellations.

內俠日月列宿陳
Nei Xia Ri Yue Lie Su Chen

At the Mortal Gate there are seven brights and nine primordial crowns.

七曜九元冠生門
Qi Yao Jiu Yuan Guan Sheng Men
Chapter Eighteen: The Three Gateways  
San Guan Zhang Di Shi Ba

[194]  
Within are the Three Gateways for the Jing, Qi, and Shen  
三關之中精氣深  
San Guan Zhi Zhong Jing Qi Shen

[195]  
Internally are Nine Subtleties, concealed and are the highest Yin  
九微之內幽且陰  
Jiu Wei Zhi Nei You Qie Yin

[196]  
The mouth acts as the gateway to the heart and is the root-power of the spirit of vitality.  
口為心關精神機  
Kou Wei Xin Guan Jing Shen Ji

[197]  
The feet act as the gateway to the Earth and strengthens life.  
足為地關生命棐  
Zu Wei Di Guan Sheng Ming Fei

[198]  
The hands act as the gateway to humanity and hold both thriving and declining.  
手為人關把盛衰  
Shou Wei Ren Guan Ba Sheng Shuai
Chapter Nineteen: Confirming Attainment

[199] Approving Attainment is the Mysterious Elixir perserved in the Three Palaces.

若得三宮存玄丹
Ruo De San Gong Cun Xuan Dan


太一流珠安崑崙
Tai Yi Liu Zhu An Kun Lun

[201] The Zhong Lou is like a 12 storied pagoda.

重重樓閣十二環
Zhong Zhong Lou Ge Shi Er Huan

[202] From the highest to the lowest each is like a True Person.

自高自下皆眞人
Zi Gao Zi Xia Jie Zhen Ren

[203] The Jade Hall is red and means it fills the mysterious palace.

玉堂絳字盡玄宮
Yu Tang Jiang Zi Jin Xuan Gong

[204] The Jade Measure (15th star of the Big Dipper) opens as a beautiful and colorful orchid.

璇璣玉衡色蘭玕
Xuan Ji Yu Heng Se Lan Gan

[205] Gaze within to see the Jade Youth sitting upon a rounded pillar.

瞻望童子坐盤桓
Zhan Wang Tong Zi Zuo Pan Huan
Asking whose home the boy dwells in, my body.

問誰家子在我身
Wen Shui Jia Zi Zai Wo Shen

How does this person leave and enter the Muddy Pellet.

此人何去入泥丸
Ci Ren He Qu Ru Ni Wan

There are hundreds of thousands of mutual links coming from them.

千千百百自相連
Qian Qian Bai Bai Zi Xiang Lian

One by one, ten by ten they resemble a chain of mountains.

一一十十似重山
Yi Yi Shi Shi Si Zhong Shan

Like a cloud a Jade Flower Hero appears at the Ear Gate.

雲儀⽟玉華俠耳門
Yun Yi Yu Hua Xia Er Men

A red emperor and Huang Lao together with the self and Hun Spirit.

赤帝黃老與⼰己魂
Chi Di Huang Lao Yu Ji Hun

The three true supporters assist passage through the saliva chamber.

三眞扶胥共房津
San Zhen Fu Xu Gong Fang Jin

of the Five Constellation positions, each illuminated by the Seven Origins.

五斗煥明是七元
Wu Dou Huan Ming Shi Qi Yuan
The sun and moon actively fly about between the six unions.

日月飛行六合間
Ri Yue Fei Xing Liu He Jian

The village of the emperor is within the sky and port of the doors of the earth.

帝郷天中地戶端
Di Xiang Tian Zhong Di Hu Duan

The area of the face and Hun Spirit each mutually perverserve each other.

面部魂神皆相存
Mian Bu Hun Shen Jie Xiang Cun
Chapter Twenty: Inhaling and Exhaling
呼吸章第二十
Hu Xi Zhang Di Er Shi

[217] Inhale and exhale the Original Qi to seek to become an immortal.
呼吸元氣以求仙
Hu Xi Yuan Qi Yi Qiu Xian

[218] When the grandfather becomes immortal the child can then move forward.
仙公公子已在前
Xian Gong Gong Zi Yi Zai Qian

[219] The vermilion bird spits out and withdraws from its origin in the snowy rocks.
朱鳥吐縮白石源
Zhu Niao Tu Suo Bai Shi Yuan

[220] Producing Essence to nourish the womb transforms into the life of a body.
結精育胞化生身
Jie Jing Yu Bao Hua Sheng Shen

[221] Guard the embryo by resting the Essence, then you can have longevity.
留胎止精可長生
Liu Tai Zhi Jing Ke Zhang Sheng

[222] The Three Qi should be correctly revolved nine times for the illumination of Dao.
三氣右迴九道明
San Qi You Hui Jiu Dao Ming

[223] The Correct One grasps the flower and brings about abundance.
正一含華乃充盈
Zheng Yi Han Hua Nai Chong Ying
Gaze into the distance of the one mind, this is just like catching a star.
遙望一心如羅星
Yao Wang Yi Xin Ru Luo Xing

Beneath the Golden Chamber it cannot collapse.
金室之下可不傾
Jin Shi Zhi Xia Ke Bu Qing

Prolong yourself to the White Chief and reverse the child infant.
延我白首反孩嬰
Yan Wo Bai Shou Fan Hai Ying
Within the Fine Jade Chamber is a collection of eight silks.

The madame of the Muddy Pellet stands in the center.

The Long Valley and Mysterious Village rotate to produce the efficacy of the city.

Six dragons fly about dispersing the difficulties and separating them.

Longevity arrives quickly when there is caution about the central house.

What does it take to pass over death and not cause the spirit to weep.

Neglecting this causes calamities in the village and the death of the three spirits.
However, absorb the Qi to replicate the Child Essence.

但當吸氣綠子精
Dan dang Xi Qi Lu Zi Jing

The one inch field in the foot residences can regulate life.

寸寸尺宅可治生
Cun Tian Chi Zhai Ke Zhi Sheng

If determination is used then the troubles of the hundred seas can be overturned.

若當決海百瀆傾
Ruo Dang Jue Hai Bai Du Qing

If a tree falls the leaves wither, and green color is lost.

葉去樹枯失青青
Ye Qu Shu Ku Shi Qing Qing

The qi will perish, the saliva will leak, and the body will not rejuvenate.

氣亡液漏非已形
Qi Wang Ye Lou Fei Ji Xing

Focus and close off to defend the illumination and then there will be eternal peace.

專閉御景乃長寧
Zhuan Bi Yu Jing Nai Chang Ning

I defend my Muddy Pellet and the Three Extraordinary Spirits.

保我泥丸三奇靈
Bao Wo Ni Wan San Qi Ling

With quiet contentment close off to gaze internally at your illumination.

恬淡閉視內自明
Tian Dan Bi Shi Nei Zi Ming
All things that are incompatible will be at peace and harmonious.

物物不干泰而平
Wu Wi Bu Gan Tai Er Ping

If the affairs of thieves are abandoned, the old person recovers in good shape.

愨矣匪事老復丁
Que Yi Fei Shi Lao Fu Dingque

Meditate and recite this Jade Writing to enter into the Highest Clarity.

思詠玉書入上清
Si Yong Yu Shu Ru Shang Qing
Chapter Twenty-Two: Constant Recitation
常念章第二十二
Chang Nian Zhang Di Er Shi Er

[245] Constantly recite from the three rooms to mutually open and penetrate them.
常念三房相通達
Chang Nian San Fang Xiang Tong Da

[246] Gazing into the grotto it is seen there is no internal and external.
洞得視見無內外
Dong De Shi Jian Wu Nei Wai

[247] Rinse and store the five ivory to avoid hunger and thirst.
存漱五牙不饑渴
Cun Shu Wu Ya Bu Ji Ke

[248] Visit the superiors and grasp the spiritual flowers cloaked in the six bowls.
神華執巾六丁謁
Shen Hua Zhi Jin Liu Ding Ye

[249] Cautiously guard the Jing Room so it does not leak out in vain.
急守精室勿妄泄
Ji Shou Jing Shi Wu Wang Xie

[250] Close it off so the treasure can bring long liveliness.
閉而寶之可長活
Bi Er Bao Zhi Ke Chang Huo

[251] Bring about your own self and body from the center from basics not complexities.
起自形中初不闊
Qi Zi Xing Zhong Chu Bu Kuo
The three palaces near the center form a hidden enclosure.

三官近在易隱括

The void is solitary, simple emptiness in the center.

虛無寂寂空中素

This enables the body to be as if never getting dirty.

使形如是不當污

The nine rooms are properly cleared for the residence of the illuminated spirit.

九室正虛神明舍

Keep the contemplations of 100 recitations under measured control.

存思百念視節度

Cultivate and regulate the six mansions to avoid aging.

六府修治勿令故

Move beyond yourself, soar high, and enter the Heavenly Road.

行自翱翔入天路
Chapter Twenty-Three: Regulating Life
治生章第二十三
Zhi Sheng Zhang Di Er Shi San

[259]
Regulate life of the Dao without confusion
治生之道了不煩
Zhi Sheng Zhi Dao Le Bu Fan

[260]
Simply cultivate the mysterious grotto through the Jade Tablets.
但修洞玄與玉篇
Dan Xiu Dong Xuan Yu Yu Pian

[261]
There are dual actions within the body of eight illuminated spirits.
兼行形中八景神
Jian Xing Xing Zhong Ba Jing Shen

[262]
Twenty-four truths come from the naturally-just-so.
二十四眞出自然
Er Shi Er Zhen Chu Zi Ran

[263]
The highest salutation is to the peace of non-action and the Hun and Po.
高拱無為魂魄安
Gao Gong Wu Wei Hun Po An

[264]
The clarity and purity of spirit is seen in my own words.
清淨神見與我言
Qing Jing Shen Jian Yu Wo Yan

[265]
At ease in the purple chamber, a curtain drawn between them.
安在紫房幃幙間
An Zai Zi Fang Wei Mu Jian
Standing or sitting outside the room of the 3 and 5 mystery.

立坐室外三五玄
Li Zuo Shi Wai San Wu Xuan

Burning incense in the hands to the Jade Flower in front.

燒香接手玉華前
Shao Xiang Jie Shou Yu Hua Qian

Together enter the Ultimate Room through the jade and pearl gate.

共入太室璇璣門
Gong Ru Tai Shi Xuan Ji Men

In the highest quiet contentment examine the garden of Dao.

高研恬淡道之園
Gao Yan Tian Dan Dao Zhi Yuan

Constantly gaze internally on the final secret expectation of seeing the True.

內視密盼盡覩眞
Nei Shi Mi Pan Jin Du Zhen

The True Person dwells within yourself, there is nothing to attach to.

眞人在己莫問鄰
Zhen Ren Zai Ji Mo Wen Lin

What dwells in the distance is the isolated eternal reason and cause.

何處遠索求因緣
He Chu Yuan Suo Qiu Yin Yuan
Chapter Twenty-Four: Secret Appearance
隱影章第二十四
Yin Ying Zhang Di Er Shi Si

[276]
A secret appearance extinguishes the body and brings about a different life.
隱影滅形與世殊
Yin Ying Mie Xing Yu Shi Shu

[277]
Contain the qi and nourish the Essence, just like vermillion in the mouth.
含氣養精口如朱
Han Qi Yang Jing Kou Ru Zhu

[278]
Look after and grasp Xing Ming to embrace the Void.
帶執性命守虛無
Dai Zhi Xing Ming Shou Xu Wu

[279]
Those who enter the Highest Purity are removed from the Death Record.
名入上清死錄除
Ming Ru Shang Qing Si Lu Chu

[280]
The joy of the three spirits within their secret dwelling.
三神之樂由隱居
San Shen Zhi Le You Yin Ju

[281]
A sudden crashing sound, wandering about, is of no concern.
倏欻遊遨無遺憂
Shu Hu You Ao Wu Yi You

[282]
Their feathered clothing is entirely driven by the Eight Winds.
⽻羽服一整⼋⼋風驅
Yu Fu Yi Zheng Ba Feng Qu
They ride the red clouds of the dawn controlled by a harness of three raw silks.
控駕三素乘晨霞
Kong Jia San Su Cheng Chen Xia

A golden carriage with a jade sedan chair is drawn up and passes straight ahead.
金辇正立从玉舆
Jin Nian Zheng Li Cong Yu Yu

What does not ascend up the mountain, is the recitation of my book.
何不登山诵我书
He Bu Deng Shan Song Wo Shu

In the dense growth of a ruined village there is a seductive woman, a True Person.
鬱鬱窈窕真人墟
Yu Yu Tiao Tiao Zhen Ren Xu

Why is it difficult to enter the mountains, there is cause for hesitation.
入山何难故踌躇
Ru Shan He Nan Gu Chou Chu

In the human world there is a profusion of bad odors, a female’s kerchief is used.
人间纷纷臭帤如
Ren Jian Fen Fen Chou Ru Ru
The Five Elements act upon each other and turn over to return to the One.

The three and five unite the qi and the nine times nine sections.

Able to use the secrets of Earth, the method of revolving the eight.

A hidden ox at the secret post, gather the vessels to form rows.

The three illuminations put forth the flowery boundaries of life and death.

The immortal spirit of the grotto chamber is symbolizes by the constellations, sun, and moon.

The father is called the Ni Wan, the mother is Ci Yi (the oneness of the feminine).
The two bright rays shine into the room of the son.

二光焕照入子室
Er Guang Huan Zhao Ru Zi Shi

Able to preserve completeness of the mysterious truth of all things.

能存玄真万事毕
Neng Cun Xuan Zhen Wan Shi Bi

The spirit of vitality of the one body cannot be lost.

一身精神不可失
Yi Shen Jing Shen BuKe Shi
Chapter Twenty-Six: The Highest Destination

《高奔章第二十六》
Gao Ben Zhang Di Er Shi Liu

[299]
The highest destination of the sun and moon is my exalted Dao.
高奔日月吾上道
Gao Ben Ri Yue Wu Shang Dao

[300]
Their luxuriant appearance produces rushing water between them, guarding
the goodness of each other.
鬱儀結磷善相保
Yu Yi Jie Lin Shan Xiang Bao

[301]
Thus seeing the Jade Purity and without the void of Lao [zi].
乃見玉清虛無老
Nai Jian Yu Qing Xu Wu Lao

[302]
Can bring the return of the countenance by filling the brain with blood.
可以迴顏填血腦
Ke Yi Hui Yan Tian Xue Nao

Wu Cheng Zi

[303]
The mouth holds the immortal spirit awn and carries the Five Stars.
口衤靈芒携五星
Kou Xian Ling Mang Xie Wu Xing

[304]
Around the waist on a belt is carried a golden pendant of a tiger.
腰帶虎籙佩金璫
Yao Dai Hu Lu Pei Jin

[305]
Quickly harness the new born child and take repose in the eastern mist.
駕歘接生宴東蒙
Jia Yan Jie Sheng Yan Dong Meng
Chapter Twenty-Seven: The Mysterious Origin
玄元章第二十七
Xuan Yuan Zhang Di Er Shi Qi

[306]
The Mysterious Origin of the highest one is refining the Hun and Po.
玄元上一魂魄煉
Xuan Yuan Shang Yi Hun Po Lian

[307]
When the One becomes an object it appears as unfinished.
一之為物叵卒見
Yi zhi Wei Wu Po Zu Jian

[308]
One must patiently wait for the beginnings of the highest truth to appear.
須得至至眞始顧盼
Xu De Zhi Zhen Shi Gu Pan

[309]
To arrive at ridding of death all the dirty airs must be removed.
至忌死氣諸穢賤
Zhi Ji Si Qi Zhu Hui Jian

[310]
The Six Spirits will gather together, feasting within the Void.
六神合集虛中宴
Liu Shen He Ji Xu Zhong Yan

[311]
Producing a pearl of solid essence, nourishes the spiritual root.
結珠固精養神根
Jie Zhu Gu Jing Yang Shen Gen

[312]
A jade ladle and golden flute constantly make it strong.
玉匙金籥常完堅
Yu Chi Jin Yue Chang Wan Jian

[313]
Close the mouth, raise up the tongue, and ingest the embryonic fluid.
閉口屈舌食胎津
Bi Kou Qu She Shi Tai Jin
I succeeded by obtaining the refined [elixir] and became a flying immortal.
使我遂鍊獲飛仙
Shi Wo Sui Lian Hou Fei Xian
Chapter Twenty-Eight: Immortals
仙人章第二十八
Xian Ren Zhang Di Er Shi Ba

[315]
The immortals and Dao adepts do not exist just by spirit.
仙人道士非有神
Xain Ren Dao Shi Fei You Shen

[316]
They amass Essence and accumulate Qi in order to become the True.
積精累氣以為真
Ji Jing Lei Qi Yi Wei Zhen

[317]
The Yellow Youth makes wonderful sounds, but they are difficult to hear.
黃童妙音難可聞
Huang Tong Miao Yin Nan Ke Wen

[318]
The Jade Book is written on purple bamboo slips with red cinnabar.
玉書絳簡赤丹文
Yu Shu Jiang Jian Chi Dan Wen

[319]
These words spoken through the head cloth of a True Person, a golden scarf.
字曰眞人⼱巾
Zi Yue Zhen Ren Jin Jin Jin

[320]
They bear armor inscribed with talismans at the openings of the seven gates.
負甲持符開七門
Fu Jia Chi Fu Kai Qi Men

[321]
The fire soldier prepares the talisman illustrations for the divine immortal passage way.
火兵符圖備靈關
Huo Bing Fu Tu Bei Ling Guan
The front is raised the rear lowered, high and low are exhibited.

前昂後卑高下陳
Qian Ang Hou Bei Gai Xia Chen

Grasp the sword, dance 100 upon the ten foot brocade banner.

執劍百丈舞錦幡
Zhi Jian Bai Zhang We Jin Fan

A Heavenly crown with a bell of fire deploys legions like mists descending.

火鈴冠霄隊落煙
Huo Ling Guan Dui Luo Yan

Ease will dwell within the Yellow Tower, between the two eye brows.

安在黃闕兩眉間
An Zai Huang Que Liang Mei Jian

These are not branches or leaves, but are the true root.

此非枝葉實是根
Ci Fei Zhi Ye Shi Shi Gen
The Azure Clarity, Foremost Emperor, and Supreme Sovereign of Dao.

紫清上皇太道君
Zi Qing Shang Huang Tai Dao Jun

The Supreme Mystery and Supreme Harmony, a hero serving to the utmost.

太玄太和俠侍端
Tai Xuan Tai He Xia Shi Duan

Transforming the life of 10,000 things I am able to be immortal.

化生萬物使我仙
Hua Sheng Wan Wu Shi Wo Xian

Flying and ascending to the ten Heavens to harness the Jade Wheel.

⾶飛昇⼗天駕⽟輪
Fei Sheng Shi Tian Jia Yu Lun

Meditate for seven days and nights without sleep.

晝夜七日思勿眠
Zhou Ye Qi Ri Si Wu Mian

The child is then able to be active and can live perpetually.

子能行此可長存
Zi Neng Xing Ci Ke Chang Cun

Amass merit and complete the refinement, or you may be without the naturally-just-so.

積功成鍊非自然
Ji Gong Cheng Lian Fei Zi Ran
This is to follow absolute faith and single focus.

是由精誠亦由專
Shi You Jing Cheng Yi You Zhuan

The truth within truth, internally guard to strengthen and solidify it.

內守堅固眞之眞
Nei Shou Jian Gu Zhen Zhi Zhen

Then within the Void the spirit will be made quiet and content.

虛中恬淡自致神
Xu Zhong Tian Dan Zi Zhi Shen
Chapter Thirty: The Hundred Grains
百穀章第三⼗十
Bai Gu Zhang Di San Shi

[338]
The fruits of the hundred grains comes from the essence of the Earth.
百穀之實⼟土地精
Bai Gu Zhi Shi Tu Di Jing

[339]
The Five Flavors are beautiful externally, but can smell like evil spirits.
五味外美邪魔腥
Wu Wei Wai Mei Xie Mo Xing

[340]
The stench confuses the bright spirit of the embryo and withers the qi.
臭亂神明胎氣零
Fei

[341]
That which reverses old age can restore the infant.
那從反老得還婴
Na Cong Fan Lao De Huan Ying

[342]
The Three Hun Spirits will quickly dismiss the Earthly Spirits, overturning and discarding them.
三魂忽忽魄糜傾
San Hun Hu Hu Po Mi Qing

[343]
Why not nourish the qi of the Supreme Harmony Essence?
何不食氣太和精
He Bu Shi Qi Tai He Jing

[344]
Consequently there will be no death and so enter the Yellow Peace.
故能不死入黃寧
Gu Neng Bu Si Ru Huang Ning
The mind is king of the Five Storehouses and in charge of the entire body.

The actions of Dao and Virtue are the ideas of movement and tranquility.

Self illumination and the light come from clarity, purity, and the good feelings of qi.

Whether sitting or rising, they are without question associated with the ridgepole.

With the sun in the daytime the scenery is beautiful, when the sun sets it is obstructed and concealed.

All the benefits from the Essence Flower come through from harmonizing the yin and yang.
Chapter Thirty-Two: The Experiencing

[351] The experience of the Six Unions is in the secret of Mao and You.

經歷六合隱卯酉
Jing Li Liu He Yin Mao You

[352] The spirit of the two kidneys is the master of long life.

兩腎之神主延壽
Liang Shen Zhi Shen Zhu Yan Shou

[353] The initial nine revolutions descend properly through the storehouse it is like the Big Dipper.

轉降適斗藏初九
Zhuan Jiang Shi Dou Cang Chu Jiu

[354] Knowing the male and perserving the female you can be without old age.

知雄守雌可無老
Zhi Xiong Shou Ci Ke Wu Lao

[355] Knowing the white and observing the black, carefully guard while sitting.

知白見黑急坐守
Zhi Bai Jian He Ji Zuo Shou
The liver qi luxuriant, flourishing, pure, and long lasting.
肝氣鬱勃清且長

Gather together the separate Six Mansions to produce the Three Brights.
羅列六府生生三光

The mind, essence, and mind-intent are to be directed internally so not to leak out.
心精意專內不傾

Above it joins with the Triple Warmer, below with the Jade Serum.
上合三焦下玉漿

The mysterious secretion moves the clouds, causing a fragrant smell.
玄液雲行去臭香

Manage the Five Places by shaking the hair and teeth.
治蕩鬚齒鍊五方

Collect the saliva in the Mysterious Well so it enters the Ming Tang.
取津玄膺入明堂
Let it drop down the throat and penetrate into the Bright Spirit.

下咽喉嚨神明通
Xia Gai Hou Long Shen Ming Tong

Once seated it can be served by the Flowered Umbrella and roam about the capital city.

坐侍華蓋遊貴京
Zuo Shi Hua Gai You Gui Jing

Lightly flowing about the seats of the Three Emperors making them clear and cool.

飄飄三帝席清涼
Piao Piao San Di Xi QingLiang

The five colored qi clouds there are numerous green scallions.

五色雲氣紛青葱
Wu Se Yun Qi Fen Qing Cong

Close the eyes to internally gaze at yourself, like peeking at the moon.

閉目內眄自相望
Bi Mu Nei Mian Zi Xiang Wang

This will cause the heart to return and mutually devote itself to all the spirits.

使心諸神還相崇
Shi Xin Zhu Shen Huan Xiang Chong

The seven mysterious hero flowers will open the Life Gate.

七玄英華開命門
Qi Xuan Ying Hua Kai Ming Men

Comprehend the benefits of Heaven’s Dao to preserve the Mysterious Root.

通利天道存玄根
Tong Li Tian Dao Cun Xuan Gen
Even those of 120 years can still restore themselves.

百二十年猶可還
Bai Er Shi Nian You Ke Huan

Cross over, guard the Dao, this is truly the only difficulty.

過此守道誠獨難
Guo Ci Shou Dao Cheng Du Nan

You only need wait for the nine revolutions and eight fine jade pills.

唯待九轉八八瓊丹
Wei Dai Jiu Zhuan Ba Qiong Dan

Wanting to return the essence meditate to perserve the Seven Origins.

要復精思存七元
Yao Fu Jing Si Cun Qi Yuan

The flowers of the sun an moon can heal old injuries.

日月之華救老殘
Ri Yue Zhi Hua Jiu Lao Can

The circulation of liver qi is net-like and without end.

肝氣周流絡無端
Gan Qi Zhou Liu Luo Wu Duan
Chapter Thirty-Four: The Lungs

The qi of the lungs is initiated by the Triple Warmer

Wait for the Jade Youth through observation and listening in deep quietude.

Rejuvenate the Five Flowers, Essence, the hair, and teeth.

From within the Jade Pool swallow twenty-six times.

Begin by opening all the hundred blood vessels and secretions.

The complexion of the face will be bright, like a golden jade luster.

The teeth will be restored, and the hair blackened, unknowing of whiteness.

Perserve the True Spirit so not let it fall away.

93
Correctly it should be seated in its palace.
當憶此宮有座席
Dang Yi Ci Gong You Zuo Xi

All the spirits will join and gather around it, as though searching for each other.
衆神合會轉相索
Zhong Shen He Hui Zhuan Xiang Suo
Chapter Thirty-Five: Concealed Storehouse

隱藏章第三十五
Yin Cang Zhang Di San Shi Wu

[387] The Concealed Storehouse is watched over in the Celestial house and covered by feathers.

隱藏羽蓋看天舍
Yin Cang Yu Gai Kan Tian She

[388] In the morning bow and joyfully inhale the Supreme Yang.

朝拜太陽樂相呼
Zhao Bai Tai Yang Le Xiang Hu

[389] The eight powers of an illuminated spirit will dispel evil.

明神八威正辟邪
Ming Shen Ba Wei Zheng Bi Xie

[390] Return and restore the spirit of the spleen of the stomach family.

脾神還歸是胃家
Pi Shen Huan Gui Shi Wei Jia

[391] Do not neglect nourishing the spiritual root, otherwise it can not be restored and will wither.

耽養靈根不復枯
Dan Yang Ling Gen Bu Fu Ku

[392] Close and lock the Gate of Life to preserve the Jade Capital.

閉塞命門保玉都
Bi Sai Ming Men Bao Yu Du

[393] Prosperity and longevity will be in surplus through the spirits of 10,000 directions.

萬神方昨壽有餘
Wan Shen Fang Zuo Shou You Yu
This is called, strengthening the spleen from within the Central Palace.

是謂脾建在中宮

Shi Wei Pi Jian Zai Zhong Gong

The Five Viscera and Six Mansions are the rulers of the Spiritual Gods.

五藏六府神明主

Wu Cang Liu Fu Shen Ming Zhu

Above it joins with the Heavenly Gate and enters the Illuminated Hall.

上合天門入明堂

Shang He Tian Men Ru Ming Tang

Embrace the female, hold onto the male to support the Three Brights.

守雌存雄頂三光

Shou Ci Cun Xiong Ding San Guang

The external is square, the internal round, the spirit dwells in the middle.

外方內圓神在中

Wai Fang Nei Yuan Shen Zai Zhong

Connect and bring benefit and abundance to the blood pulses and Five Viscera.

通利⾎脉五藏豐

Tong Li Xue Mai Wu Cang Feng

The bones will be green, the tendons red, and the marrow like white cream

骨青筋赤髓如霜

Gu Qing Jin Chi Sui Ru Shuang

The spleen will eradicate all that is not auspicious out the seven apertures.

脾救七竅去不祥

Pi Jiu Qi Qiao Qu Bu Xiang
The sun and moon are the model for setting up the yin and yang.

日月列布设阴阳
Ri Yue Lie Bu She Yin Yang

The two spirits will assemble and transform into a Jade Flower.

兩神相會化玉英
Liang Shen Xiang Hui Hua Yu Ying

The Celestial Person’s food is tasteless and indifferent.

淡然無味天人糧
Dan Ran Wu Wei Tian Ren Liang

The child’s elixir is a received delicacy coming directly from the Yellow [Court].

子丹進饌肴正黃
Gan

This is called, Gem Soup or Jade Cream.

乃曰琅膏及玉霜
Nai Yue Lang Gao Ji Yu Shuang

The Exalted One conceals the bracelets of eight pure silks and fine jade.

太上隱環八素瓊
Tai Shang Yin Huan Ba Su Qiong

Ingesting the benefits of the Eight Fluids and the kidneys will receive Essence.

溉益八液腎受精
Gai Yi Ba Ye Shen Shou Jing

Bending over to Tai Yin I can see my own body.

伏於太陰見我形
Fu Yu Tai Yin Jian Wo Xing
Spreading the Three Mysterious winds out to the original green.
楊風三玄出始青

From the vague and obscure you can reach the clarity of the immortal spirit.
恍惚之間至清靈

Be seated upon the Whirlwind Terrace and observe the red birth.
坐於飈臺見赤生

Leisurely upon the splendid city walls is the true nourishment of a thriving flower.
逸城熙眞養華榮

A steadfast and deep internal silence refines the five forms.
內盼沉默鍊五形

The three qi hover about when attaining spiritual illumination.
三氣徘徊得神明

A hidden dragon escapes into the Medicine Clouds of Heroes Jade.
隱龍遁芝雲琅英

To be able to satisfy hunger employ the myriad spirits.
可以充飢使萬靈
Above is the umbrella of the mysterious mystery, below is the tiger seal.

上盖玄玄下虎章
Shang Gai Xuan Xuan Xia Hu Zhang
Chapter Thirty-Six: Cleansing Bath

A cleansing bath embodies an abundance of a fertile fragrance.

Enter the chamber facing east and recite the Jade Tablets.

Repeat through it 10,000 to so the meaning can be attained.

Loosen the hair, be without desire, so to have long life.

Each of the five flavors should be restored perfectly with the correct qi.

Cleanse the heart through purity and indifference. be without any worry or anxiety.

Go beyond repeatedly until completing the shen and jing.
The Jade Maiden with a Yellow Flower will speak to you with childlike passion.

黃華玉女告子情
Huang Hua Yu Nu Gao Zi Qing

A True Person will then arrive and give instruction on the Six Ding.

真人既至使六丁
Zhen Ren Ji Zhi Shi Liu Ding

Then you will receive the secret medicine of the Great Grotto Scripture.

卽受隱芝大洞經
Ji Shou Yin Zhi Da Dong Jing

Read it ten times and bow four times to venerate Tai Shang.

十讀四拜朝太上
Shi Du Si Bai Zhao Tai Shang

First evoke the Supreme Sovereign, and afterwards face north.

先謁太帝後北向
Xian Ye Tai Di Hou Bei Xiang

The Yellow Court Inner Scripture will then be unimpeded, the Jade Writing.

黃庭內經玉書暢
Huang Ting Nei Jing Yu Shu Chang

To teach individuals, the teacher must be received and given a solemn pledge.

授者曰師受者盟
Shou Zhe Yue Shi Shou Zhe Meng

A token needs to be wrapped in a cloud brocade of phoenix silk and fastened with a golden button.

雲錦鳳羅金鈕纏
Yun Jin Feng Luo Jin Niu Chan
Cutting off a lock of hair will completely substitute for skin and flesh.

以代割髮肌膚全
Yi Dai Ge Fa Ji Fu Quan

Take the hand [of the student], climb the mountain and drink the elixir fluid.

攜手登山歃液丹
Xie Shou Deng Shan Sha Ye Dan

Then you can explain the Golden Book of the Jade Illumination.

金書玉景乃可宣
Jin Shu Yu Jing Nai Ke Xuan

Then you can transmit to others who will offer attainments to the Three Palaces.

傳得可授告三宮
Chuan De Ke Shou Gao San Gong

But not to those who would bring darkness and troubles to the Seven Ancestors.

勿令七祖受冥患
Wu Ling Qi Zu Shou Ming Huan

The subtle words of the Tai Shang reach to the spiritual immortals.

太上微言致神仙
Tai Shang Wei Yan Zhi Shen Xian

The Dao of no death, this is the true writing.

不死之道此真文
Bu Si Zhi Dao Ci Zhen Wen