



## Daoist Eight Requirements 八要求

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“只修性不修命此是修行第一病，  
只修祖性不修丹，万劫阴神难入圣”

*„Cultivating only innate nature without cultivating life, this is the first fault of refinement practice, cultivating only your ancestral nature without the cultivation of the elixir pill, for generations the yin spirit will have difficulty to enter sagehood.“*

-Li Shi Fu-

### 法财侣地德慧悟缘

#### **fa 法:**

Method: many: breathing, control of standing meditation, qi flow etc.

#### **cai 财:**

Growth/ability:

inner and outer growth with adjustment of five elements, no illnesses equates a healthy body. Inner wealth is health, outer wealth means enough to live on.

#### **lü 侣:**

Friendship

The kind of friends who would give their life for you and stand by you in the worst situation. They call it the law of protections/protectors who needs to have understanding how to protect you. The wealth is to feed and house your protectors.

There are two types of teachers:

Teacher of time in human form

Teacher that has already transformed his body. It is very hard to find a one-to-one teacher as it used to be. It is not easy. You have got to have what your teacher passed you down as he had walked the road and knows the exits and crossing or a river he know the shallow and deep spots. We are on different levels but everyone's goal is the same. You can trade your life and later you get it back that is the wanted mentality.

#### **di 地:**

## Environment

It must be a place where others ascended before like the Wudang mountain range. Then it is a place of true spirit, they can help you in your struggle with demons. You have to be able to communicate with them, therefore you need to be opened (like how to light your incense). That is why immortals have ascended from the five holy mountains. 99% is the kind that does not need the body anymore.

## **de** 德:

Virtue (Dao De Ching)

## **hui** 慧:

Wisdom to distinguish what is real and what is fake. The wisdom to protect yourself.

## **wu** 悟:

Sensitive intuition, the master tells you one method and you gain five methods from it. It is not passed down by language.

## **yuan** 缘:

Destiny/fate

If you had never come here, he would not have been able to teach you or you would not have been able to meet Ge shifu or if you had not known Lin.