

元一真愛宗旨

彌生

## 修真箴

修真有二，一為歸樸，二為煉純。歸樸需內外兼修，煉純需重心法。其要義為返樸歸真，清正純柔。

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凝息、凝神、聚光、流光、歸真。

### 心法篇

魂源於天，乃陽，為念。如思念、信念、邪念。

念愈邪，陽愈灼；念愈正，陽愈柔。

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慾愈濁，陰愈灼；慾愈清，陰愈柔。

陰灼陽柔則困；陽灼陰柔則毒。陰陽灼則相剋而亡；陰陽柔則合一為純。

純則可得清正、慈悲、純柔。煉就純柔者，與道和，無為成就。

## 修真策詳解

修真有二，一為歸樸，二為煉純。歸樸需內外兼修，煉純需重心法。其要義為返樸歸真，清正純柔。

“修真”的意思是通過修行而成為一個真正的人。修真的修行過程分為兩個方面：歸樸和煉純。“歸樸”的意思是使人回歸到本質、本性。“煉純”的意思是將炁煉就到純真、純柔的境界（“炁”與“人”是一個完整的人的兩個組成部分，人可見、炁不可見。人有虛實，炁有陰陽）。歸樸需要內外兼修，以內修為主，外修為輔，最終回歸真性，從而成就歸樸。達到歸樸成就的人已是一位真正健康的人。煉純需要注重心法，以心靜為起始。煉純擁有三種境界：清正、慈悲、純柔。達到清正境界的人豁達；達到慈悲境界的人明智；達到純柔境界的人無為。

修真的要義為“返樸歸真，清正純柔”，大意是回歸樸素、真實的生活狀態而使人回歸於真性。清素慾望、端正觀念而將炁煉就到純柔的境界。

### 內修篇

內修有兩個重點，一是善念，二是意志。

#### 善念

知恩有容、見素抱樸、少私寡慾。

成就善念需要首先成就六項品質：知恩、有容、見素、抱樸、少私、寡慾。“知恩”的意思是知道感恩，能夠擁有充滿感恩的心態、能夠感恩他人的善意、能夠知恩圖報（注意報恩不能違反個人原則）。“有容”的意思是能夠

寬容他人的冒犯與過錯，時常擁有同理心。“見素”的意思是不追求奢華的生活和豔麗的外表與配飾、不追求縱樂、不追求虛榮，平日裡能夠做到勤儉節約。“抱樸”的意思是能夠享受樸素的生活方式、能夠享受獨處與平靜。“少私”的意思是不時時刻刻將自己看得很重要，懂得放下自己的得失與感受而能夠真正的關心與愛護他人。“寡慾”的意思是減少自己的慾望，盡量讓內心保持平靜的狀態，不為物喜、不為己悲。做到這六點的人便是擁有善念的人。

## 意志

**擔責尚武、兼愛交利、賞賢罰暴。**

成就意志首先需要成就六項品質：擔責、尚武、兼愛、交利、賞賢、罰暴。“擔責”的意思是可以承擔自己的責任，能夠吃苦耐勞，不成為他人的拖累，能夠養育其家、愛護其室、善老教子。“尚武”的意思是崇尚技能，能夠勤於學習技能、知識、才藝、武功等來強大自己。“兼愛”的意思是與人在一起時要互相愛護、謙讓，不可霸道蠻橫。“交利”的意思是與人交往時要時時想著如何能互相利益，不可只顧私利而未能為對方創造利益。“賞賢”的意思是遇到善良的舉動、有成效的方式一定要讚賞、嘉獎。“罰暴”的意思是遇到暴行、不符合道義的舉動一定要警告、懲罰。做到這六點的人便是擁有意志的人。

能夠擁有善念與意志的人，便可以回歸到樸素與真實的生活狀態。

## 外修篇

外修有兩個方面，一是健體，二是靜坐。

## 健體

### 練氣、返野、拉筋、練力、律動。

健體的目的是強壯體格，有五個方面：練氣、返野、拉筋、練力、律動。“練氣”在於領悟氣息對於力量與耐力的影響，吸氣時蓄力、呼氣時用力，通過調整呼吸來達到身體的最佳狀態。“返野”在於回歸野性，在鍛鍊過程中激發動物的本能。“拉筋”在於鍛鍊柔韌性，時常拉伸各處韌帶，瑜珈、太極拳為佳。“練力”在於力量訓練，體力勞作為佳。“律動”在於在有氧性運動中尋找身體所適應的律動，逐漸掌握身體的律動並在律動中慢慢激發身體的潛能，逐漸達到忘我的狀態。

## 靜坐

### 凝息、凝神、聚光、流光、歸真。

靜坐的目的是靜心開慧，有五個步驟：凝息、凝神、聚光、流光、歸真。靜坐開始時，盡量讓身體處於放鬆舒適的狀態，盤坐姿勢為佳，雙眼可全閉或微閉。“凝息”在於將注意力專注於氣息，所有的注意力都集中在一吸一呼，每次呼氣身體都更加放鬆、安靜。達到凝息狀態後慢慢轉入凝神狀態。

“凝神”在於集中注意力，此時所有注意力並不是注意在任何東西、事物、感受上，而是單純的注意力非常集中。保持這種狀態一段時間就會感到眉頭印堂處有重感、有緊感，也微微有些溫感。完成凝神後，開始聚光。“聚光”在於感受自己的炁微微發著光環繞於身，似散非散，溫暖的能量相聚於身，感受到內心開始變得很安靜。接下來開始進入流光狀態。“流光”在於感受存在，感受到一切都是氣狀能量微微發著光在緩緩流動，始終保持凝神，讓自己沈浸在非常舒適的感覺中。接下來慢慢進入歸真狀態。“歸真”意味著感受真性，此

時意念進入到一種非常安靜的狀態中，對於身體的感覺漸漸不再明顯，感受到自己沈浸在安靜中，漸漸出現似夢非夢的感覺，極其舒適。

靜坐不可以急功近利，靜坐時間需要從短到長循序漸進。一開始可以嘗試一分鐘、十分鐘，慢慢體驗舒適感，培養習慣。過程中如果感到不適，請念：南無啊曦婆多婆羅彌。

能夠領悟律動與歸真奧義者，往往具備了回歸真性的必要基礎。若能同時擁有善念與意志，則可成就返樸歸真。

## 心法篇

炁有陰有陽（指能量），人有魂有魄（指心念）。魂主導陽（能量），魄主導陰（能量）。

**魂源於天，乃陽，為念。如思念、信念、邪念。**

“魂”源於造物主，引領人歸於造物主。“魂”這種心念指人的思念（所思所想），包括信念（所信）、邪念。

**念愈邪，陽愈灼；念愈正，陽愈柔。**

人的所思、所想、所信越傾向於私利、作弊、偷懶、害人、仇恨、享樂等，陽（能量）就越發灼燙；人的所思、所想、所信越傾向於正直、為公、勤進、有愛、道義、仁德等，陽（能量）就越發柔和。

**魄生於地，乃陰，為慾。如私慾、清慾、淫慾。**

“魄”源於生命自然，引領人生存繁衍。“魄”這種心念指人的個人慾望，包括對於高尚道德的嚮往、以及將他人、他物作為滿足自身慾望的工具的慾望。

**慾愈濁，陰愈灼；慾愈清，陰愈柔。**

人的慾望越傾向於利益自己、放縱自己而不尊重自己與他人、不顧他人的利益，甚至傷害他人，陰（能量）就越發灼燙；人的慾望越傾向於提高自己的道德修為、利益眾人、尊重他人、愛護彼此，陰（能量）就越發柔和。

**陰灼陽柔則困；陽灼陰柔則毒。陰陽灼則相剋而亡；陰陽柔則合一為純。**

陰灼燙而陽柔和時，人往往鬱鬱寡歡，時常陷入愧疚、悔恨與自卑感中無法自拔。陽灼燙而陰柔和時，人往往狡猾、沒有誠信、殘忍、偏執、缺乏同情心，容易走火入魔。陰和陽都灼燙時，人往往慾火焚身且事事為難，身體能量始終處於衝突狀態而無法平衡，內心時常焦躁不安。陰和陽都柔和時，陰陽可以合一，人往往內心平靜、務實、和藹可親、擁有自知之明。

**純則可得清正、慈悲、純柔。煉就純柔者，與道和，無為成就。**

清素慾望，端正觀念，使陰陽合一，可心靜。心靜，煉純真正開始。煉純一共分為三個境界。首先是清正境界，此時人內心平靜，很務實、很親切，行為做事很有道義能夠讓他人信服。然後能到達慈悲境界，此時人非常具有慈

愛，對待眾人如同對待與自己很有感情的人一般，總能讓身邊的人感到很舒適、讓相處的人感到被治癒。最終到達純柔境界，此時人的行為是意念的表達，而人的意念是道（造物主的真諦）的承載。達到純柔境界的人，已然成就無為而治。



## 修愛箴

修愛之真諦為隨愛。返樸歸真則心純而空淨，陰陽合一則炁柔而清正。如此，人無瑕而可同道。何以同道？隨愛也。愛乃人之道路，往道之精髓、造物主之真諦。何以隨愛？人真樸而愛生，炁純柔而可隨愛。隨愛既無為。

## 知愛篇

元乃始，一乃終。循環為元一。元一乃萬物之本。元一動為太極，靜為南無。太極生能而能有陰陽，南無定質而質有虛實。元一於太極、南無兩態互轉，生念。此念，惑也。此念處於混沌。混沌之樣、其持之久不可描述。然此念生愛之剎那，有炁渾成，開天闢地，創其道。其道自然，以元一為基，創造萬物。此乃造物主創世。惑乃造物主之真，愛乃造物主之諦。眾生生於惑而往於愛，乃遵循造物主之道也。造物主，既為道。人合道無為而使道為，既歸於造物主而成就造物主之蹟。

能順造物主之道而化意，質順造物主之道而成物。意物相合為體，眾生之始。造物主賜惑於意，意得惑成靈。有靈之體其靈為虛，其身為實，其能為炁，其炁有陰陽。人乃靈體之一。

每一靈體均有其意義，其意義乃其道，其道歸於造物主之道。而愛為其方向，助其追尋其道。每一靈體均有其愛，為其特有。此愛可為於某事之熱愛、於某物之忠愛、於某生靈之惜愛、於他人之仁愛、於眾生之慈愛、於道義之珍愛。追順其愛，定能成其道。然愛與慾之表象極為類似，令人難分，此乃造物主所賜考驗。果分善惡，以其結果看其本質。慾之本質乃其關注歸於己私，而愛之本質乃其關注歸於忘我。追慾者，必自亡，此乃造物主之道。

人何以尋其所愛？返樸歸真，其愛自來。追愛而忘樸棄真者，其陰陽不柔，實則造恨。造恨者，必自亡，都乃造物主之道也。吾不知吾等所愛於何處生，又終於何處。想必定是造物主之安排，乃吾等茫茫人生之方向，以追循造物主之道。

## 我知篇

返樸歸真，其愛自來。其愛來，路自明。若其路不明，何以？乃其不我知。世間有兩物不可知，一為“存在”，二為“我”。因其不可知，人以一生之途成就其所意，此乃造物主所賜人之自由權力。自由權力之真諦，乃探索、實現、及定義“存在”與“我”。

自覺我為彼此者，能互相利益，而知彼此為我；自覺我為家者，能愛護其家，而知家為我；自覺我為天下者，可為天下先，而知天下為我；自覺我為萬物者，可得大成，而知萬物為我。先自覺，後我知。此乃為人之奧義。

何以自覺？首先需知己知人。人如海湖匯江河溪流。欲知海湖之水則需知其所匯江河溪流之水，欲知江河溪流之水則需知其所源。知曉其源而知其水，此乃追根溯源。人所思所為猶如海湖之水，探其文化之源、家教之始、環境之狀、經歷之實、閱歷之廣方可知其思、知其為，以此知己、知人。然知其源僅知其半，若知全，還需對比。橫比他人，豎比歷史，而曉其狀。知其源、曉其狀，以此知己、知人，而可自覺。自覺者，可我知。我知者，知其所愛，成其所備，但遇良機，可得其道。

## 隨愛篇

我知者成其所愛，以此有其道。然若歸大道，至無為者，需隨愛。隨愛者，知道、德、渡。其道善，其德慈，其渡容。

其道善。公義為其所往。存全益於其心，守道義於其行。

其德慈。仁愛為其所持。司契不司徹，執理不責人。

其渡容。榮光為其所向。播種造物主之慈愛於人心，墨耀造物主之榮光於人世。

此上，只是形容隨愛者之呈相。而隨愛者之真實，乃其愛如其魂、如其魄、如其炁、如其人、如其器、如其術。難以言教，純柔是也！

隨愛而行，無為而治。

## 修愛箴簡述

造物主說要有愛，於是便有了這個世界。我們來自於愛，也終將回歸於愛。

愛是一種能夠穿越時間與空間的信息。我無法明確解釋這種信息，但我能夠確定的是，愛這種信息具有強烈的方向感，其方向指向某種目的，由某種不受時間與空間所約束的存在傳遞給受時間與空間所約束的我們。在我的認知中，愛是造物主的語言。

我們每一個人都有自己的愛，往往跟隨著我們的愛便可以獲得很具滿足性的意義感。在我的認知中，這樣的模式是造物主所安排。愛有很多種不同的表現形式，而每個人都擁有獨屬於自己的愛。跟隨愛，我們可以找到回歸於造物主的道路。但造物主賜予我們的考驗是：愛和慾難以區分。追尋慾的人往往會自取滅亡。我們可以採用通過結果來判斷善惡的辦法來區分愛和慾。人的慾望往往關注點在於自我，而愛往往關注點並不在於自我。

如何能夠擁有所愛？我認為當人能夠返樸歸真時，自然能夠找尋到可以稱為“所愛”的方向。當人追尋自己的愛而忘樸棄真時，慾望膨脹、目的也變得不再單純。他/她追尋愛的過程被扭曲成製造仇恨的過程。這也是造物主賜予我們的考驗啊。

如果一個人能夠做到返樸歸真但是還是不能夠認知自己所愛，往往是因為他/她並不真正認識自己。想要認識自己，首先得了解自己。我們的認知、思想、行為往往是在外界影響下而成立的，於是，了解我們自己就需要了解我們文化的源頭、家庭所教育的價值觀、環境的影響、生活閱歷的累積等等。這種方式是追根溯源，也可以用作了解他人、團體等等。這之後，如果還能夠加以對比，對比其他人、還有自己曾經的所作所為，那麼就更加能夠完整的了解自己。同樣的，了解他人、團體等等。

當我們了解了自已、他人，我們就具備了認識自己的基礎。而對於自己的認知並不只是一個認識、了解的過程，更多的，是一種成就的過程。我們最終認識的自己是我們所認為的自己。認為家庭就是自己的人，往往成就了美滿的家庭從而成就了他/她的意義；認為天下就是自己的人，往往能夠完成大的使命從而成就了他/她的意義；認為萬物就是自己的人，往往能夠承載造物主的榮光從而成就了他/她的意義。成就自我，這是人真正的自由。認識我們所認為的自己，這是為人的奧義。

理解了認識自己的概念，又同時能夠返樸歸真的人便可以認知自己所愛。於是能夠有所累積與準備，遇到機會便能夠成就他/她人生的意義。當然如果想要達到回歸於造物主而擁有無為而治的成就的話，還需要真正的成為愛的承載。

能夠成為愛的承載的人能夠理解造物主的道是充滿善意的。於是公義是他/她的嚮往，心裡在乎著全體的利益，在行為中堅守著道義。能夠成為愛的承載的人能夠理解造物主的德是充滿慈悲的。於是仁愛是他/她的堅持，做事時注重契約的公平與執行，而不是一味的想要徹底解決所有問題。遇到事情時懂得關注於事件本身來使得他/她的判斷合乎道理而不是關注於責怪任何人。能夠成為愛的承載的人能夠理解造物主對待我們的方式是充滿容愛的。於是他/她嚮往著造物主的榮光，將造物主的慈愛像種子般播種在每一個人與生靈的心中。

以上只能描述能夠成為愛的承載的人的樣子，而最真實的是他/她本人好像就是造物主的慈愛的一部分。難以形容怎麼樣能夠達到這樣的境界，只能說烹煉就到純柔的境界時就可以了吧。

造物主深深的愛著你，有如你深深的愛著這個世界。這便是純柔的奧義。

## 修元一策

### 靈契篇

造物主創其道，其道生萬物。造物主置其輪，其輪轉動靜虛實。順轉而生，逆轉而亡。其轉九階，順轉向為從規則/規矩（或稱一）、至生命、至自由、至愛、至智慧、至光、至“我”、至道（或稱造物主之真諦）、至元一（或稱元）。吾等源於造物主，歸於造物主。萬物源元歸一，與造物主互相成就。

每一生靈均與造物主有所契約，稱靈契。眾生之靈契乃其獨有，然其大同為元高利鼎。何為元高利鼎？行為做事護守造物主之道，則其利益合乎造物主之道。何以知靈契之全？愛乃開啟靈契之鑰，時間為靈契之卷，生活點滴皆有靈契之讀。知其靈契者知天命，豁達明朗。

任一靈體均有人、有炁。人為其實，炁為其虛。人主行思，炁主心性。人修因果，炁修元一。念可渡人成就炁之元一，念可化炁成就人之因果。萬千世界，一念也。

### 黃離篇

人每日進食，身心皆有能量。其能量為其慾，其慾如火，其火有熱。其念有聚焦，如聚火之器。聚火處其能量灌注。念聚於雜而亂，則其慾火如麻，心煩意燥。念聚於毒而邪，則其慾火如焚，心衰身乏。念聚於誠而清正，則慾火如水，心靜神凝。火如流水，則水至功成。人謂其心想事成。

四十九日不性交、不手淫、不醺醉、不縱樂至體乏、不做愧事。飲食豐富、不暴、不味重油膩。堅持健體、靜坐。作息規律。念不聚於淫穢、麻痺、縱樂、惡邪之事。則可生黃離，玄黃之火。此過程苦節則走火攻心，不利養。

安節則可安生黃離。念誠而清正，可養黃離。玄黃之火，其狀如流。念所聚焦為其流向，其流之處，均事倍功半。心歸真，黃離純青，其火烈而柔。念可感黃離所流處之律動，同其律，以用黃離。人如有神助。

男女養黃離者合歡，若念聚於樂，則如普通性交之事，其火消散。若念聚於愛誠，陰陽黃離相合，其妙玄不可言喻。

### 純柔篇

愛有陰陽，其陽為所追之愛，其陰為所隨之愛。所追之愛熱烈，解人心於情慾之困，緩人身於饑疲之累，救人念於俗懵之乏。合其靈契，築其信念，成其意義。所隨之愛柔和，予人道義之力量，仁慈之神性，造物主之榮光。有其大成，歸其真性。追愛者純真，隨愛者柔和。愛之奧義，在於純柔。

人返樸歸真成就其生命之諦，若可我知，則知其自由之本。然後愛生，追愛而知生命自由之真。若有信念，護守道義，願崇仁德，則知愛之本。歸真而隨愛之律動，其人如造物主之光。尊造物主之道，護蒼生之性命，守萬物之自由，渡眾靈以愛。乃純柔之象，人謂其智慧大有。有智慧者，方知其念之真諦。

元一造就因果，因果成就元一。其奧秘在“我”。智者純柔，知萬物之本質而漸悟萬物為我。智者之路在於知我。

## 修元一策簡述

靈體（人是靈體的一種）成長的規律稱為輪，輪順轉向永恆存在發展，逆轉向滅亡發展。靈體成長有九個里程碑，或者說九個奧義。順轉的成長方向是從規則，至生命，至自由，至愛，至智慧，至光，至“我”，至造物主的真諦，至元一。

每一個靈體都與造物主有一份獨有的契約，稱為靈契（靈魂契約）。每一個靈契都不同但都擁有一條基本的約定：元亨利鼎，意思是行為做事護守道義，所獲得的利益便擁有造物主的祝福。愛是每一個生靈開啟靈契的鑰匙，靈契的內容記錄在我們的一生。對於自我意識來說，一切皆是信息。我們的人生算是一個讀取靈契信息與實現靈契承諾的過程。

每一個靈體都擁有體（人）和炁兩部分。人是物理性存在的，炁是能量性存在的。人的部分影響著靈體的思維和行為，炁的部分影響著靈體的性格與心態。人不斷體驗因果而成長，炁不斷體驗元一而成長。意念可以通過影響人來成就炁的元一。意念也可以通過影響炁來成就人的因果。

人每天進食會產生能量，有能量就有慾望，可以稱之為慾能。慾能像火燃燒一樣產生動力，而動力被使用的地方由人的意念決定。人的意念好像放大鏡，專注力好像放大鏡的聚光點。專注於生活瑣事人就會心煩意亂；專注於惡毒之事人就會情緒激動傷害身體；專注於信念、誠意人就會內心平靜。內心平靜時，慾能彷彿像水一般流動。此時人的意念專注於某件事情，做這件事情時就容易獲得成功。

如果保持四十九天不性交、不手淫、不醉酒、不過度娛樂，飲食能保證營養、健康、清淡。堅持健體、靜坐。保持健康的作息規律。不關注於淫穢、麻痺自己、放縱自己、和不道德的想法。身體中累積的慾能就可以稱作是玄黃之火了。在這個克制慾望的過程中如果感到痛苦那麼就容易對身體產生傷害，



如果能夠調整心態達到安心享受克制慾望的過程，那麼就能順利擁有玄黃之火。這之後保持內心的平靜就能長期留有玄黃之火了。擁有玄黃之火的人如果能明白律動和歸真的奧義，那麼他/她做什麼事情都容易獲得成功。

擁有玄黃之火的男女合歡，如果關注的是性交時感官刺激的快樂，那麼這個過程就只是性交，洩發慾能。如果在這個過程中保持內心的誠意，關注於愛與信念，那麼男女可以到達稱為陰陽玄黃之火相合的狀態。此時所擁有的玄妙已不是言語可以形容的了。

愛是分陰陽的。陽性之愛是讓人想去追求的熱愛。陰性之愛是讓人想去跟隨的慈愛。人的熱愛讓人脫離塵世的種種困擾，能夠契合本人的靈契，成就人生的意義。人的慈愛讓人擁有充滿正義感的力量與神性之光，成就人靈魂的修為。擁有熱愛的人純真，擁有慈愛的人柔和。熱愛與慈愛，成就了人的純柔境界。

人能做到返樸歸真便能領悟生命的真諦。如果還能做到認知自我，那麼就能明白自由的意義。這樣自然而然能夠找尋到他/她的熱愛。人在熱愛的過程中能夠體驗到生命與自由的真實。如果還能夠擁有信念、守護道義、願意崇尚道德，那麼就能理解愛的含義。人回歸於真性，跟隨愛的律動，此時的他/她本身就像造物主的光芒。尊重造物主的道、守護蒼生的生命、保護萬物的自由、用慈愛感化他人。這是擁有純柔境界的人的表象。這樣的人是有智慧的，而有智慧的人理解意念的真諦。

元一創造著因果，因果塑造著元一。而這種聯繫中的核心是“我”。有智慧的人擁有純柔的境界，逐漸能領悟這一切存在的本質，從而逐漸理解這一切存在都是自我。於是智者的路，是一條遇見與領悟自我的道路。

# Origin One True & Love Formation Guide

Mison

## **True Formation Guide**

True formation has two goals: one is to achieve simplicity; the other one is to achieve purity. Achieving simplicity requires the practices of the mind and the body. Achieving purity requires understanding the way of inner balance. The key point of true formation is to follow simplicity and peace in daily lives to come back to one's true nature, and also keep one's desires and thoughts clean to keep the gentle inner peace.

### **Practice of the Mind**

#### Thought of Kindness

Gratitude, Tolerance, Earthy Lifestyle, Simple Mind, Selflessness, Fewer Desires.

#### Willpower

Take One's Responsibility; Eager to Learn; Have Consideration for Others; Achieve Mutual Benefit with Others; Appraise the Kind Behaviors and the Effective Actions; Punish the Evil Behaviors.

### **Practice of the Body**

#### Strengthen the Body

Practice the Breath; Back to Wildness; Stretch the Muscles; Strengthen the Muscles; Flow with the Rhythm.

#### Meditation

Focus on Breath; Stay Focused; Identify One's Energy; Feel the Energy; Back to One's nature.

## **The Way of Inner Balance**

Consciousness is originated from the universe forms people's thoughts. The thoughts influence the Sunish energy. The thoughts include the thinking, the faith, the evil thoughts. The eviller the thoughts are, the more burning of the Sunish energy. The more righteous the thoughts are, the gentler the Sunish energy is.

Instinct is born from nature forms people's desires. The desires influence the Moonish energy. The desires include selfish desires, desire for sincerity to God, desire for lewdness. The dirtier the desires are, the more burning of the Moonish energy. The purer the desires are, the gentler the Moonish energy is.

When the Moonish energy is burning, but the Sunish energy is gentle, the person would seem depressed. When the Sunish energy is burning, but the Moonish energy is gentle, the person would seem toxic. When Moonish and Sunish energy are burning, the person would feel the inner conflict and seem helpless. When Moonish and Sunish energy are gentle, the person would find his/her peace and purity.

Purity leads to Righteousness, Grace, and Pure Gentleness. The ones who have achieved the pure gentleness are going along God's way, having the biggest achievements but seem to have no achievements.

## **Detailed explanation of True Formation Guide**

**True formation has two goals: one is to achieve simplicity; the other one is to achieve purity. Achieving simplicity requires the practices of the mind and the body. Achieving purity requires understanding the way of inner balance. The key point of true formation is to follow simplicity and peace in daily life to come back to one's true nature, and also keep one's desires and thoughts clean to keep the gentle inner peace.**

“True Formation” means becoming a true person through practices. There are two goals of the practices equally important: achieving simplicity and achieving purity. The meaning of “achieving simplicity” is that people come back to their true nature. The meaning of “achieving purity” is that refining Qi (a person's soul energy) to a state with pure gentleness (“Qi” and the “person” are two components of a complete human. The person can be seen, but the Qi cannot be seen. The person has the illusory part and the solid part, Qi has its Moonish and Sunish.). The practices of the mind and the body are both needed to achieve simplicity. People use the practice of the mind as the main method and the practices of the body to be the supplement to come back to one's true nature to achieve simplicity. When simplicity is achieved, the person is already a fully healthy human. Understanding the way of inner balance is important to achieve purity. Achieving purity starts with having inner peace. There are three levels of purity: Righteousness, Grace, and Pure Gentleness. The ones who have Righteousness have the true liberty of mind. The ones who have grace have true wisdom. The ones who have Pure Gentleness have understood God's way.

A fair summary of True Formation is that coming back to a simple and natural lifestyle makes people come back to their true nature. Clean the desires and have upright beliefs to refine the Qi to the state of pure gentleness.

### **Practice of the Mind**

There are two key points of the practices of the mind. One is to have the thoughts of kindness, and the other one is to have willpower.

## **Thought of Kindness**

**Gratitude, Tolerance, Earthy Lifestyle, Simple Mind, Selflessness, Fewer Desires.**

There are six characteristics to be achieved in order to have the thought of kindness: Gratitude, Tolerance, Earthy Lifestyle, Simple Mind, Selflessness, Fewer Desires. “Gratitude” means to have gratitude in mind, can be grateful to others’ kindness and show gratitude to others’ help. “Tolerance” means tolerating others’ offences and mistakes and always having empathy. “Earthy lifestyle” means to drop the desire for luxury lifestyle and pretty outlooks or decorations, also drop the desire of entertainment abuse and the pursuit of vanity. Can have thrift in daily lives. “Simple mind” means that one can enjoy a simple lifestyle, can enjoy the time of being alone and at peace. “Selflessness” means not to always think of the importance of oneself, can let the ego go to truly care and love others. “Fewer desires” means reducing one’s desires and keeping the inner peace, not being disturbed by materials or emotions. The ones who can have these six characteristics have the thought of kindness.

## **Willpower**

**Take One’s Responsibility; Eager to Learn; Have Consideration for Others; Achieve Mutual Benefit with Others; Appraise the Kind Behaviors and the Effective Actions; Punish the Evil Behaviors.**

There are six habits or behaviours to be adopted in order to have the willpower: always taking one’s responsibility; staying eager to learn; having consideration to others; always looking to achieve mutual benefit with others; always appraise the kind behaviours and the effective actions; and always punish the evil behaviours. “Taking one’s responsibility” means can be responsible for his/her part, can endure hard work and refusing to become others’ burden. Can feed and nurture his/her families, love and protect his/her significant other, take care of the elders, educate the youngsters. “Staying eager to learn” means having an attitude of

admiring learning more skills, can keep on learning skills, knowledge, talents, self-defences etc. to make him/herself stronger. “Having consideration for others” and “achieving mutual benefit with others” really mean what the words stand for. The same applies to “appraising the kind behaviours and the effective actions” and “punishing the evil behaviours.” The ones who can have these six habits or behaviours have the willpower.

Those people who have the thought of kindness and the willpower can come back to a simple and real lifestyle.

### **Practice of the body**

There are two parts of the practices of the body, and one is to strengthen the body, and the other is to exercise meditation.

### **Strengthen the Body**

**Practice the Breath; Back to Wildness; Stretch the Muscles; Strengthen the Muscles; Flow with the Rhythm.**

There are five practices to strengthen the body: exercising the breath, finding the state of one’s wildness, stretching the muscles, strengthening the muscles and flowing with the rhythm. “Practicing the breath” is about understanding the influence of breath on power and endurance. Get the muscles ready when breathing in and strength on when breathing out—controlling the breath to come to the best state of the body. “Back to wildness” is about finding the wildness of a person in body exercises. “Stretching the muscles” is about increasing the flexibility of the body. Yoga and tai-chi are great exercises for such a purpose. The best exercise to “strengthen the muscles” would be conducting physical work. “Flowing the rhythm” is about finding the body’s rhythm in aerobic exercises and gradually having control over the body’s rhythm, slowly exciting the potential of the body, gradually coming to the state of “forgetting oneself.”

## **Meditation**

**Focus on Breath; Stay Focused; Identify One's Energy; Feel the Energy; Back to One's nature.**

The purpose of meditation is to find inner peace and true wisdom. There are five steps: focusing on the breath, staying focused, identifying one's own energy, feeling the energy, and getting back to one's true nature in mind. It would be good to be in a comfortable environment and body posture to start meditation. Sitting cross-legs is a good choice. Eyes can be fully closed or slightly closed. "Focusing on the breath" is to bring full attention to the breath. Every breathing out makes the body more comfortable and relaxed. Then slowly entering into the step of staying focused. "Staying focused" doesn't mean focusing on any particular things or feelings. It purely means staying focused. While staying focused, there might be a feeling of heaviness, tightness, and slightly warmness at the centre between eyebrows. It is then coming to the energy identification step. "Identifying one's energy" is about feeling the Qi slightly shining around the body. It's so gentle that hard to be felt. The body is comfortably surrounded by warm energy. The mind starts to become very peaceful. "Feeling the energy" is really about feeling the existence, feeling that everything is like slightly shining air slowly flowing. Stay focused and let the self immerse in a really comfortable feeling. Then gradually moving to the step of "coming back to one's true nature." This step is about feeling one's true nature. At this moment, the mind comes to a very silent state. The feeling of the body is no longer that obvious. Feeling the whole self is immersing in silence, slowly there seems to have some dreams, very comfort.

There should be no rush on the result of Meditation. It takes time to get used to it, and it can start with one minute, ten minutes and gradually experience the comfort to make it a habit. If there's an uncomfortable feeling in the process, please read in mind or readout: Na-mo-ah-  
hee-po-doh-po-lo-mi.



The ones who truly understand the deep meaning of “flowing with the rhythm” and “coming back to one’s nature” already possess the foundation of getting back to one’s true nature. If they can have the thought of kindness and the willpower, they can achieve the coming to their true nature.

### **The way of inner balance**

Qi has Moonish (energy) and Sunish (energy). People have their thoughts and desires. The thoughts influence the Sunish energy; the desires influence the Moonish energy.

**Consciousness is originated from the universe forms people’s thoughts. The thoughts influence the Sunish energy. The thoughts include the thinking, the faith, the evil thoughts. The eviller the thoughts are, the more burning of the Sunish energy. The more righteous the thoughts are, the gentler the Sunish energy is.**

Consciousness came from God, lead people to come back to God. Consciousness forms people’s thoughts. When a person’s thoughts, beliefs, ideas tend to selfishness, cheating, harm, hatred, entertainment abuse etc., the Sunish energy would be more burning. When a person’s thoughts, beliefs, and ideas tend to righteousness, public benefit, self-improvement, love, faith, empathy, the Sunish energy would be gentler.

**Instinct is born from nature forms people’s desires. The desires influence the Moonish energy. The desires include selfish desires, desire for sincerity to God, desire for lewdness. The dirtier the desires are, the more burning of the Moonish energy. The purer the desires are, the gentler the Moonish energy is.**

Instinct came from life and nature, lead people to survive and reproduce. Instinct forms people’s desires. When a person’s desires tend to selfishness, indulgence, disrespect to others, ignorance of others’ benefits, and even harm, the Moonish energy would be more burning.

When a person's desires tend to righteousness, public benefit, self-control, respect, love etc., the Moonish energy would be gentler.

**When the Moonish energy is burning, but the Sunish energy is gentle, the person would seem depressed. When the Sunish energy is burning, but the Moonish energy is gentle, the person would seem toxic. When Moonish and Sunish energy are burning, the person would feel the inner conflict and seem helpless. When Moonish and Sunish energy are gentle, the person would find his/her peace and purity.**

When the Moonish energy is burning, but the Sunish energy is gentle, the person often seems depressed and is easily trapped in a feeling of guilt, regrets and self-abasement. When the Sunish energy is burning, but the Moonish energy is gentle, the person often seems cunning with no creditability, stubborn, cruel, shows no sympathy, easy to head to the wrong way. When the Moonish energy and Sunish energy are both burning, the person is often trapped by his/her desires and finding everything becoming very difficult. The body's energy is always in conflict, and he/she cannot find his/her peace of mind. When the Moonish energy and Sunish energy are both gentle, two types of energy can merge into one. The person often feels peace of mind, is pragmatic, amiable, and has clear self-understanding.

**Purity leads to Righteousness, Grace, and Pure Gentleness. The ones who have achieved the pure gentleness are going along God's way, having the biggest achievements but seem to have no achievements.**

Clean the desires and correct ones' thoughts, then the Moonish energy and Sunish energy can merge into one. The person can find his/her inner peace. Once there's inner peace, the process of refining to purity begins. There are three levels or states in the journey to purity. First is the state of Righteousness. At this state, the person has peace of mind and is very pragmatic and amiable. His/her behaviours and actions are always with righteousness, can be trusted by others. Then it comes to the state of Grace. At this state, the person is full of love and

mercy and treats everyone like someone he/she has strong relations with. He/she can always make people surrounding him/her feel comfortable and make people feel healed when he/she is with them. Finally, it's the state of Pure Gentleness. At this state, the person is the expression of the mind, and the mind is the carrier of God's virtue. The one who has achieved the state of pure gentleness has truly understood God's way.

## Love Formation Guide

The true meaning of love formation is to flow with love. A person who comes back to his/her true nature and his/her Moonish and Sunish energy come into one making his/her mind clean and peaceful. Then this person is flawless and can be flow with God's way. How to flow with God's way? Flow with love. Love is humans' road, heading to God's virtue. How to flow with love? When a person comes to his/her true nature, he/she will be able to remember his/her love. When a person's Qi is purely gentle, then he/she can flow with love. Flowing with love is truly God's way.

### Love

Origin is the beginning. One is the ending. Cycling to Origin One. Origin One is the foundation of everything. Origin One move is Tai-chi, still is Na-mo. Tai-chi give birth to energy, and energy has moonish and sunish. Na-mo determine the matter, and matter has illusory and solid. Origin one change between Tai-chi and Nammo, give birth to thought. The thought is curiosity. The thought is in chaos. The looking of chaos and the time it last are unspeakable. When the thought give birth to love, there's Qi. The world is created. There's God's way. The way is natural, use origin one as the foundation, create everything. This is God create the world. Curiosity is God's truth; Love is God's teaching. All lives come from curiosity and head to love. It's God's way. God is the way. A person merges into the way and lets the way flow is going back to God and achieving God's miracles.

Energy flow with God's way enlighten to consciousness. Matter flow with God's way enlighten to material. Consciousness and material combine into form, the beginning of every living thing. God bestow curiosity on consciousness. Consciousness become soul. The form with soul's soul is its illusory; its body is its solid; its energy is its Qi. Its Qi has moonish and sunish. Humankind is a kind of form with soul.

Every form with soul has its meaning. Its meaning is its way. Its way comes back to God's way. And love is its direction, helps it to find its way. Every form with soul has its love,

and it's unique to it. The love could be the love to something, to someone, to some kind, to others, to the world, to God. Follow the love, and it can achieve its way. But sometimes, desires could look very similar to love, making it hard to tell the difference. This is a challenge God bestowed. Use the result to determine kindness and evilness. The true nature of desire is selfishness, but the true nature of love is selflessness. The ones who chase desire will end their ways. This is God's way.

How can a person find his/her love? Coming back to his/her true nature, he/she will give birth to his/her love. The ones who chase their love but abandon to stay with their true nature are actually creating hatred. The ones who create hatred will end their ways. This is God's way. I don't know where our love come from and where it's going. It must be an arrangement from God, to give us direction in our lives to follow God's way.

## I

When a person comes back to his/her true nature, he/she will know his/her love. When a person knows what his/her love is, he/she will see his/her road. In what circumstance does a person already know his/her love but still doesn't see his/her road? It must be that he/she doesn't know him/herself. The two things in the world that cannot be understood are "existence" and "I." Because these two concepts cannot be understood, people use their whole lives to define them. This is the right of freedom that God bestowed on us. The true meaning of the right of freedom is to discover, realize and define "existence" and "I."

Those who think "I" means each other can benefit each other and understand that each other are themselves. Those who think "I" means the family can love and protect their families and understand their families are themselves. Those who think "I" means the world can be self-responsible to the world and understand that the world is themselves. The ones who think "I" means all things can achieve great things and understand that everything is themselves. People become the ones whom they genuinely believe they are. This is the deep meaning of being a human.

How can a person determine who he/she is? He/she must know him/herself and others first. A person is like the ocean, which receives water from many rivers. If we want to understand the water in the ocean, we must get to know the water in the rivers. If we want to understand the water in the rivers, we must get to know their origins. Understand their origins to understand their water. This method is called tracing the source. A person's mind and behaviours are like the water in the ocean. To understand him/her, we must get to know his/her culture's origin, families' beliefs, the environment he/she is in, his/her experience. By knowing these sources, we can understand half of this person. To fully understand him/her, we have to use the method of comparison and contrast. Compare and contrast him/her with others and his/her own history. In this way, we can understand him/her fully. These are the methods for us to understand ourselves, others and any group. When a person understands him/herself, others and groups, he/she is ready to determine him/herself to truly know him/herself. The ones who know themselves can also know their love and are always prepared. Once there are some good chances, they can achieve their meaning of existence to achieve their ways.

### **Flow with Love**

Those who know themselves can achieve what they love to achieve their ways. However, to come to God's way, they need to learn how to flow with love. Those who flow with love understand the Way, the Virtue and the Salvation. Their Way has kindness. Their Virtue has mercy. Their Salvation has God's grace.

Their Way is kind. Public righteousness is what they are striving for. They always remember all-benefit and protect their doctrines in their behaviours.

Their Virtue is merciful. Love is what they insist on. They honour contracts rather than looking to solve all problems. They respect what makes sense rather than blaming anyone.

Their Salvation is graceful. The glory is what they yearn for. They plant God's grace and love in everyone's heart and glorify God's glory to the world.

What is described above can only tell the looking of those who flow with love. The true circumstance is that their love is their thought, their desire, their Qi, themselves, their ways and their magic. They are the ones who have pure gentleness.

Flow with love and walk along God's way.

## **A Brief of Love Formation**

God said there shall be love, then there is this world. We came from love and will return to love.

Love is a type of information that can pass through time and space. I cannot clearly explain it, but I can be sure that love, this type of information has a strong sense of direction. Its direction points to a certain purpose. This information is passed to us from some existence that is not limited by time and space. In my understanding, love is the language of God.

Every one of us has his/her own love. People often feel a sense of meaning with strong satisfaction when they follow their love. In my understanding, this way is what God arranged. Love has many different manifestations, and everyone's love is unique to his/herself. Following love, we can find our way back to God. The challenge that God bestowed on us is making love and desire hard to be distinguished. And the ones who chase desires often end their ways in their hands. We can distinguish between love and desire by using the same method of telling goodness from evilness, observing the results. People's desires always make their focus point on themselves. But their love always makes their focus point on something else, not on themselves.

How to find love? I believe when a person can come back to his/her true nature, he/she can naturally know his/her love and direction. When people chase their love but give up on coming back to their true nature, their desire will enlarge, their purposes are no longer pure. Then their process of chasing love would turn to the creation of hatred. This is another challenge that God bestowed on us.

If a person can come back to his/herself but still not able to know his/her love, then it's often because he/she doesn't know who he/she is. To know who we are, we must know ourselves first. Our thoughts, cognition, behaviours are often established under the influence from outside. Therefore, to understand ourselves, we need to understand the origins of our cultures, the value system of our family education, the influence from the environment we are in and our own experience. This method is to trace the sources, and it can also be used to understand others and any group. If we can compare ourselves to others and our own historical



thoughts and behaviours on top of this method, we can fully understand ourselves. The same applies to understanding others or groups.

When we understand ourselves and others, we are fully ready to know who we are. Knowing who we are is not a process of finding out but achieving. The us that we know are the us we think we are. The ones who think their families are them can make their families happy and find their meaning of existence from it. The ones who think the world is them can achieve great causes and find their meaning of existence from it. The ones who think all things are them can carry God's glory and find their meaning of existence from it. Achieving oneself is the true freedom of a human. Achieving the selves that we believe we are, is the deep meaning of being a human.

A person who understands the concept of knowing oneself and can also come back to his/her true nature can know his/her love. So he/she can have his/her preparation, once encountering opportunities, he/she can achieve the meaning of his/her life. However, if one wants to go along God's way, then he/she needs to be a carrier of love.

The ones who can be carriers of love can understand God's way is full of kindness. Therefore, public righteousness is what they believe. They care about all-benefit and always protect their righteousness in their behaviours. The ones who can be carriers of love can understand God's virtue is full of grace. Therefore, benevolence is what they insist on. They value the fairness and execution of contracts instead of being stubborn about solving problems fully at once. They focus on the thing itself to make their judgement with sense instead of focusing on blaming anyone. The ones who can be carriers of love can understand God's salvation is full of tolerance, acceptance and love. Therefore, God's glory is what they yearn for. They plant God's grace and love into every living thing's heart as seeds.

What is mentioned above can only describe the looking of those carriers of love. The truth is that they are like a part of God's grace themselves. It's hard to explain how to get to that state. Perhaps when one's Qi reaches pure gentleness, then he/she can get to that state.

God love you deeply, as you deeply love this world. This is the deep meaning of pure gentleness.

## **Origin One Formation Guide**

### **Souls' Deeds**

God created the Way. The Way make all things. God set the Wheel, the Wheel turn movement, still, illusory, solid. Wheel turn correctly to eternity. Wheel turn counter-correctly to perish. There are nine steps. The Wheel turn correctly is from Rule (or can say One) to Life, to Freedom, to Love, to Wisdom, to Light, to "I," to God's Way, to Origin One (or can say Origin). We come from God, return to God. All things come from Origin to One, achieving each other with God.

Every living soul has a deed with God, called the soul's deed. Every soul's deed is unique, but the one thing they share in common is "origin enjoyed, benefit divined." What does it mean? Behaving and achieving follow God's way, then the benefits and profits are divined. How to know the rest content in the soul's deed? Love is the key, time is the scroll, and every little thing in life has its reading. Those who know their souls' deeds know their destinies, so they are open-minded and generous.

Any soul form has human and Qi. Human is its solid, and Qi is its illusory. Human leads behaviors and thoughts. Qi leads the mind and personalities. Human is cultivated in karma/causes and effects. Qi is cultivated in origin one. Faith can bring salvation to human and achieve qi's origin one. Faith can enlighten qi to achieve human's karma. It's such a rich world, but one thought.

### **Xuanhuang Fire/Yellow (the color of the earth) Fire**

People eat every day, so their bodies and mind both have energy. The energy is their desires, and their desires are like fire, and the fire has heat. Their mind has focus, like a tool gathering the heat. The energy perfuses to where the heat gathers. The mind focusing on chores would make the mind messy, then people's fire of desires is like trouble, making people anxious. The mind focusing on poisoned thoughts would make the mind evil, then people's fire of desires is like burning, making people unhealthy. The mind focusing on faith would make the mind

clear and righteous, then people's fire of desires is like water, making people peaceful. When the fire is like water, then the water brings success. These people seem to have all their wishes coming true.

Forty-nine days no intercourse, no masturbation, no drunk, no indulgence to make one tired, do no guilty things. Diet is rich, has control, no strong taste, no greasy. Insist on body strengthening and meditation. Maintain healthy lifestyle. The mind doesn't focus on obscene, paralysis, indulgence, evil things. Then the person can make the Xuanhuang (Yellow) Fire. If he/she is with a mood of suffering in this process, the fire will hurt him/her, which is not good for his/her health. If he/she is with a mood of enjoyment, then he/she can safely make the Xuanhuang (Yellow) Fire. Xuanhuang (Yellow) Fire, its shape is like fluid. It flows to where the mind is focusing on. Where it flows, possibilities arise. Coming back to the true nature, Xuanhuang (Yellow) Fire would be pure. The fire is intense but gentle. The mind can feel the rhythm where Xuanhuang (Yellow) Fire flows. Adjust to its rhythm to use the Xuanhuang (Yellow) Fire. The person is like with God's help.

When males and females who have Xuanhuang (Yellow) Fire have sex, if their minds focus on enjoyment, then it's like normal intercourse, then their fire dissipates. If their minds focus on the love and faith, moonish and sunish Xuanhuang (Yellow) Fire combine. The miracle cannot be described.

### **Pure Gentleness**

Love has moonish and sunish. The sunish love is the love to chase. The moonish love is the love to follow. The love to chase makes people enthusiastic, saves their feelings from the trap of emotions and desires, eases their bodies from hunger and tiredness, and helps their minds from convention and confusion. Follow their souls' deeds, build up their faith, and achieve their meanings. The love to follow is gentle gives people the power of righteousness, divinity of grace, God's glory. Achieve great things, come back to their true nature. People who

chase their love are pure. People who follow their love are gentle. The deep meaning of love is about pure gentleness.

People who come back to their true nature can achieve the truth of their lives. If they can also know themselves, they can know the nature of freedom. Then they will find their love. They chase love and can know the real living and freedom. If they have faith, protect the righteousness, and are willing to admire ethics, they can know the nature of love. Come back to their true nature to follow love's rhythm. They are like God's light. Respect God's way, protect all living things' lives, protect all things' freedom, cure all souls with love. It's the appearance of pure gentleness. Others say that they have great wisdom. The ones who have wisdom understand the truth of the mind.

Origin one create karma. Karma achieve origin one. Its deep meaning is about "I." The ones with wisdom have the state of pure gentleness, can know the nature of all things, and can gradually know all things are "I." The way of those with wisdom is to understand "I."

## **A Brief of Origin One Formation**

The development pattern of soul forms (human is a type of soul form) is called the Wheel. The Wheel turns correctly towards eternity, and it turns counter-correctly towards perish. There are nine milestones or nine deep meanings in the growth of the soul forms. The process of turning correctly is from rules to life, to freedom, to love, to wisdom, to light, to “I,” to God’s virtue, and to Origin One.

Every soul form has a deed with God, called soul deed. Every soul deed is different but has a shared clause: Origin enjoyed/God respected, benefit divined. Its meaning is that people do things with righteousness, then their profits and benefits would be blessed by God. Love is the key for every soul form to open their own soul deed. The content of the soul deed is recorded in our whole life. In respect of self-consciousness, everything is information. Life could be a process of reading the information in soul deeds and achieving the promises in soul deeds.

Every soul form has two parts: form (human) and Qi. Human physically exists, and Qi energy-like exists. The part as human influences the thoughts and behaviors of the soul forms, the part as Qi influences the personalities and mentalities of the soul forms. Human constantly experiences karma/causes and effects to grow, and Qi constantly experiences origin one to grow. The mind can achieve Qi’s origin one through influencing the human. The mind can also achieve human’s karma/causes and effects through influencing the Qi.

People eat and produce energy every day. Having energy would make people have desires. It can be described as the energy of desires. The energy of desires is like burning fire which can produce power. And where the power is used is determined by people’s minds. People’s minds are like magnifiers, and the focus is like the light focus point of the magnifier. Focusing on trifles in daily life would make people anxious; Focusing on evil things would make people emotional and affect their health. Focusing on faith and sincerity would make people peaceful. When having inner peace, the energy of desires flows like water. In this stage, people find it easier to succeed in doing the things their mind focuses on.

One can insist forty-nine days without intercourse, masturbation, being drunk, and indulging in entertainment. Can keep the diet nutritious, healthy, light. Maintain a healthy lifestyle. Not to focus on the thoughts of obscene, paralyzing the self, indulgence, and anything unethical. Then the energy of desires accumulated in the body can be called the Xuanhuang (yellow) fire. In this process of self-control, if the person is having a mood of pain, it could hurt the body and not be good for the health. If the person can adjust the mood to enjoy the process of self-control, then he/she can safely have the Xuanhuang (yellow) fire. Then maintaining inner peace can keep the Xuanhuang (yellow) fire for the long term. If the ones who have Xuanhuang (yellow) fire can understand the deep meaning of following the rhythm and coming back to one's true nature, then he/she is easier to obtain success on anything he/she does.

Males and females who have Xuanhuang (yellow) fire having sex, if they focus on the entertainment from the sensory stimulus, then this process is just normal intercourse, vent out the energy of desires. If they can keep the sincerity in their heart and focus on love and faith, they can achieve a state called moonish and sunish Xuanhuang (yellow) fire congruence. At this moment, the magical feeling is no longer describable in words.

Love has moonish and sunish. The sunish love is the love with enthusiasm that makes people want to chase and achieve. The moonish love is the love with kindness that makes people want to follow. The love with enthusiasm makes people get out of all those traps and burdens in life, correspond to their souls' deeds, and achieve the meaning of living. The love with kindness makes people full of the power of righteousness and God's light, and to have achievement on soul's development. The ones who have the love with enthusiasm are pure. The ones who have the love with kindness are gentle. Love with enthusiasm and kindness achieves people's state of pure gentleness.

People who can come back to their true nature can understand the meaning of life. If they can know themselves, they can understand the meaning of freedom. Naturally, they will find their love with enthusiasm. The ones who have the love with enthusiasm can feel how real life and freedom are. If they also have faith, can protect righteousness, and are willing to admire ethics, then they can understand the meaning of love. People come back to their true nature

and follow the rhythm of love. At this moment, him/herself is like God's light. Respect God's way, protect every living thing's life, protect everyone's freedom, use love to teach others. These are the appearances of the people who have a state of pure gentleness. These ones have wisdom, and those who have wisdom understand the truth of the mind.

Origin one creates karma/causes and effects, and karma/causes and effects achieve origin one. The core in this relation is "I." Those who have wisdom have the state of pure gentleness and can gradually know the nature of all existences to understand that all existences are "I" gradually. Therefore, the road of wise men/women is a way to meet and to understand "I."