

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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