

## Chapter 5480

Nanako didn't leave in a hurry, but asked Aoxue excitedly,

"Aoxue, have you mastered the mystery of endoscopic examination?"

Aoxue scratched her head, "It seems that the answer is no..."

"It feels like an endoscopic view is a very deep dive to the bottom of the pond,"

"And every time I get down to go to the bottom, I can't go any further. It's really annoying..."

After that, she asked Nanako, "Nanako, your expression is so excited, you have mastered it?!"

Nanako nodded heavily, and exclaimed in a low voice,

"I seem to have found the mystery of introspection,"

Just like the diving, you said just now, I couldn't dive at the beginning."

"I feel that the closer to the bottom, the more repulsive the water,"

"And everywhere pushing me to the surface..."

"Yes, yes, yes!" Aoxue said quickly, "It's the feeling that I can't live or die!"

"I was tortured like crazy, how did you survive?"

Nanako said very seriously, "I also worked hard at the beginning."

"I tried my best to dive down forcibly, but I didn't succeed even once."

"Later, I calmed down and assumed in my mind that my spiritual consciousness had come out of the body and going up to the highest place!"

Aoxue exclaimed, "Go to the highest place?!"

"Yes!" Nanako said decisively and excitedly,

"Going to the highest place! It's like climbing all the way to a cliff above a lake,"

"And then stepping on the steep cliff with your heels."

"On the edge of the cliff, let the divine sense open its arms and jump off the cliff without distraction!"

As she spoke, Nanako continued with a trembling voice,

"Let me fall faster and faster, let the wind in my ears I completely disregarded the feeling of roaring,"

"I just wanted to complete this leap! That feeling was like a needle falling from the sky and piercing into the water,"

"Without the previous feeling of all resistance! In a flash, it suddenly becomes clear!"

"Ah?" Aoxue was dumbfounded, and blurted out, "Nanako...you...you can really get out of your body?"

In fact, not only Aoxue was horrified, but even Charlie was also shocked endlessly.

Even if he has mastered the "Nine Profound Heavenly Scriptures",

He has never heard of this method of practicing martial arts. It sounds extreme!

"No..." Nanako explained, "It's not really that the consciousness is out of the body,"

"It's just to calm down, let your mind, let go of your body as much as possible,"

"And pretend that you have the consciousness."

Aoxue asked puzzled "Can this also be imagined?"

"Yes!" Nanako said firmly, "It's like peeping inside. I always didn't understand it at the beginning."

"The word peeping means seeing. People only have one pair of eyes,"

"And they can only see the world outside the body."

"How can I be able to peek inside and see the meridians and dantian in the body?"

"However, this morning, I suddenly understood the truth. Assuming that consciousness has left the brain, eyes, ears, mouth, and nose,"

"And dived into my body like diving into the bottom of the water,"

"When I really find that method, the whole person feels completely different!"

Mateo heard the explanation and at the same time, Aoxue was stunned.

After a while, she clenched her fists and said excitedly,

"I'll try your method too!"

"I really realized the inner peeping, and also mastered the complete operation of the true energy."

"Such a fast speed is the only time Master Hong has ever seen in his life, congratulations!"

Nanako said respectfully, "It's all Master Mateo he taught me well!"

Mateo waved his hand and said seriously, "Miss Ito is really talented! Not only did you master the way of internal observation in such a short period of time,"

"Even the three meridians in your body are almost in a state of complete opening,"

"But you didn't know how to operate before."

"Qi and meridians are like a highway without vehicles, and they can't play a real role."

"However, since you can run your true qi now, I believe that you will be able to use these three meridians in a few days."

"You can get up and become a three-star martial artist!"

"Such a fast speed is really amazing, and in time, Ms. Ito will definitely become a top martial arts master!"