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to detect with yin, naturally George Han's body at this time the yang in the body, he will rebound badly.

Therefore, it is the best way to enter secretly when the yang is smooth and smooth.

The two celestial arts are his method, and he naturally knows what method to use when.

As this energy penetrated into George Han's body, and together with those yang qi in George Han's body, it quickly stepped into various meridians, and finally transformed into the dantian, blending with the yin qi that was originally accumulated in the dantian. Later, with the trend of gossip and Tai Chi, it slowly coexists in the body.

"Dividing the tendons into the acupuncture points, standing with Tai Chi, aren't you a motherfucker?" Sheng Yuan murmured while exploring.

The two celestial arts, the first... second floor? !

Do you want to play like this? Want to be so perverted?

What the **** is this doing?

As soon as you start training, you don't even need to play the basics, and it's enough to reach the first floor directly, but this guy...

But he went directly to the second floor.

And what is the concept of the second layer?

Sheng Yuan is now the third floor.

But this third layer is divided into two stages.

He was on the third floor during his lifetime, but he could only get a glimpse of it, so he couldn't move forward steadily.

After death, the ghosts gathered here, relying on the yin and yang energy of this place to dominate this place, barely reaching the middle and late stages of the third floor.

George Han is good, as soon as he comes to the second floor, he can directly vomit blood from Saint Yuan Qi.

Because when he was alive, when he was no different from George Han, it took him almost two hundred years to reach the second floor...

"Do you still want to live?" Sheng Yuan was speechless, strong The jealousy even wanted him to just slap George Han to death.

At least, out of sight and out of mind.

"Huh!"

Withdrawing his yang energy, Sheng Yuan slowly stood up, looked at George Han covered in golden light, and shook his head with a wry smile.

“Perhaps

, something shocking is destined to happen to your kid. In the future, if you can use this method of Lao Tzu at that time, it can be considered that Lao Tzu will still leave my mark on this world in this life.”

“It’s not a

waste of time.” “Three days only took one day, you still have two full days to spend freely, come on, with your wonderful physical talent, maybe when the time comes, I can even I saw that you were in the middle of the second floor.”

“It’s really fucking intentional.”

He shook his head and swayed to the side of the corner, completely giving up his resistance and lying flat. Sit there, wait...

FULL WAIT!

Anyway, this is the case, and you are still cultivating.

Another few hundred years of cultivation would not be as good as one hour, so why would you still practice him? Practice to find anger? Practice to be pissed off?

Let’s play, just play like this

, anyway, it’s like this, if you break the jar, at least you won’t get angry.

And this time on the other side.

Unlike Sheng Yuan’s lying flat, they obviously have to pay more attention.

There were explosions on the east and west sides of the bamboo house.

However, the wooden house at this time did not have the slightest reaction to such an incessant explosion. They should still eat and drink, they should sleep, and they should cultivate.

Anti-Buddhas are all deaf.

They are used to it.

Since Amelia Su and Ziqing, under the guidance of that “weird and vulgar” guy, suddenly made rapid progress, they have never stopped practicing.

The only strange thing is that Qin Shuang has not been moving, but because of the reason why she stayed with Amelia Su, everyone did not ask much. Anyway, there were so many explosions, maybe Qin Shuang released them, or maybe she was concentrating on cultivation. not sure.

Ziqing

suddenly became like this, and everyone can actually understand her current hard work. Of course, there is no need to say more about the wife of the alliance leader. The leader of the alliance is a dragon, and the wife of the alliance leader is a phoenix. It is natural to want to be as powerful as the leader of the alliance. Therefore, no People will bother them both.

In the distance, after three loud bangs, Amelia Su finally stopped with satisfaction, and there was already a **** on his forehead.

“I’ve told you tens of thousands of times that you need to focus on practicing the exercises without distractions. If you are so half-hearted, your power will be greatly reduced. The most important thing is that you are easy to get carried away. You have to have three strengths and two weaknesses because of this. George Han Then you can’t kill me?” Tian Zhiqiongqi immediately complained, and then asked: “I’m worried about George Han again.”

Amelia Su shook her head, with a trace of unease in her eyes: “No, I’m a little uncomfortable. Ning, it always feels as if something bad is going to happen, as if... as if someone is going to break in here...”

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“Break into here?” Thinking about it, some people seem to think that this is a bit superfluous: “The world of heavenly books is far from being as simple as you think.”

“Although George Han can enter and exit freely, it does not mean that other people can too.”

“So my It means that even if someone finds this place, they may not be able to get in, do you understand what I mean?”

Amelia Su nodded, of course she knew this very well, but, for some reason, she always had something to say The worries that don’t come out always feel that something seems wrong.

“Okay, practice with your heart, don’t always think about what you have and what you don’t have. Besides, even if your worries are real, so what? With your current ability, you are enough to be on your own. There, there is also a purple

love. “

Hearing this, Amelia Su looked up at Ziqing who was practicing in full swing on the other side, thinking about what Tian Zhiqiongqi said was right, how could this place be found? Even if you find it, how can it be so easy to get in?

Perhaps, I really think too much.

“Concentrate and continue.”

Amelia Su suddenly flew into the sky again, and everywhere she passed, explosions erupted again.

If George Han was by Amelia Su’s side at this time, he would definitely be shocked by Amelia Su’s strength at this time.

With the bursts of explosions, Amelia Su flew into the sky and quickly resumed serious cultivation, no matter whether the scorching sun was hanging, or the bright moon was hanging high.

No one can stop her determination to become stronger!

This practice, the day passes, and the night comes.

In a blink of an eye, the night retreated, the early sun rose again, and the sound of the explosion at this time gradually subsided, and the two figures finally stopped.

By doing this, not only the two of them benefited a lot, but even the other people in the alliance were greatly encouraged.

After all, women are still like this, how can most of their men be willing to follow others? !

Although there is no gender difference between women, but the status of the wife of the leader of the alliance is so high that they practice sleepless nights, how can these people have the courage and self-confidence not to work hard?

For a time, near the wooden house and bamboo house, there were constantly cultivating figures, and all kinds of law books never stopped.

It was lively here, but George Han's side was unbelievably quiet.

A full day has passed, but Sheng Yuan, who chose to lie flat, felt a kind of speechless to the extreme for the first time for the first time.

But while this boredom is torturous, it is equally relaxing.

Over the years, he has never rested for even a second because of an obsession. Now, he is rarely relaxed, and he naturally does not need to say more about his comfort.

"Huh"

a long breath broke the silence, and then, George Han slowly opened his eyes.

"How?"

Seeing that George Han woke up, the bored Sheng Yuan got up and walked to George Han's side with a smile.

"I can't describe the feeling. I feel that my body seems to be uncomfortable, but it is very comfortable. Is it difficult for you to understand me saying this? But... But I am so contradictory now." George Han looked a little excited. said to him.

Shengyuan smiled bitterly: "Although the disciples of the church starved to death, the master is the one who taught you. What you are practicing now is what I know. Do you think I can understand how you feel now?"

Hearing this, George Han scratched his head a little embarrassedly. After practicing for two days and nights, he was so excited that he forgot about it.

"However, I don't have the feeling you have." Just when George Han thought he understood, Sheng Yuan smiled lightly and made George Han stupid.

What do you mean, I understand, but I don't feel this way, is it possible that I practiced wrong?

"You feel very comfortable because you have perfectly reconciled the yin and yang. This yin and yang are smooth, and naturally you will be well." Sheng Yuan said with a smile.

“If that’s the case, why do I feel uncomfortable?” George Han asked in confusion...