

But seeing his butt was about to hit the seat cushion, he jumped out of the distance like an electric shock, and asked Charlie cautiously, "Master Wade...you...do you still have this car?" Charlie looked at

him. The panicked and terrified look smiled slightly, and said, "As long as you don't fix so many fancy intestines and demon moths, my car will not give you." Hong Changqing blurted out without thinking, "Master Wade, don't worry, my subordinates will never give up.

"Don't dare to play any more tricks..."

Charlie nodded, and said lightly, "Then get in the car."

Only then did Hong Changqing open the door and get in the car.

As soon as he got in the car, Charlie took the piece of paper from his hand, looked at the title on it, frowned and said, "'Taizhen Hunyuan Dao'? Is this the mental method of your Taizhen Dao?" "Yes!

"Hong Changqing said without hesitation, "The founder of Taizhen Taoism created Taizhen Taoism precisely because he got this "Taizhen Hunyuan Tao" by accident..." Charlie was shocked, this "Taizhen Hunyuan Tao

"It is also recorded in the "Nine Xuantian Jing", which is the longest one among the many mental methods recorded in the "Nine Xuantian Jing".

The complete book of "Taizhen Hunyuan Dao" has three volumes and twenty-seven chapters, with a total of nearly 50,000 words, but what Hong Changqing wrote on the paper is only about a thousand words, which should only be the first chapter of the first volume. .

In "Taizhen Hunyuan Dao", the first chapter is a complete introductory mental method. It mainly teaches people how to practice martial arts from scratch, how to perceive their own dantian and meridians, how to transform true energy through exhalation, and gradually break through your own meridians.

Although Charlie had given Qin Aoxue an internal boxing method like "Four Elephant Boxing", that kind of boxing method could only improve the fighter's combat effectiveness, it was a method of warfare, not a mental method that could improve cultivation.

Because Charlie has mastered the aura, he has not carefully sorted out the various martial arts methods recorded in the "Nine Xuantian Jing". Now, relying on his memory of the "Nine Xuantian Jing" and meditating for a while, he realizes I realized that this "Taizhen Hunyuan Dao" is actually the truly perfect martial arts method.

This kind of martial arts mentality starts from how to breathe out and transform true energy, and teaches people to improve their own strength step by step, and then continue to break through, and finally reach the master level.

Once you reach the Great Perfection of Grandmaster Realm, you will be able to enter the last stage of martial arts.

When a martial artist completes the last stage of martial arts, what greets him is the very beginning of aura.

Only at that step can he start to master the aura.

If Taizhen Dao Patriarch got the complete copy of "Taizhen Hunyuan Dao", then even if Taizhen Dao could not produce top masters who are proficient in aura, it could at least produce a few masters in the Dark Realm, Transformation Realm, and even Grand Master Realm.