

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
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Upper Chapter of the Scripture, Part One

上部經第一 Shang Bu Jing Ti Yi

[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

[5]
Breathing in the spaces of the Thatched Hut and entering the Elixir Field.*

呼吸廬間入丹田
Hu Xi Lu Jian Ru Dan Tian

[6]
The pure water of the Jade Pool pours onto the Spiritual Root.

玉池清水灌靈根
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

[8]
Within the Yellow Court are persons dressed in a vermillion robes.

黃庭中人衣朱衣

Huang Ting Zhong Ren Yi Zhu Yi

[9]
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

[10]
At the Secret Watchtower are very imposing and lofty heroes.

幽闕俠之高巍巍

You Jue Xia Zhi Gao Wei

[11]
The subtle jing and qi are within the Elixir Field.

丹田之中精氣微

Dan Tian Zhi Zhong Jing Qi Wei

[12]
The pure water of the Jade Pool is the foremost fertility of life.

玉池清水上生肥

Yu Chi Qing Shui Shang Sheng Fei

[13]
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

[14]
Within the pool there is a scholar clothed in red vermillion.

中池有士服赤朱

Zhong Chi You Shi Fu Chi Zhu

[15]
This spirit dwells in the three inches horizontally beneath.

橫下三寸神所居

Heng Xia San Cun Shen Suo Ju

[16]
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

[17]
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

[18]
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

[19]
Naturally restrain the anxious and obstinate child's Essence.

急固子精以自持

Ji Gu Zi Jing Yi Zi Chi

[20]
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

[21]
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

[22]
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

[23]
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

[24]
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

[25]

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

[26]

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

方寸之中謹蓋藏

Fang Cun Zhi Zhong Jin Gai Zang

[27]

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

[28]

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

[29]

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

[30]

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

[31]

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

[32]

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

方寸之中間關下

Fang Cun Zhi Zhong Jian Guan Xia

[33]

Within the Jade Chamber are the Spiritual Doors.

玉房之中神門戶

Yu Fang Zhi Zhong Shen Men Hu

[34]

Teaching my own self the gentleman can be seen.

既是公子教我者

Ji Shi Gong Zi Jiao Wo Zhe

[35]

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

[36]

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

[37]

Within the Three Passes are the subtle Essence and Qi.

三關之中精氣深

San Guan Zhi Zhong Jing Qi Shen

[38]

The child seeks to cultivate immortality on Kun Lun.

子欲不死修崑崙

Zi Yu Bu Si Xiu Kun Lun

[39]

The Zhong Lou in the Red Palace has twelve bracelets.

絳宮重樓十二環

Jiang Gong Zhong Lou Shi Er Huan

[40]

Within the Precious Jade House the Five Colors assemble.

瓊室之中五色集

Qiong Shi Zhi Zhong Wu Se Ji

[41]

The child of the Red Spirit stands within the pool.

赤神之子中池立

Chi Shen Zhi Zi Zhong Chi Li

[42]

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

[43]

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

[44]

Abandon lustful desires and focus intently on youthful Essence.

棄捐姪俗專子精

Qi Juan Yin Su Zhuan Zi Jing

[45]

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

[46]

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

雞子長留心安寧

Ji Zi Zhang Liu Xin An Ning

[47]

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

[48]

**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 Wu Shi Xin Tai Ping

[49]

Eternally perserving the spiritual illumination penetrating the Jade Chamber.

常存玉房神明達

Chang Cun Yu Fang Shen Ming Ta

[50]

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

[51]

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

[52]

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

[53]

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

[54]

Cleanse the mind to self heal rather than wither from impurity.

洗心自治無敗沓

Xi Xin Zi Chi Wu Bai Wu

[55]

Contemplate each of the Five Viscera to see their economy.

歷觀五藏視節度

Li Guan Wu Zang Shi Jie Du

[56]

Cultivate and heal the Six Treasuries like cleaning pure silk.

六府修治潔素

Liu Fu Xiu Chi Jie Su

[57]

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

[58]

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

[59]

It is non-action that surrounds and gives the self and body ease.

垂拱無為身體安

Chui Gong Wu Wei Shen Ti An

[60]

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

虛無之居在幃間

Xu Wu Zhi Ju Zai Wei Jian

[61]

Remain silent and solitary so the mouth does not speak.

寂寞廓然口不言

Ji Mo Kuo Ran Kou Bu Yan

[62]

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

修和獨立真人宮

Xui He Du Li Zhen Ren Gong

[63]

Roam about the Garden of Virtue in cheerful peace.

恬淡無欲游德園

Tian Tan Wu Yu You De Yuan

[64]

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

清淨香潔玉女前

Qing Jing Xiang Jie Yu Nu Qian

[65]

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

修德明達神之門

Xui De Ming Ta Shen Zhi Men

Middle Chapter of the Scripture, Part Two

中部經第二
Zhong Bu Jing Ti Er

[1]

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

[2]

Nurture Nature and Life through guarding the Void.

扶養性命守虛無

Fu Yang Xing Ming Shou Xu Wu

[3]

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

[4]

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

[5]

When long observing immortality, flight is overcome.

長生久視乃飛去

Zhang Sheng Jiu Shi Nai Fei Chu

[6]

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

[7]

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

三五合氣其本一

San Wu He Qi Ji Ben Yi

[8]

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

[9]

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

[10]

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

[11]

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

[12]

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

[13]

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

[14]

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

天七地三迴相守

Tian Qi Di San Hui Xiang Shou

[15]

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

昇降進退合乃久

Sheng Jiang Jin Tui He Nai Jiu

[16]

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

玉石落落是吾寶

Yu Shi Luo Luo Shi Wu Bao

[17]

The child self acquires it, why not guard it?

子自有之何不守

Zi Zi You Zhi He Bu Shou

[18]

When the foundation of the mind is clear, the bright flowers are nourished.

心曉根基養華彩

Xin Xiao Gen Ji Yang Hua Cai

[19]

Be in service to Heaven, obey the Earth, store the Essence where they join.

服天順地合藏精

Fu Tian Shun Di He Cang Jing

[20]

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

[21]

There is no confusion atop Mt. Kun Lun

崑崙之上不迷誤

Kun Lun Zhi Shang Bu Mi Wu

[22]

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

[23]

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

[24]

Concealed in a Purple Palace with the elixir in the wall tower.

蔽以紫宮丹城樓

Bi Yi Zi Gong Dan Cheng Lou

[25]

The brave knight of the sun and moon becomes a bright pearl.

俠以日月為明珠

Xia Yi Ri Yue Wei Ming Zhu

[26]

For ten-thousand years, without cease, illumines himself.

萬歲昭昭非有期

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.

玉篦金籥神完堅

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

[34]

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

[35]

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

[36]

Choose to restore the elixir into the Mysterious Well.

選以還丹與玄泉

Xuan Yi Huan Dan Yu Xuan Quan

[37]

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

[38]

Within there is a True Person clothed in golden cloth.

中有真人巾金巾

Zhong You Zhen Ren Jin Jin Jin

[39]

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

[40]

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

[41]

Meditates in both the daytime and nighttime he can constantly persevere himself.

晝夜思之可常存

Zhou Ye Si Zhi Ke Chang Cun

[42]

Immortals and Daoist adepts are without discriminations.

仙人道士非有異

Xian Ren Dao Shi Fei You Yi

[43]

They accumulate their Essence and bring harmony and kindness to all.

積精所致和專仁

Ji Jing Suo Zhi He Zhuan Ren

[44]

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

[45]

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

[46]

Therefore, with irrigating Heaven they have no death.

故能不死天相溉

Gu Neng Bu Si Tian Xiang Gai

[46]

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

[47]

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

[48]

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

[49]

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

[50]

In the sun of the daytime it illuminates brightly, in the evening guard it.

晝日昭昭夜自守

Zhou Ri Zhao Zhao Ye Zi Shou

[51]

Thirst and hunger can be naturally satisfied by liquids.

渴可得漿飢自飽

Ke Ke De Jiang Ji Zi Bao

[52]

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

[53]

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

[54]

The concealed yin turns the yang in nine.

轉陽之陰藏於九

Zhuan Yang Zhi Yin Cang Yu Jiu

[55]

Practicing this constantly aging will be controlled.

常能行之可不老

Chang Neng Xing Zhi Ke Bu Lao

[56]

Cultivate the qi of the liver consistently.

肝之為氣修而長

Gan Zhi Wei Qi Xiu Er Zhang

[57]

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

[58]

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

[59]

My spirits, Hun and Po, dwells within the center.

我神魂魄在中央

Wo Shen Hun Po Zai Zhong Yang

[60]

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

[61]

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

[62]

Like the sounds of clapping thunder and lightning they move together.

雷霹靂往相聞

Lei Pi Li Wang Xiang Wen

[63]

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

Lower Chapter of the Scripture, Part Three

下部經第三

Xia Bu Jing Ti San

[1]

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

[2]

Staying near the child within yourself, guard yourself through restoration.

近在子身還自守

Jin Zai Zi Shen Huan Zi Shou

[3]

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

[4]

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

[5]

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

[6]

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

[7]

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

[8]

The Shen Ming communicates through swallowing down through the throat.

下于喉嚨神明通

Xia Yu Hou Long Shen Ming Tong

[9]

Passing beneath the flowered umbrella it is cool and pure.

過華蓋下清且涼

Guo Hua Kai Xia Qing Qie Liang

[10]

Entering the deep pool of pure spirit my body can be seen.

入清靈淵見吾形

Ru Qing Ling Yuan Jian Wu Xing

[11]

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

[12]

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

[13]

Establishing from the Ming Tang gaze upon the Dan Tian.

立於明堂望丹田

Li Yu Ming Tang Wang Dan Tian

[14]

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

[15]

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

[16]

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

[17]

The Qi of the liver will circulate everywhere without end.

肝氣周還終無端

Gan Qi Zhou Huan Zhong Wu Duan

[18]

The Qi of the lungs initiate the stimulation the Triple Warmer.

肝之為氣三焦起

Gan Zhi Wei Qi San Jiao Qi

[19]

Seated above Heaven's Gate is the ancient Dao.

上坐天門候故道

Shang Zuo Tian Men Hou Gu Dao

[20]

The sweet wine of the saliva is like a stream flowing through the Six Mansions.

津液醴泉通六府

Jin Yi Li Quan Tong Liu Fu

[

[21]

Complying with the nose above and below with the openings of the two ears.

隨鼻上下開兩耳

Sui Bi Shang Xia Kai Liang Er

[22]

Observe Heaven and Earth to preserve the youthful child.

窺視天地存童子

Kui Shi Tian Di Cun Tong Zi

[23]

Harmonize the Essence Flower to restore the hair and teeth.

調和精華治髮齒

Tiao He Jing Hua Chi Fa Chi

[24]

The color of the hair will shine and not turn white.

顏色光澤不復白

Yan Se Guang Ze Bu Fu Bai

[25]

Examine the liquid as it descends down the throat.

下于喉嚨何落落

Xia Yu Hou Long He Luo Luo

[26]

Then all the spirits will seek to assemble together in sequence.

諸神皆曾相求索

Zhu Shen Jie Zeng Xiang Qiu Suo

[27]

Below it enters the Crimson Palace of purple colored flowers.

下入終宮紫華色

Xia Ru Zhong Gong Zi Hua Se

[28]

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

隱藏華蓋觀通廬

Yin Cang Hua Gai Guan Tong Lu

[29]

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

[30]

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

觀我神明辟諸邪

Guan Wo Shen Ming Pi Zhu Xie

[31]

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

[32]

With the Stomach Pipe delicately connect with the Void.

致於胃管通虛無

Zhi Yu Wei Guan Tong Xu Wu

[33]

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

[34]

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

閉塞命門如玉都

Bi Se Ming Men Ru Yu Du

[35]

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

壽傳萬歲年有餘

Shou Zhuan Wan Sui Nian You Yu

[36]

The Spirit within the Spleen rules the middle palace.

脾中之神主中宮

Pi Zhong Zhi Shen Zhu Zhong Gong

[37]

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

[38]

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

[39]

It beneficially connects the Six Mansions regulating the Five Activities.

通利六府調五行

Tong Li Liu Fu Tiao Wu Xing

[40]

Of Metal, Wood, Water, Fire, the Earth is king.

金木水火土為王

Jin Mu Shui Huo Tu Wei Wang

[41]

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

[42]

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

[43]

The Two Spirits mutually acquire the transformation of Jade Bravery.

二神相得化玉英

Er Shen Xiang De Hua Yu Ying

[44]

From above he is endowed with Heavenly Qi and so it granted increased life.

上稟天氣命益長

Shang Bin Tian Qi Ming Yi Zhang

[45]

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

日月列布張陰陽

Ri Yue Lie Bu Zhang Yin Yang

[46]

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

五藏之主腎最精

Wu Cang Zhi Zhu Shen Zui Jing

[47]

Surrendering to the Tai Yin completes my form.

伏於太陰成吾形

Fu Yu Tai Yin Cheng Wu Xing

[48]

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

出入二竅合黃庭

Chu Ru Er Qiao He Huang Ting

[49]

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

呼吸虛無見吾形

Hu Xi Xu Wu Jian Wu Xing

[50]

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

強我筋骨血脉盛

Jiang Wo Jin Gu Xue Mo Sheng

[51]

Elusive and obscure the green spirit can not be seen as it passes over.

恍惚不見過青靈

Huang Hu Bu Jian Guo Jing Ling

[52]

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

[53]

Internally breath and meditate to perserve the spiritual bright illumination.

內息思存神明光

Nei Xi Si Cun Shen Ming Guang

[54]

Leaving the Heavenly Gate it enters into limitless space.

出於天門入無間

Chu Yu Tian Men Ru Wu Jian

[55]

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

[56]

Ingest the mysterious qi to satisfy life.

服食玄氣可遂生

Fu Shi Xuan Qi Ke Sui Sheng

[57]

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

[58]

**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

[59]

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

坐於廬間見小通

Zuo Yu Lu Jian Jian Xiao Tong

[60]

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

[61]

Eat the purple mushroom to attain the purple blossom bravery.

服食芝草紫華英

Fu Shi Zhi Cao Zi Hua Ying

[62]

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

[63]

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

[64]

Three mansions mutually open the Ming Men.

三府相得開命門

San Fu Xiang De Kai Ming Men

[65]

All five flavors each arrive with good qi for restoration.

五味皆至善氣還

Wu Wei Jie Zhi Shan Qi Huan

[66]

Spreading the hair actively can bring about longlife.

被髮行之可長存

Bei Fa Xing Zhi Ke Zhang Cun

[67]

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

[68]

My words are complete, and should not be spread in vain, always honor them.

吾言畢矣慎勿傳

Wu Yan Bi Yi Shen Wu Zhuan

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

太上黃庭外景經終

Tai Shang Huang Ting Wai Jing Jing Zhong

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

上清章第一
Shang Qing Zhang Di Yi

[1]

Before the Emperor of the Highest Purity of the Purple Rosy Clouds Void

上清紫霞虛皇前
Shang Qing Zi Xia Xu Huang Qian

[2]

the Exalted One of the Great Dao, the Eminent Jade Ruler.

太上大道玉晨君
Tai Shang Da Dao Yu Chen Jun

[3]

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

閑居蕊珠作七言
Xian Ju Rui Zhu Zuo Qi Yan

[4]

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

散化五形變萬神
San Hua Wu Xing Bian Wan Shen

[5]

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

是為黃庭曰內篇
Shi Wei Huang Ting Yue Nei Pian

[6]

On the three terraces of the Qin rhythm the immortal fetus dances.

琴心三疊舞胎仙
Qin Xin San Die Wu Tai Xian

[7]

The Nine Qi illuminated out from between the clouds.

九氣映明出霄間
Jiu Qi Ying Ming Xhu Xiao Jian

[8]

The Youth's spirit umbrella produces a purple mist.

神蓋童子生紫烟
Shen Gai Tong Zi Shen Zi Yan

[9]

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

[10]

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

詠之萬過昇三天

Yong Zhi Wan Guo Sheng San Tian

[11]

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

[12]

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

[13]

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

上有章第二
Shang You Zhang Di Er

[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.

后有密戶前生門
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

[22]

Circulate the purple, embrace the yellow entering the Elixir Field.

迴紫抱黃入丹田
Hui Zi Bao Huang Ru Dan Tian

[23]

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

口為章第三
Kou Wei Zhang Di San

[24]

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

口為玉池太和官
Kou Wei Yu Chi Tai He Guan

[25]

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

漱咽靈液災不干
Shu Yan Ling Ye Zai Bu Gan

[26]

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

體升光華氣香蘭
Ti Sheng Guang Hua Qi Xiang Lan

[27]

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

却滅百邪玉煉顏
Chu Mie Bai Xie Yu Lian Yan

[28]

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

審能修之登廣寒
Shen Neng Xiu Zhi Deng Guang Han

[29]

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

晝夜不寐乃成真
Zhou Ye Bu Mei Nai Cheng Zhen

[30]

Even with the sounds of thunder and lightning the spirit will flow.

雷鳴電激神泯泯
Lei Ming Dan Ji Shen Min Min

Chapter Four: The Yellow Court

黃庭章第四
Huang Ting Zhang Di Si

[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.

丹青綠條翠靈柯

Lei Qing Lu Tiao Cui Ling Ke

[34]

Close the two doors with the seven flowers of the jade flute.

七豨玉籥閉兩扉

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.

嬌女窈窕翳霄暉

Jiao Nu Yao Tiao Yi Xiao Hui

[39]

The Double Hall brilliantly illumines the eight powers.

重堂煥煥明八威

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

[53]

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

[54]

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

[55]

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

[56]

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

Chapter Seven: The Perfect Dao

至道章第七
Zhi Dao Zhang Di Qi

[57]

The Perfect Dao, do not try to determine the truth of its existence.

至道不煩決存真

Zhi Dao Bu Fan Jue Cun Zhen

[58]

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

泥丸百節皆有神

Ni Wan Bai Jie Jie You Shen

[59]

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

髮神蒼華字太元

Fa Shen Cang Hua Zi Tai Yuan

[60]

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

腦神經根字泥丸

Nao Shen Jing Gen Zi Ni Wan

[61]

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

眼神明上字英玄

Yan Shen Ming Shang Zi Ying Xuan

[62]

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

鼻神玉壘字靈堅

Bi Shen Yu Long Zi Ling Jian

[63]

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

耳神空閑字幽田

Er Shen Kong Xian Zi You Tian

[64]

The Tongue Spirit, styled Penetrating Destiny, is the Correct Order.

舌神通命字正倫

She Shen Tong Ming Zi Zheng Lun

[65]

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

[66]

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

[67]

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

[68]

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

[69]

The tapestry is the same as a purple silk flying robe.

同服紫衣飛羅裳

Tong Fu Zi Yi Fei Luo Chang

[70]

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

[71]

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

[72]

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

[73]

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

心神章第八
Xin Shen Zhang Di Ba

[74]

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

心神丹元字守靈

Xin Shen Dan Yuan Zi Shou Ling

[75]

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

肺神皓華字虛成

Fei Shen Hao Hua Zi Xu Cheng

[76]

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

肝神龍煙字含明

Gan Shen Long Yan Zi Han Ming

[77]

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

翳鬱導煙主濁清

Yi Yu Dao Yan Zhu Zhuo Qing

[78]

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

腎神玄冥字育嬰

Shen Shen Xuan Ming Zi Yu Ying

[79]

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

脾神常在字魂停

Pi Shen Chang Zai Zi Hun Ting

[80]

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

膽神龍曜字威明

Dan Shen Long Yao Zi Wei Ming

[81]

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

[82]

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

[83]

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.

肺部之宮似華蓋

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

[92]

Without resting the body makes use of it so there is no stagnation.

用之不已形不滯

Yong Zhi Bu Yi Xing Bu Zhi

Chapter Ten: The Heart Region

心部章第十
Xin Bu Zhang Di Shi

[93]

In the palace of the heart is contained a splendid lotus.

心部之宮蓮含華

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.

主適寒熱榮衛和

Zhu Shi Han Re Rong Wei He

[96]

His crimson brocade flying garments are draped in jade ornaments.

丹錦飛裳披玉羅

Dan Jin Fei Chang Pi Yu Luo

[97]

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

金鈴朱帶坐婆娑

Jin Ling Zhu Dai Zuo Po Zi

[98]

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

調血理命身不枯

Diao Xue Li Ming Shen Bu Ku

[99]

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

外應口舌吐五華

Wai Ying Kou She Tu Wu Hua

[100]

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

臨絕呼之亦登蘇

Lin Jue Hu Zhi Yi Deng Su

[101]

Continually practice to fly about the supreme rosy clouds.

久久行之飛太霞

Jiu Jiu Xing Zhi Fei Tai Xia

Chapter Eleven: The Liver Region

肝部章第十一
Gan Bu Zhang Di Shi Yi

[102]

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

肝部之中翠重里

Gan Bu Zhi Zhong Cui Zhong Li

[103]

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

下有青童神公子

Xia You Qing Tong Shen Gong Zi

[104]

Leading all the key passes to their illuminated origin.

主諸關鍵聰明始

Zhu Zhu Guan Jian Cong Ming Shi

[105]

Wears green brocades and carries a jade bell.

青錦披裳佩玉鈴

Qing Jin Pi Chang Pei Yu Ling

[106]

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

和制魂魄津液平

He Zhi Hun Po Jin Ye Ping

[107]

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

外應眼目日月清

Wai Ying Yan Mu Ri Yue Qing

[108]

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

百可不鍾存无英

Bai Ke Bu Zhong Cun Wu Ying

[109]

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

同用七日自充盈

Tong Yong Qi Ri Zi Chong Ying

[110]

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

[111]

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

腎部章第十二

Shen Bu Zhang Di Shi Er

[112]

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

腎部之宮玄闕圓

Shen Bu Zhi Gong Xuan Que Yuan

[113]

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

中有童子冥上玄

Zhong You Tong Zi Ming Shang Xuan

[114]

All the Six Mansions and Nine Secretions originate here.

主諸六府九液源

Zhu Zhu Liu Fu Jiu Ye Yuan

[115]

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

外應兩耳百液津

Wai Ying Liang Er Bai Ye Jin

[116]

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

蒼錦雲衣舞龍幡

Cang Jin Yun Yi Wu Long Fan

[117]

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

上致明霞日月煙

Shang Zhi Ming Xia Ri Yue Yan

[118]

The hundred illnesses and a thousand calamities and worries that exist

百病千災急當存

Bai Bing Qian Zai Ji Dang Cun

[119]

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

[120]

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

[128]

They dispel the false gains without illness or injury.

辟却虛贏無病傷

Bi Que Xu Ying Wu Bing Shang

[129]

Externally it responds to the one-foot residence with a fragrant countenance.

外應尺宅氣色芳

Wai Ying Chi Zhai Qi Se Fang

[130]

The light of the flower is the place of life and brings about an external illumination.

光華所生以表明

Guang Hua Suo Sheng Yi Biao Ming

[131]

A robe of yellow brocade and jade ornaments has the mark of the tiger.

黃錦玉衣帶虎章

Huang Jin Yu Yi Dai Hu Zhang

[132]

Be mindful of the three elders who are lightly soaring about.

注念三老子輕翔

Zhu Nian San Lao Zi Qing Xiang

[133]

The longevity of the high immortals is far beyond death and calamity.

長生高仙遠死殃

Zhang Sheng Gao Xian Yuan Si Yang

Chapter Fourteen: The Gall Bladder Region

膽部章第十四

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 soldier.

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.

腦髮相扶亦俱鮮

Nao Fa Xiang Fu Yi Ju Xian

[141]

A nine colored brocade robe of a splendid green gown.

九色錦衣綠華裙

Jiu Se Jin Yi Lu Hua Qun

[142]

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

[143]

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

龍存威明乘慶雲

Zhang

[144]

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.

治人百病消穀糧

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

[152]

The three elders sit alike and bring forth their companions.

三老同坐各有朋

San Lao TOng Zuo Ge You Peng

[153]

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

或精或胎別執方

Huo Jing Huo Tai Bie Zhi Fang

[154]

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

桃孩合延生華芒

Tao Hai He Yan Sheng Hua Mang

[155]

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

[156]

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

道父道母對相望

Dao Fu Dao Mu Dui Xiang Wang

[157]

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

師父師母丹玄鄉

Shi Fu Shi Mu Dan Xuan Xiang

[158]

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

可用存思登虛空

Ke Yong Cun Si Deng Xu Kong

[159]

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

殊途一會歸要終

Shu Tu Yi Hui Gui Yao Zhong

[160]

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

[161]

Keep rinsing the golden wine then swallow the jade courage.

含漱金醴吞玉英

Han Shu Jin Li Tun Yu Ying

[162]

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

[163]

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

[164]

The qi clouds of the Five Mountains will disperse smoothly.

五岳之雲氣彭亨

Wu Yue Zhi Yun Qi Peng Heng

[165]

Guard the irrigation of the Jade Hut to fulfill yourself.

保灌玉廬以自償

Bao Guan Yu Lu Yi Zi Chang

[166]

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

上睹章第十六

Shang Du Zhang Di Shi Liu

[167]

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

上睹三元如連珠

Shang Du San Yuan Ru Lian Zhu

[168]

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

落落明景照九隅

Luo Luo Ming Jing Zhao Jiu Yu

[169]

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

五靈夜燭煥八區

Wu Ling Ye Zhu Huan Ba Qu.

[170]

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

子存內皇與我游

Zi Cun Nei Huang Yu Wo You.

[171]

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

身披鳳衣銜虎符

Shen Pi Feng Yi Xian Hu Fu

[172]

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

一至不久昇虛無

Yi Zhi Bu Jiu Sheng Xu Wu.

[173]

Within the square inch is recalled a profound repository.

方寸之中念深藏

Fang Cun Zhi Zhong Nian Shen Cang.

[174]

Neither the square or circle can close off the screens of enlightenment.

不方不圓閉牖牕

Bu Fang Bu Yuan Bi You Chuang.

[175]

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.

[176]

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.

[177]

The spirit is creates within the abdomen matching jade.

神生腹中銜玉當

Shen Sheng Fu Zhong Xian Yu Dang.

[178]

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

[179]

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

琳條萬尋可蔭仗

Lin Tiao Wan Xun Ke Yin Zhang.

[180]

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

靈臺章第十七

Ling Tai Zhang Di Shi Qi

[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.

間關營衛高玄受

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

[188]

Within the Ming Tang is a gold plated chamber.

明堂金匱玉房間

Ming Tang Jin Kui Yu Fang Jian

[189]

A true person of Supreme Clarity acts upon foremost individuality.

上清真人當吾前

Shang Qing Zhen Ren Dang Wu Qian

[190]

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

黃裳子丹氣頻煩

Huang Chang Zi Dan Qi Pin Fan

[191]

Seek the answers in the place between the two eyebrows.

借問何在兩眉端

Jie Wen He Zai Liang Mei Duan

[192]

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

[193]

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

三關章第十八
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.

足為地關生命槩

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

若得章第十九

Ro De Zhang Di Shi Ba

[199]

Approving Attainment is the Mysterious Elixir preserved in the Three Palaces.

若得三宮存玄丹

Ruo De San Gong Cun Xuan Dan

[200]

The Supreme One floats like a peaceful pearl atop Mt. Kun Lun.

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.

自高自下皆真人

Zi Gao Zi Xia Jie Zhen Ren

[203]

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

玉堂絳宇盡玄宮

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

[206]
Asking whose home the boy dwells in, my body.

問誰家子在我身
Wen Shui Jia Zi Zai Wo Shen

[207]
How does this person leave and enter the Muddy Pellet.

此人何去入泥丸
Ci Ren He Qu Ru Ni Wan

[208]
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

[209]
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

[210]
Like a cloud a Jade Flower Hero appears at the Ear Gate.

雲儀玉華俠耳門
Yun Yi Yu Hua Xia Er Men

[211]
A red emperor and Huang Lao together with the self and Hun Spirit.

赤帝黃老與己魂
Chi Di Huang Lao Yu Ji Hun

[212]
The three true supporters assist passage through the saliva chamber.

三真扶胥共房津
San Zhen Fu Xu Gong Fang Jin

[213]
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

[214]

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

[215]

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

帝鄉天中地戶端

Di Xiang Tian Zhong Di Hu Duan

[216]

The area of the face and Hun Spirit each mutually preserve 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

[224]

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

[225]

Beneath the Golden Chamber it cannot collapse.

金室之下可不傾

Jin Shi Zhi Xia Ke Bu Qing

[226]

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

Chapter Twenty-One: Fine Jade Chamber

瓊室章第二十一

Qiong Shi Zhang Di Er Shi Yi

[227]

Within the Fine Jade Chamber is a collection of eight silks.

瓊室之中八素集

Qiong Zhi Zhi ZhongBa Su Ji

[228]

The madame of the Muddy Pellet stands in the center.

泥丸夫人當中立

Ni Wan Fu Ren Dang ZhongLi

[229]

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

長谷玄鄉繞效邑

Zhang Gu Xuan Xiang Rao Xiao Yi

[230]

Six dragons fly about dispersing the difficulties and separating them.

六龍散飛難分別

Liu Long San Fei Nan Fen Bie

[231]

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

長生至慎房中急

Chang Sheng Zi Shen Fang Zhong Ji

[232]

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

何為死作令神泣

He Wei Si Zuo Ling Shen Qi

[233]

Neglecting this causes calamities in the village and the death of the three spirits.

忽之禍鄉三靈歿

Hu Zhi Huo Xiang San Ling Mo

[234]

However, absorb the Qi to replicate the Child Essence.

但當吸氣綠子精

Dan dang Xi Qi Lu Zi Jing

[235]

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

寸田尺宅可治生

Cun Tian Chi Zhai Ke Zhi Sheng

[236]

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

[237]

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

[238]

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

[239]

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

[240]

I defend my Muddy Pellet and the Three Extraordinary Spirits.

保我泥丸三奇靈

Bao Wo Ni Wan San Qi Ling

[241]

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

[242]

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

[243]

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

慤矣匪事老復丁

Que Yi Fei Shi Lao Fu Dingque

[244]

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

[252]

The three palaces near the center form a hidden enclosure.

三宮近在易隱括

Chang

[253]

The void is solitary, simple emptiness in the center.

虛無寂寂空中素

Xu Wu Ji Ji Kong Zhong Su

[253]

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

使形如是不當污

Shi Xing Ru Shi Bu Dang Wu

[254]

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

九室正虛神明舍

Jiu Shi Zheng Xu Shen Ming She

[255]

Keep the contemplations of 100 recitations under measured control.

存思百念視節度

Cun Si Bai Nian Shi Jie Du

[256]

Cultivate and regulate the six mansions to avoid aging.

六府修治勿令故

Liu Fu Xiu Zhi Wu Ling Gu

[258]

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

行自翱翔入天路

Xing Zi Ao Xiang Ru Tian Lu

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.

二十四真出自然

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

[266]

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

[270]

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

[271]

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

[272]

In the highest quiet contentment examine the garden of Dao.

高研恬淡道之園

Gao Yan Tian Dan Dao Zhi Yuan

[273]

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

內視密盼盡覩真

Nei Shi Mi Pan Jin Du Zhen

[274]

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

真人在己莫問鄰

Zhen Ren Zai Ji Mo Wen Lin

[275]

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 vermilion 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.

倏歛遊遨無遺憂

Shu Hu You Ao Wu Yi You

[282]

Their feathered clothing is entirely driven by the Eight Winds.

羽服一整八風驅

Yu Fu Yi Zheng Ba Feng Qu

[283]

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

[284]

A golden carriage with a jade sedan chair is drawn up and passes straight ahead.

金輦正立從玉輿

Jin Nian Zheng Li Cong Yu Yu

[285]

What does not ascend up the mountain, is the recitation of my book.

何不登山誦我書

He Bu Deng Shan Song Wo Shu

[286]

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

[287]

Why is it difficult to enter the mountains, there is cause for hesitation.

入山何難故躊躇

Ru Shan He Nan Gu Chou Chu

[288]

In the human world there is a profusion of bad odors, a female's kerchief is used.

人間紛紛臭帟如

Ren Jian Fen Fen Chou Ru Ru

Chapter Twenty-Five: Five Activities

五行章第二十五

Wu Xing Zhang Di Er Shi Wu

[289]

The Five Elements act upon each other and turn over to return to the One.

五行相推反歸一

Wu Xing Xiang Tui Fan Gui Yi

[290]

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

三五合氣九九節

San Wu He Qi Jiu Jiu Jie

[291]

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

可用隱地迴八術

Ke Yong Yin Di Hui Ba Shu

[292]

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

伏牛幽闕羅品列

Fu Niu You Que Luo Pin Lie

[293]

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

三明出華生死際

San Ming Chu Hua Sheng Si Ji

[294]

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

洞房靈象斗日月

Dong Fang Ling Xiang Dou Ri Yue

[295]

The father is called the Ni Wan, the mother is Ci Yi (the oneness of the feminine).

父曰泥丸母雌一

Fu Yue Ni Wan Mu Ci Yi

[296]

The two bright rays shine into the room of the son.

二光煥照入子室

Er Guang Huan Zhao Ru Zi Shi

[297]

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

能存玄真萬事畢

Neng Cun Xuan Zhen Wan Shi Bi

[298]

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.

口銜靈芒携五星

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.

駕歛接生宴東蒙

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.

一之為物巨卒見

YI zhi Wei Wu Po Zu Jian

[308]

One must patiently wait for the beginnings of the highest truth to appear.

須得至真始顧盼

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

[314]

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.

字曰真人巾金巾

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

[322]

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

[323]

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

[324]

十絕盤空扇紛紜

Ahi Jue Pan Kong Shan Fen Yun

[325]

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

火鈴冠霄隊落烟

Huo Ling Guan Dui Luo Yan

[326]

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

[327]

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

Chapter Twenty-Nine: Azure Clarity

紫清章第二十九

Zi Qing Zhang Di Er Shi Jiu

[328]

The Azure Clarity, Foremost Emperor, and Supreme Sovereign of Dao.

紫清上皇太道君

Zi Qing Shang Huang Tai Dao Jun

[329]

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

[330]

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

[331]

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

飛昇十天駕玉輪

Fei Sheng Shi Tian Jia Yu Lun

[332]

Meditate for seven days and nights without sleep.

晝夜七日思勿眠

Zhou Ye Qi Ri Si Wu Mian

[333]

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

[334]

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

[335]

This is to follow absolute faith and single focus.

是由精誠亦由專

Shi You Jing Cheng Yi You Zhuan

[336]

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

內守堅固真之真

Nei Shou Jian Gu Zhen Zhi Zhen

[337]

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
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.

那從反老得還嬰

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

Chapter Thirty-One: Principles of the Mind

心典章第三十一
Xin Dian Zhang Di San Yi

[345]

The mind is king of the Five Storehouses and in charge of the entire body.

心典一體五藏王

Xin Dian Yi Ti Wu Cang Wang

[346]

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

動靜念之道德行

Dong Jing Nian Zhi Dao De Xing

[347]

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

清潔喜氣自明光

Qing Jie Xi Qi Zi Ming Guang

[348]

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

坐起伍俱共棟梁

Zuo Qi Wu Ju Gong Dong Liang

[349]

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

晝日曜景暮閉藏

Zhou Ri Yao Jing Mu Bi Cang

[350]

All the benefits from the Essence Flower come through from harmonizing the yin and yang.

通利華精調陰陽

Tong Li Hua Jing Diao Yin Yang

Chapter Thirty-Two: The Experiencing

經歷章第三十二

Jing Li Zhang Di San Er

[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 Hei Ji Zuo Shou

Chapter Thirty-Three: Liver Qi

肝氣章第三十三

Gan Qi Zhang Di San Shi San

[356]

The liver qi luxuriant, flourishing, pure, and long lasting.

肝氣鬱勃清且長

Gan Qi Yu Bo Qing Qie Chang

[357]

Gather together the separate Six Mansions to produce the Three Brights.

羅列六府生三光

Luo Lie Liu Fu Sheng San Guang

[358]

The mind, essence, and mind-intent are to be directed internally so not to leak out.

心精意專內不傾

Xin Jing Yi Zhuan Nei Bu Qing

[359]

Above it joins with the Triple Warmer, below with the Jade Serum.

上合三焦下玉漿

Shang He San Jiao Xia Yu Jiang

[360]

The mysterious secretion moves the clouds, causing a fragrant smell.

玄液雲行去臭香

Xuan Ye Yun Xing Qu Chou Xiang

[361]

Manage the Five Places by shaking the hair and teeth.

治蕩髮齒鍊五方

Zhi Dang Fa Chi Liang Wu Fang

[362]

Collect the saliva in the Mysterious Well so it enters the Ming Tang.

取津玄膺入明堂

Qu Jin Xuan Ying Ru Ming Tang

[363]

Let it drop down the throat and penetrate into the Bright Spirit.

下溉喉嚨神明通

Xia Gai Hou Long Shen Ming Tong

[364]

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

[365]

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

[366]

The five colored qi clouds there are numerous green scallions.

五色雲氣紛青蔥

Wu Se Yun Qi Fen Qing Cong

[367]

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

[368]

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

[369]

The seven mysterious hero flowers will open the Life Gate.

七玄英華開命門

Qi Xuan Ying Hua Kai Ming Men

[370]

Comprehend the benefits of Heaven's Dao to perserve the Mysterious Root.

通利天道存玄根

Tong Li Tian Dao Cun Xuan Gen

[371]

Even those of 120 years can still restore themselves.

百二十年猶可還

Bai Er Shi Nian You Ke Huan

[372]

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

[373]

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

唯待九轉八瓊丹

Wei Dai Jiu Zhuan Ba Qiong Dan

[374]

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

要復精思存七元

Yao Fu Jing Si Cun Qi Yuan

[375]

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

[376]

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

肺之章第三十四

Fei Zhi Zhang Di San Shi Si

[377]

The qi of the lungs is initiated by the Triple Warmer

肺之為氣三焦起

Fei Zhi Wei Qi San Jiao Qi

[378]

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

視聽幽冥侯童子

Gan

[379]

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

調理五華精髮齒

Diao Li Wu Hua Jing Fa Chi

[380]

From within the Jade Pool swallow twenty-six times.

二十六咽玉池裏

Er Shi Liu Yan Yu Chi Li

[381]

Begin by opening all the hundred blood vessels and secretions.

開通百脈血液始

Kai Tong Bai Mai Xue Ye Shi

[382]

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

顏色生光金玉澤

Yan Se Sheng Guang Jin Yu Ze

[383]

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

齒堅髮黑不知白

Chi Jian Fa Hei Bu Zhi Bai

[384]

Perserve the True Spirit so not let it fall away.

存此真神勿落落

Cun Ci Zhen Shen Wu Luo Luo

[385]

Correctly it should be seated in its palace.

當憶此宮有座席

Dang Yi Ci Gong You Zuo Xi

[386]

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

[394]

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

[395]

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

[396]

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

[397]

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

[398]

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

[399]

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

通利血脈五藏豐

Tong Li Xue Mai Wu Cang Feng

[400]

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

[401]

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

[402]

The sun and moon are the model for setting up the yin and yang.

日月列布設陰陽

Ri Yue Lie Bu She Yin Yang

[403]

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

[404]

The Celestial Person's food is tasteless and indifferent.

淡然無味天人糧

Dan Ran Wu Wei Tian Ren Liang

[405]

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

子丹進饌肴正黃

Gan

[406]

This is called, Gem Soup or Jade Cream.

乃曰琅膏及玉霜

Nai Yue Lang Gao Ji Yu Shuang

[407]

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

[408]

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

[409]

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

[410]

Spreading the Three Mysterious winds out to the original green.

楊風三玄出始青

Gan

[411]

From the vague and obscure you can reach the clarity of the immortal spirit.

恍惚之間至清靈

Huang Hu Zhi Jian Zhi Qing Ling

[412]

Be seated upon the Whirlwind Terrace and observe the red birth.

坐於飈臺見赤生

Zuo Yu Biao Tai Jian Chi Sheng

[413]

Leisurely upon the splendid city walls is the true nourishment of a thriving flower.

逸城熙真養華榮

Yi Cheng Xi Zhen Yang Hua Rong

[414]

A steadfast and deep internal silence refines the five forms.

內盼沉默鍊五形

Nei Pan Chen Mo Lian Wu Xing

[415]

The three qi hover about when attaining spiritual illumination.

三氣徘徊得神明

San Qi Pai Huai De Shen Ming

[416]

A hidden dragon escapes into the Medicine Clouds of Heroes Jade.

隱龍遁芝雲琅英

Yin Long Dun Zhi Yun Lang Ying

[417]

To be able to satisfy hunger employ the myriad spirits.

可以充飢使萬靈

Ke Yi Chong Ji Shi Wan Ling

[418]

Above is the umbrella of the mysterious mystery, below is the tiger seal.

上蓋玄玄下虎章

Shang Gai Xuan Xuan Xia Hu Zhang

Chapter Thirty-Six: Cleansing Bath

沐浴章第三十五

Mu Yu Zhang Di San Shi Liu

[419]

A cleansing bath embodies an abundance of a fertile fragrance.

沐浴盛潔肥薰

Mu Yu Sheng Jie Fei Xun

[420]

Enter the chamber facing east and recite the Jade Tablets.

入室東向誦玉篇

Ru Shi Dong Xiang Song Yu Pian

[421]

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

約得萬徧義自鮮

Yue De Wan Bian Yi Zi Xian

[422]

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

散髮無欲以長存

San Fa Wu Yu Yi Chang Cun

[423]

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

五味皆至正氣還

Wu Wei Jie Zhi Zheng Qi Huan

[424]

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

夷心寂悶勿煩寃

Yi Xin Ji Men Wu Fan Yuan

[425]

Go beyond repeatedly until completing the shen and jing.

過數已畢體神精

Guo Shu Yi Bi Ti Shen Jing

[426]

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

[427]

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

[428]

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

[429]

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

[430]

First evoke the Supreme Sovereign, and afterwards face north.

先謁太帝後北向

Xian Ye Tai Di Hou Bei Xiang

[431]

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

[432]

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

[433]

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

[434]

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

[435]

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

攜手登山飲液丹

Xie Shou Deng Shan Sha Ye Dan

[436]

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

[437]

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

[438]

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

[439]

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

[440]

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

不死之道此真文

Bu Si Zhi Dao Ci Zhen Wen