

高上玉皇心印妙经  
gao shang yu huang xin yin miao jing

# The Supreme Jade Emperor Wonderful Scripture of the Seal of the Heart

上药三品  
shang yao san pin  
The high medicine has three qualities

神与炁精  
shen yu qi jing  
Shen, Qi and Jing

恍恍惚惚  
huang huang hu hu  
Abstract, indistinct

杳杳冥冥  
yao yao ming ming  
Far, profound

存无守有  
cun wu shou you  
Preserve non-being, guard being

顷刻而成  
qing ke er cheng  
Accomplishing in an instant

回风混合  
hui feng hun he  
Return on the wind, blend and unify

百日功灵  
bai ri gong ling  
One hundred days of spiritual practice

默朝上帝  
mo chao shang di  
Silently worship the Supreme Sovereign

一纪飞升  
yi ji fei sheng  
One discipline to ascension

知者易悟  
zhi zhe yi wu  
Those who know it easily awaken

昧者难行  
mei zhe nan xing  
Those who ignore it hardly carry it out

履践天光  
lü jian tian guang  
Realisation of the light of heaven

呼吸育清  
hu xi yu qing  
The breath cultivates purity

出玄入牝  
chu xuan ru pin  
Exit the mystery, enter the female

若亡若存  
ruo wang ruo cun  
As dead, as alive

绵绵不绝  
mian mian bu jue  
Continuously, uninterruptedly

固蒂深根  
gu di shen gen  
Solid stem, deep roots

人各有精  
ren ge you jing  
Each person has Jing

精合其神  
jing he qi shen  
Jing unifies with Shen

神合其气  
shen he qi qi  
Shen unifies with Qi

气合其真  
qi he qi zhen  
Qi unifies with the reality of suchness

不得其真  
bu de qi zhen  
Without attaining the reality of suchness

皆是强名  
jie shi qiang ming  
Everything is forced

神能入石  
shen neng ru shi  
Shen can enter stone

神能飞形  
shen neng fei xing  
Shen can physically fly

入水不溺  
ru shui bu ni  
Entering water, it does not drown

入火不焚  
ru huo bu fen  
Entering fire, it does not burn

神依形生  
shen yi xing sheng  
Shen depends on form to live

精依气盈  
jing yi qi ying  
Jing depends on Qi to abound

不凋不残  
bu diao bu can  
Neither withered nor injured

松柏青青  
song bai qing qing  
Pine and juniper, evergreen

三品一理  
san pin yi li  
Three qualities, one principle

妙不可听  
miao bu ke ting  
Wonder that can not be heard

其聚则有  
qi ju ze you  
As they gather, there is existence

其散则零  
qi san ze ling  
As they disperse, there is nothingness

七窍相通  
qi qiao xiang tong  
Seven orifices interconnected

窍窍光明  
qiao qiao guang ming  
Wild open, radiant light

圣日圣月  
sheng ri sheng yue  
Sacred sun, sacred moon

照耀金庭  
zhao yao jin ting  
Illuminate the golden court

一得永得  
yi de yong de  
Attain the one, attain the eternal

自然身轻  
zi ran shen qing  
Naturally the body is light

太和充溢  
tai he chong yi  
Great harmony overflowing

骨化寒琼  
gu hua han qiong  
The bones transform into cold jade

得丹则灵  
de dan ze ling  
To obtain the elixir is to attain Spirit

不得则倾  
bu de ze qing  
Not to obtain it results in decline

丹在身中  
**dan zai shen zhong**  
**The elixir is at the center of the body**

非白非青  
**fei bai fei qing**  
**Neither white nor green**

诵持万遍  
**song chi wan bian**  
**Recite and maintain ten thousand times**

妙理自明  
**miao li zi ming**  
**The wonderful principle becomes evidence**

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*Translated by: Loan Guylaine Tran ( 诚凤 Cheng Feng)*

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