

Chapter 5396

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 the meridians.

Although Charlie had given Aoxue an internal boxing method like "Four Elephant Boxing" back then,

That kind of boxing method could only improve the combat effectiveness of the warrior,

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 Profound Heavenly Scriptures".

Now, relying on his memory of the "Nine Profound Heavenly Scriptures" and meditating for a while,

He realizes 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 they reach the Great Perfection of Grandmaster Realm,

They 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 an 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 the aura,

It could at least produce a few masters in the Dark Realm, Transformation Realm, and even Grand Master Realm.

But the ruin lies in the fact that what he got was only the first chapter of "Taizhen Hunyuan Dao".

Charlie couldn't help thinking to himself: "If I hand over the second chapter of "Taizhen Hunyuan Dao" to Mateo,"

"His cultivation base will surely improve by leaps and bounds, and he can enter the dark realm with his own strength."

"Unfortunately, this man has too many thoughts. Otherwise, he may have already started to practice the second chapter of "Taizhen Hunyuan Dao" in the Champs Elysees Hot Spring."

However, this also strengthened Charlie's determination to take Mateo under his command.

This is because Mateo has practiced the first chapter of "Taizhen Hunyuan Dao" for so many years,

And he is already familiar with this mental method. If he is to pass this mental method to others,

He will definitely be able to pass on his own experience for so many years.

Summed up the fastest way for people to master "Taizhen Hunyuan Dao".

If there is no him, and he just hands over the mentality of "Taizhen Hunyuandao" to the He family and the warriors of the Cataclysmic Front,

Then it will take at least a few years for them to become familiar with this mentality a little bit, and then they can have built a tree.

In comparison, Mateo connecting the past and the future will save a lot of time.

And as long as Mateo can work for him in a down-to-earth manner, Charlie will not treat him badly.

At that time, he will not only be able to get the follow-up "Taizhen Hunyuan Dao",

But also cultivate a large number of masters in Taizhen Hunyuan Dao's martial arts master.

However, Charlie didn't tell Mateo these words, he just threw back the few pieces of paper written by Mateo, and asked him casually:

"It's in the wilderness, where did you get the paper and pen?"

Mateo hurriedly said: "Back to Master Wade, the little brother on the side of the road helped me run errands from the Internet..."

Charlie snorted, his expression gradually became serious, and he said:

"Your "Taizhen Hunyuan Dao" is not complete at all. It's just the beginning."

"How come..." Mateo said subconsciously: "In Taizhen Dao, there are also some collected martial arts methods, but they are all fragments without exception."

"Only this "Taizhen Hunyuan "Tao" is a complete mental method with beginning and end!"

Charlie smiled contemptuously, and asked him: "What is the essence of "Taizhen Hunyuan Dao"?"

Mateo blurted out: "Of course, it is the martial arts mental method!"

Charlie curled his lips, and said disdainfully:

"I tell you, the essence of "Taizhen Hunyuan Dao" is Hunyuan,"

"Do you know what Hunyuan is?" Mateo frowned, thought for a long time, and then said:

"It seems to be It's a relatively general saying in Taoism,"

"And it doesn't have a particularly clear meaning..."

Charlie shook his head, and said lightly: "Hunyuan is the chaotic air when the world is not divided,"

"And this is the beginning of vitality!"

"Its ultimate goal is to let people enter the Tao with martial arts,"

"And finally master the power of Hunyuan."

After finishing speaking, he pointed to the paper in Mateo's hand and jokingly said:

"You have written all about how to breathe and how to break through. Meridian,"

"There is no word related to Hunyuan, it is like you have a book in your hand,"

"The title of which is "The Principles of Power Generation in Thermal Power Plants",

But you only have the content in your hand that teaches you how to dig coal."

"Can it be the whole story?"