

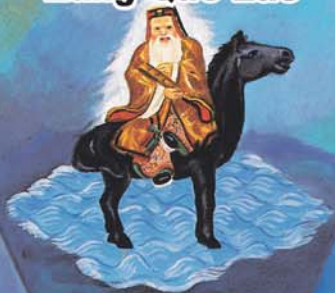
The Jade Emperor's
- Mind Seal Classic -



- A Taoist Guide to Health, Longevity and Immortality -
Translation and Commentary by Stuart Alex Chen

Eight Immortals

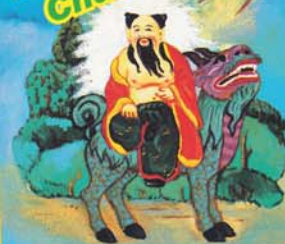
North - Black
Zang Quo Lao



Northeast - Blue
Cao Quo Jio



East - Light Green
Chau Chung-Li



Han Xiang Zi
Southeast - Purple



Tie Quai Li
South - Red



Ho Hsien-Ku
Southwest - Pink



West - Metallic White
Lu Tung Pin



Northwest - Silver Gray
Lan Tsai-Ho



八仙
八卦
八色

Colors • Directions • Emotions • Forces

THE JADE EMPEROR'S MIND SEAL CLASSIC

THE SUPREME MEDICINE HAS THREE DISTINCTIONS: CHING (ESSENCE), CH'I (VITALITY) AND SHEN (SPIRIT), WHICH ARE ELUSIVE AND OBSCURE.

KEEP TO NON-BEING, YET HOLD ON TO BEING AND PERFECTION IS YOURS IN AN INSTANT.

WHEN DISTANT WINDS BLEND TOGETHER, IN ONE HUNDRED DAYS OF SPIRITUAL WORK AND MORNING RECITATION TO THE SHANG TI, THEN IN ONE YEAR YOU WILL SOAR AS AN IMMORTAL.

THE SAGES AWAKEN THROUGH SELF-CULTIVATION; DEEP, PROFOUND, THEIR PRACTICES REQUIRE GREAT EFFORT.

FULFILLING VOWS ILLUMINES THE HEAVENS. BREATHING NOURISHES YOUTHFULNESS.

DEPARTING FROM THE MYSTERIOUS, ENTERING THE FEMALE. IT APPEARS TO HAVE PERISHED, YET APPEARS TO EXIST. UNMOVABLE, ITS ORIGIN IS MYSTERIOUS.

EACH PERSON HAS CHING; THE SHEN UNITES WITH THE CHING; THE SHEN UNITES WITH THE CH'I; THE BREATH THEN UNITES WITH THE TRUE NATURE. BEFORE YOU HAVE ATTAINED THIS TRUE NATURE, THESE TERMS APPEAR TO BE FANCIFUL EXAGGERATIONS.

THE SHEN IS CAPABLE OF ENTERING STONE; THE SHEN IS CAPABLE OF PHYSICAL FLIGHT. ENTERING WATER IT IS NOT DROWNED; ENTERING FIRE IT IS NOT BURNED.

THE SHEN DEPENDS ON LIFE FORM; THE CHING DEPENDS ON SUFFICIENT CH'I. IF THESE ARE NEITHER DEPLETED NOR INJURED THE RESULT WILL BE YOUTHFULNESS AND LONGEVITY.

THESE THREE DISTINCTIONS HAVE ONE PRINCIPLE, YET SO SUBTLE IT CAN NOT BE HEARD.

THEIR MEETING RESULTS IN EXISTENCE, THEIR PARTING RESULTS IN NON-EXISTENCE.

THE SEVEN APERTURES INTERPENETRATE AND EACH EMIT WISDOM LIGHT.

THE SACRED SUN AND SACRED MOON ILLUMINATE THE GOLDEN COURT. ONE ATTAINMENT IS ETERNAL ATTAINMENT.

THE BODY WILL NATURALLY BECOME WEIGHTLESS. WHEN THE SUPREME HARMONY IS REplete, THE BONE FRAGMENTS BECOME LIKE WINTER JADE.

ACQUIRING THE ELIXIR RESULTS IN IMMORTALITY, NOT ACQUIRING IT RESULTS IN EXTINCTION. THE ELIXIR IS WITHIN YOUR SELF, IT IS NOT WHITE AND NOT GREEN.

RECITE AND HOLD TEN-THOUSAND TIMES. THESE ARE THE SUBTLE PRINCIPLES OF SELF-ILLUMINATION.

Lu Szu-hsing's Appended Verses

THE TWO IMAGES OF THE DRAGON AND TIGER ARE UNIFIED THROUGH CH'I; CHAOS BLENDING AS ONE.

IT IS NOT POSSIBLE TO ATTAIN THE ETERNAL JUST THROUGH INVOCATION.

THE ELIXIR IS CALLED "GREEN DRAGON AND WHITE TIGER"; THE ELIXIR IS THE NATURE OF NO-NATURE, EMPTINESS OF NON-EMPTINESS.

EVEN IF YOU ARE UNABLE TO MAKE USE OF THE SUBSTANCE, YOU CAN CERTAINLY MAKE USE OF THE FUNCTION.

FREQUENTLY BOTH THE SUBSTANCE AND CONDITIONS FOR THE SUBSTANCE APPEAR TOGETHER, ALTHOUGH THESE ARE NOT ALWAYS PERCEIVED AS IDENTICAL.

THE ANCIENTS SAID, "THE TERM EMPTINESS EMBRACES THE ENTIRE TEACHING."

玉皇心印經

上藥三品。神與氣精。恍恍惚惚。杳杳冥冥。存無守有。頃刻而成。迴
風混合。百日功靈。默朝上帝。一紀飛昇。知者易悟。昧者難行。履踐
天光。呼吸育青。出玄入牝。若亡若存。綿綿不絕。固蒂深根。人各有
精。精合其神。神與氣合。氣合體真。不得其真。皆是強名。神能入石。
神能飛形。入水不溺。入火不焚。神依形生。精依氣盈。不凋不殘。松
柏青青。三品一理。妙不可聽。其聚則有。其散則零。七竅相通。竅竅
光明。聖日聖月。照耀金庭。一得永得。自然身輕。太和充溢。骨散寒
瓊。得丹則靈。不得則傾。丹在身中。非白非青。誦持萬遍。妙理自明。