

# Sacred Text of the Tao

## of Healing, Rejuvenation, Longevity, and Immortality

### Zhi Liao Fan Lao Huan Tong Chang Shou Yong Sheng Zhi Dao

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

	<b>Tao Jing</b>	<b>Pronunciation</b>	<b>Translation/explanation</b>
1	Shang Cheng Miao Dao	<i>shahng chung mee-yow dow</i>	Highest and most profound Tao
2	Ao Mi Fa Men	<i>ow mee fah mun</i>	The sacred and profound method of entering the gate of rejuvenation, longevity, and immortality
3	De Dao Zhen Chuan	<i>duh dow jun chwahn</i>	Receive the true secret from the master
4	Xiu Lian You Wang	<i>sheo lyen yoe wahng</i>	There is hope to accomplish your Xiu Lian journey
5	Jin Dan Zhi Bao	<i>jeen dahn jr bao</i>	Jin Dan is the highest treasure
6	Xiu Lian Gen Ji	<i>sheo lyen gun jee</i>	The root and foundation of Xiu Lian
7	Chang Shou Yong Sheng	<i>chahng sho yawng shung</i>	Longevity and immortality
8	Bu Er Fa Men	<i>boo ur fah mun</i>	No second way for fan lao huan tong, longevity, and immortality
9	Xiu Lian Mu Di	<i>sheo lyen moo dee</i>	The purpose of Xiu Lian
10	Qu Bing Jian Shen	<i>chü bing jyen shun</i>	Remove all sicknesses and strengthen the body
11	Kai Fa Zhi Neng	<i>kye fah jr nung</i>	Develop intelligence
12	Zhuan Hua Ren Sheng	<i>jwahn hwah wren shung</i>	Transform a human being's life
13	Yu Dao He Zhen	<i>yü dow huh jun</i>	Meld with Tao
14	Chao Hu Yin Yang	<i>chow hoo yeen yahng</i>	Go beyond the yin yang world
15	Tiao Chu San Jie	<i>tee-yow choo sahn jyeh</i>	One is not controlled by the principles of Heaven, Mother Earth, and human beings
16	Wu Xing Wu Ju	<i>woo shing woo jü</i>	No shape, no control, no restraint from anything
17	De Tian Di Jing Hua	<i>duh tyen dee jing hwah</i>	Receive the essence of Heaven and Mother Earth
18	Yu Ri Yue Tong Hui	<i>yü rr yoo-eh tawng hway</i>	Shine together with the sun and moon
19	Tian Di Tong Cun	<i>tyen dee tawng tsoon</i>	Live together with Heaven and Mother Earth
20	Chang Shou Yong Sheng	<i>chahng sho yawng shung</i>	Longevity and immortality
21	Ku Hai Zhong Sheng	<i>koo hye jawng shung</i>	Everyone and everything in the bitter sea, which is the yin yang world
22	Sheng Lao Bing Si	<i>shung lao bing sz</i>	Birth, old age, sickness, death
23	Yin Guo Chan Shen	<i>yeen gwaw chahn shun</i>	Karma controls you, no freedom
24	Fan Fu Lun Hui	<i>fahn foo lwun hway</i>	Reincarnation continues
25	Xiu Xian Cheng Dao	<i>sheo shyen chung dow</i>	Do Xiu Lian to become a saint in order to become Tao
26	Tuo Chu Lun Hui	<i>twaw choo lwun hway</i>	Get away from reincarnation
27	Ren Xian Di Xian	<i>wren shyen dee shyen</i>	Human saints and Mother Earth saints
28	Shang Wei Tian Xian	<i>shahng way tyen shyen</i>	Higher saints are Heaven saints
29	Dao Xian Zui Shang	<i>dow shyen dzway shahng</i>	Highest saints are Tao saints
30	Yu Dao He Zhen	<i>yü dow huh jun</i>	Meld with Tao
31	He Xie Yu Zhou	<i>huh shyeh yü joe</i>	Harmonize universes
32	Ao Miao Wu Qiong	<i>ow mee-yow woo chyawng</i>	Profound and mysterious without ending
33	Qu Bing Wei Xian	<i>chü bing way shyen</i>	First remove sickness
34	Xiu Shan Duan E	<i>sheo shahn dwahn uh</i>	Be kind and stop all evil
35	Chu Tan Chen Chi	<i>choo tahn chun chee</i>	Remove greed, anger, and lack of wisdom
36	Xiu Miao Ming Xin	<i>sheo mee-yow ming sheen</i>	Purify and enlighten your heart

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37	Wu Si Wei Gong	<i>woo sz way gawng</i>	Serve others selflessly
38	Xiu Lian Fa Yao	<i>sheo lyen fah yow</i>	Xiu Lian principles
39	Shi Wei Gong Pu	<i>shr way gawng poo</i>	Vow to be a servant
40	Shi Dai Fu Wu	<i>shr dye foo woo</i>	Serve in all lifetimes
41	Fu Wu Xiu Lian	<i>foo woo sheo lyen</i>	Service Xiu Lian
42	Shang Cheng Fa Men	<i>shahng chung fah mun</i>	The highest sacred Xiu Lian method
43	Qu Chu Ye Zhang	<i>chü choo yuh jahng</i>	Remove bad karma
44	Ji Gong Lei De	<i>jee gawng lay duh</i>	Accumulate virtue
45	Yuan Shen Zhen Ling	<i>ywen shun jun ling</i>	Tao is profound and mysterious
46	Ben Zai Xin Zhong	<i>bun dzye sheen jawng</i>	Yuan Shen is inside the heart
47	Bu Sheng Bu Mie	<i>boo shung boo myeh</i>	Yuan Shen is not born and does not die
48	Yu Dao Tong Cun	<i>yü dow tawng tsoon</i>	Yuan Shen and Tao exist together
49	Ren Ren Jie You	<i>wren wren jyeh yoe</i>	Everyone has Yuan Shen
50	Wei He Bu Jian	<i>way huh boo jyen</i>	Why can't a human being see the Yuan Shen?
51	Shi Su Wu Zhuo	<i>shr soo woo jwaw</i>	All kinds of pollution in society
52	Xing Qiao Bu Kai	<i>shing chee-yow boo kye</i>	The tunnel of the heart is not open
53	Xiu Lian San Bao	<i>sheo lyen sahn bao</i>	Practice with the three treasures of jing qi shen
54	Wu Zhuo Zi Hua	<i>woo jwaw dz hwah</i>	All of the pollution self-transforms
55	Ming Xin Jian Xing	<i>ming sheen jyen shing</i>	Enlighten your heart to see your Yuan Shen
56	Yuan Shen Zhu Zai	<i>ywen shun joo dzye</i>	Yuan Shen is in charge for your life
57	Nei San Bao	<i>nay sahn bao</i>	Three internal treasures
58	Jing Qi Shen	<i>jing chee shun</i>	Matter energy soul
59	Wai San Bao	<i>wye sahn bao</i>	Three external treasures
60	Er Mu Kou	<i>ur moo koe</i>	Ears eyes mouth
61	Wang Shi Shen Lou	<i>wahng shr shun loe</i>	See polluted things, your soul could get lost
62	Wang Ting Jing Lou	<i>wahng ting jing loe</i>	Hear polluted words, lose your jing
63	Wang Yan Qi Lou	<i>wahng yahn chee loe</i>	Speak polluted words, lose your qi
64	Wai San Bao Lou	<i>wye sahn bao loe</i>	Three external treasures are leaking
65	Mu Bu Wang Shi	<i>moo boo wahng shr</i>	Do not see polluted things
66	Er Bu Wang Ting	<i>ur boo wahng ting</i>	Do not hear polluted words
67	Kou Bu Wang Yan	<i>koe boo wahng yahn</i>	Do not speak polluted words
68	Wai San Bao Bu Lou	<i>wye sahn bao boo loe</i>	Close your external treasures, do not leak your jing qi shen
69	Bu Shi An Shen Yu Xin	<i>boo shr ahn shun yü sheen</i>	Do not see polluted things to make your shen reside peacefully in your heart
70	Bu Ting Xu Jing Yu Shen	<i>boo ting shü jing yü shun</i>	Do not hear polluted words to increase the jing in your kidneys
71	Bu Yan Yun Qi Dan Tian	<i>boo yahn yün chee dahn tyen</i>	Do not speak polluted words to increase the qi in the Dan Tian
72	Nei San Bao Zi He	<i>nay sahn bao dz huh</i>	Three internal treasures join together
73	Wai Bu Lou	<i>wye boo loe</i>	Three external treasures do not leak
74	Nei Zi He	<i>nay dz huh</i>	Three internal treasures join as one
75	Tong Tian Da Di	<i>tawng tyen dah dee</i>	Connect Heaven and Mother Earth

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76	Xiao Yao Dao Zhong	<i>shee-yow yow dow jawng</i>	Meld with Tao to have true freedom and joy
77	Tao Sheng Yi	<i>dow shung yee</i>	Tao creates One
78	Tian Yi Zhen Shui	<i>tyen yee jun shway</i>	Heaven's Oneness sacred liquid
79	Jin Jin Yu Ye	<i>jeen jeen yü yuh</i>	Gold liquid, jade liquid
80	Yan Ru Dan Tian	<i>yahn roo dahn tyen</i>	Swallow into the Lower Dan Tian
81	Shen Qi Jing He Yi	<i>shun chee jing huh yee</i>	Join soul energy matter as one
82	Tian Di Ren He Yi	<i>tyen dee wren huh yee</i>	Join Heaven, Mother Earth, human being as one
83	Jin Dan Lian Cheng	<i>jeen dahn lyen chung</i>	Jin Dan is formed
84	Bao Yuan Shou Yi	<i>bao ywen sho yee</i>	Hold both hands in a circle below the navel and concentrate on the Jin Dan
85	Ren Ming Ru Deng You	<i>wren ming roo dung yoe</i>	A human's life is like the oil in a lamp
86	Hao Jin Ming Gui Xi	<i>how jeen ming gway shee</i>	When the oil is exhausted, life ends
87	Yu Jian Kang Chang Shou	<i>yü jyen kahng chahng sho</i>	Wish to have good health and longevity
88	Bi Tian Deng You	<i>bee tyen dung yoe</i>	Must add oil to the lamp
89	Tian Yi Zhen Shui	<i>tyen yee jun shway</i>	Heaven's Oneness sacred liquid
90	Jin Jin Yu Ye	<i>jeen jeen yü yuh</i>	Gold liquid, jade liquid
91	You Ru Tian You	<i>yoe roo tyen yoe</i>	Is just like adding oil to the lamp
92	You Deng Chang Ming	<i>yoe dung chahng ming</i>	The oil is always burning
93	Xiu Xian Zhi Dao	<i>sheo shyen jr dow</i>	The way to become a saint
94	Xing Ming Shuang Xiu	<i>shing ming shwahng sheo</i>	Do Xiu Lian to develop intelligence and body
95	Ming Xin Jian Xing	<i>ming sheen jyen shing</i>	Enlighten your heart to see your Yuan Shen
96	Chao Fan Ru Sheng	<i>chow fahn roo shung</i>	Go beyond an ordinary being and become a saint
97	Jing Ding Hui Ming	<i>jing ding hway ming</i>	Quiet, still, intelligent, enlightened
98	Jing Zhong Sheng Ding	<i>jing jawng shung ding</i>	Stillness comes from quietness
99	Ding Zhong Sheng Hui	<i>ding jawng shung hway</i>	Intelligence comes from stillness
100	Hui Zhong Sheng Ming	<i>hway jawng shung ming</i>	Enlightenment comes from intelligence
101	Tiao Chu Yu Hai	<i>tee-yow choo yü hye</i>	Jump out from the sea of desire
102	Fu Wu Wan Ling	<i>foo woo wahn ling</i>	Serve all souls
103	Bao Yuan Shou Yi	<i>bao ywen sho yee</i>	Hold both hands in a circle below the navel and concentrate on the Jin Dan
104	Tong Ti Tou Ming	<i>tawng tee toe ming</i>	Whole body is transparent
105	Ren Zhi Chu	<i>wren jr choo</i>	Origin of a human being
106	Jing Luan Hua Ren	<i>jing lwahn hwah wren</i>	Sperm and egg create a human being
107	Nei Shen Xian Sheng	<i>nay shun shyen shung</i>	Kidneys are produced first
108	Jian Zhang Liang Mu	<i>jyen jahng lyahng moo</i>	Gradually grow both eyes
109	Hou Sheng Wai Shen	<i>hoe shung wye shun</i>	Grow the urinary system, including sexual organs
110	Wu Zang Liu Fu	<i>woo dzahng leo foo</i>	Five yin and six yang organs grow
111	Si Zhi Bai Hai	<i>sz jr bye hye</i>	Four extremities and skeleton
112	Zhu Ci Er Sheng	<i>joo tszz ur shung</i>	Gradually grow one by one
113	Ru Jing Wang Wo	<i>roo jing wahng waw</i>	Meditate deeply to go into stillness and forget yourself
114	Cha Na Wu Kong	<i>chah nah woo kawng</i>	Go suddenly into emptiness and nothingness
115	Huang Xi Hu Xi	<i>hwahng shee hoo shee</i>	Spiritual images appear and disappear

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

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152	Xing Zou Zuo Wo Bu Li Zhe Ge	<i>shing dzoe dzwaw waw boo lee juh guh</i>	Walking, sitting, or lying down, always focus on Jin Dan
153	Qian Ri Wen Wu Huo	<i>chyen rr wun woo hwaw</i>	Practice gentle fire and strong fire for one thousand days
154	Shou Yi Yan Jin Ye	<i>sho yee yahn jeen yuh</i>	Bao Yuan Shou Yi and swallow jade liquid
155	Xing Ming Shuang Xiu	<i>shing ming shwahng sheo</i>	Do Xiu Lian to develop intelligence and body together
156	Ming Xin Jian Xing	<i>ming sheen jyen shing</i>	Enlighten your heart to see your Yuan Shen
157	Chuan Sui Yue Wu Xing	<i>chwahn sway yoo-eh woo shing</i>	Time passes without notice
158	Guan Jin Qiang Wu Ai	<i>gwahn jeen chyahng woo eye</i>	Go through the golden wall without blockage
159	San Qian Ri Bao Yuan Shou Yi	<i>sahn chyen rr bao ywen sho yee</i>	Practice Bao Yuan Shou Yi for three thousand days
160	Xiu De Yu Dao He Zhen	<i>sheo duh yü dow huh jun</i>	Xiu Lian to meld with Tao
161	Tian Di Dan Ding	<i>tyen dee dahn ding</i>	Heaven and Mother Earth have no emotion, no desire, no attachment
162	Yang Sheng Yin Jiang	<i>yahng shung yeen jyahng</i>	Yang qi ascends, yin qi descends
163	Ri Wang Yue Lai	<i>rr wahng yoo-eh lye</i>	Sun goes, moon comes
164	Wan Wu Chang Sheng	<i>wahn woo chahng shung</i>	All things flourish
165	Jing Zhong Zhi Ji	<i>jing jawng jr jee</i>	Meditate to extreme quietness where you forget yourself
166	Shen Qi Xiang Bao	<i>shun chee shyahng bao</i>	Yuan Shen and yuan qi hold together
167	Qi Jie Jing Ning	<i>chee jyeh jing ning</i>	Yuan qi and yuan jing accumulate and concentrate
168	Jie Cheng Jin Dan	<i>jyeh chung jeen dahn</i>	Jing Qi Shen He Yi to form Jin Dan
169	Dan Tian Wen Nuan	<i>dahn tyen wun nwahn</i>	Dan Tian area is warm
170	San Guan Sheng Jiang	<i>sahn gwahn shung jyahng</i>	Energy ascends and descends in three gates
171	Shang Xia Chong He	<i>shung shya chawng huh</i>	Di qi ascends, tian qi descends; yang qi and yin qi collide and join in order to balance
172	Ti Hu Guan Ding	<i>tee hoo gwahn ding</i>	Suddenly achieve enlightenment
173	Gan Lu Sa Xin	<i>gahn loo sah sheen</i>	Dew sprays to the heart
174	Xuan Tian Miao Yin	<i>shwen tyen mee-yow yeen</i>	Hear Heaven's profound sounds
175	Er Zhong Chang Wen	<i>ur jawng chahng wun</i>	Often hear Heaven's music and voices
176	Zhi Bao Xuan Zhu	<i>jr bao shwen joo</i>	Jing Qi Shen He Yi forms the initial Jin Dan, just   like a pearl
177	Zhen Zhen Jing Xiang	<i>jun jun jing shyahng</i>	See the real images
178	Yong Cun Dao Zhong	<i>yawng tsoon dow jawng</i>	These images always exist within Tao
179	You Ru Deng Guang	<i>yoe roo dung gwahng</i>	Just like the lamp Light
180	Chang Ming Bu Xi	<i>chahng ming boo shee</i>	The light always shines continuously
181	Xian Tian Zhen Yang	<i>shyen tyen jun yahng</i>	Innate real yang is Yuan Shen
182	Hou Tian Zhen Yin	<i>hoe tyen jun yeen</i>	After birth, real yin is Shi Shen plus the body
183	Liang Qi Yin Yun	<i>lyahng chee yeen yün</i>	Yin yang unification
184	Jie Cheng Xian Tai	<i>jyeh chung shyen tye</i>	Form a saint baby
185	Xian Tai Dao Tai	<i>shyen tye dow tye</i>	Saint baby and Tao Baby
186	Dao Ru Pu Yang	<i>dow roo poo yahng</i>	Tao milk feeds the saint baby and Tao Baby
187	Cheng Zhang Zhuang Da	<i>chung jahng jwahng dah</i>	Baby grows bigger and stronger
188	Ti Gao Deng Ji	<i>tee gao dung jee</i>	Your joined Yuan Shen and Shi Shen are uplifted

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