

Clan Cultivation 41

Chapter 41

Boom boom boom!

In the cave, Lu Xuanji was going through a catastrophe of life and death.

After the true qi is transformed into the true essence, the true essence is more condensed and the destructive power is stronger, constantly tearing the dantian and meridians, the dantian is broken, and the meridians are also broken.

Severe pain came, the flesh was constantly torn, and the dantian seemed to be pierced by a sword, the heart was in pain, and the body was in pain.

The body is in pain everywhere, as if experiencing torture.

In the midst of pain, Lu Xuanji operated the exercises, absorbed the spiritual energy from the outside world, transformed it into true essence, repaired the dantian, and repaired the meridians.

At the same moment, the dantian shattered again, and the meridians shattered again.

In this way, while the flesh is constantly broken, it is constantly being repaired, and it is constantly reincarnated.

Under this severe pain, a voice seemed to say that this was a dream.

let it go.

let it go.

Why there is so much pain in life is because I refuse to let go.

Learn to let go, and life will be much happier.

Lu Xuanji gritted his teeth, his eyes were blood red, he took a deep breath, and continued to run the exercise. The violent real energy hit the meridians, and the violent pain continued to hit him. It seemed that every muscle was torn, as if experiencing fullness. The top ten tortures of the Qing Dynasty.

boom.

At this very moment, Lu Xuanji was in so much pain that he passed out in a coma.

When people suffer from severe pain, they will fall into a coma. The coma is the self-protection of human beings.

At the moment of coma, even if Lu Xuanji's control is lost, the exercises will run automatically, constantly absorbing the spiritual energy from the outside world; the medicinal power of the Millennium Nether Grass is digesting, and the medicinal power is continuously integrated into the body, nourishing the body and repairing the body. Repairs dantian and meridians.

In the process of continuous tearing and repairing, the volume of the dantian is expanding, and the meridians are widening.

Time was passing, and after an unknown amount of time, Lu Xuanji became aware and opened his eyes subconsciously.

But when he opened his eyes, he felt sore and weak, as if he was paralyzed.

At this moment, the spiritual energy of the outside world is constantly nourishing the body and repairing the injury.

"I failed to build a foundation. There are three difficulties in foundation building. I just passed the first one, but I fell in the second one. I thought I was Long Aotian, but who would have thought that I was just a megalomaniac." Lu Xuanji smiled bitterly.

Before the foundation was established, Lu Xuanji had honeyed self-confidence, but after experiencing it, he realized that he was only a mortal.

"I failed to build the foundation, only the next time..."

"Wait a minute, it seems that I didn't take the Foundation Establishment Pill. If I fail to establish the foundation, I will die. But I failed to establish the foundation... Why am I still alive?"

"Could it be that the foundation building was successful?"

Lu Xuanji couldn't figure out whether he succeeded or failed.

So, he pulled the rope in front of the bed.

The rope was pulled and the bell rang.

After a while, the stone door of the cave opened, Ye Feixue's eyes flashed with sadness; the first elder was also solemn, and his eyes were full of worry.

But seeing Lu Xuanji's state, he laughed loudly: "Congratulations, there is no foundation building pill, but the foundation building is successful."

"That's not right, when I was in the throes of my physical body, I was also fainted by the pain... I've failed in foundation building, right?"

Lu Xuanji said.

"No no, you succeeded."

The first elder said: "Sometimes you faint from the pain, which is a good thing. Don't you wonder why there is no cultivator telling about the experience of building the foundation?"

Only then did Lu Xuanji realize something was wrong.

He has read a lot of books, there are all kinds of books, covering all aspects, but there is no experience of cultivators in the foundation-building period.

At the time, I thought the book was incomplete, but now it seems that it is not at all.

Has a big secret.

The first elder said: "It's too painful to hit the foundation-building stage, and no one wants to recall such pain. And sometimes, ignorance is happiness, at least dare to challenge the unknown; but if you know too much, you have fear in your heart and dare not challenge. difficulty."

"In the books, there are only three disasters of foundation building. There is no specific description. I can talk about it here..."

Drive Ye Feixue out.

Don't say it in front of girls. If you say too much, it's easy to scare girls.

Waiting for Ye Feixue to leave.

The first elder told some secrets: "The three disasters of foundation building are the disaster of true essence, the disaster of the physical body, and the disaster of spiritual consciousness. The first step in building a foundation is to compress the true qi, and compress the nine vortexes of true qi into the true essence. One step is extremely difficult, and there are monks on the ninth floor who fell on this step. The failure to compress the true qi caused the true qi to explode in the dantian, the dantian shattered, and he died on the spot."

"If you take the Foundation Establishment Pill, you can soften your infuriating energy and reduce your hostile energy. It's relatively easy to compress your infuriating energy, and you can increase the probability of one layer."

"The second disaster is the physical disaster. With the compression into true essence, the meridians and dantian will not be able to withstand the oppression of the true essence, and they will explode directly; but at the same time, the true essence will repair the meridians and repair the dantian. In the process of standing up, once it can no longer be supported, the dantian and meridians will completely burst and die on the spot. But if it is supported, the volume of the dantian will expand, and the meridians will become broad and tough."

"If you take the Foundation Establishment Pill, the medicinal power will reduce part of the pain in the body and increase the probability of one layer."

"The third calamity lies in the calamity of divine consciousness. It has evolved into true essence, and the dantian has expanded, but it is still not a foundation-building cultivator. Further transformation is required, and the divine soul undergoes a slight transformation. There is no need to deliberately run the exercises, the exercises. It will automatically operate, and it will continue to grow, transforming spiritual energy into true essence."

"If you take the Foundation Establishment Pill, the medicinal power will enter the physical body, which will make the physical body temporarily fit with the spiritual energy and maintain it in a state of life. If the power of the medicine dissipates, and the exercise stops operating and absorbs the spiritual energy from the outside world, it will be regarded as a failure of foundation building."

"The third step is also the most difficult one."

"But I fell on the second step, and I fainted because of the physical disaster." Lu Xuanji said ashamed.

"It's not just you. Ninety-nine out of a hundred cultivators fainted because of the severe pain." The elder sighed, "There is another one who didn't pass out under the severe pain, but suffered to death, already."

Lu Xuanji: "..."

The first elder said: "You fainted from the pain, but at the moment of fainting, the exercise will automatically run, and it will continue to absorb the spiritual energy of the outside world. It will be transformed into true essence. The second and third difficulties will naturally pass. already."

After a while, the Great Elder left.

Lu Xuanji was still in seclusion, comprehending the mystery of the Foundation Establishment period.

Running the "Qinglian Good Fortune", all of a sudden, the spiritual energy entered the body like a vortex, and entered the meridian. Nourishes the flesh and becomes the foundation of longevity.

The exercises are running endlessly, and even if he stops, there is still spiritual energy that continuously flows into his body and is constantly being refined.

If you run the exercises, you will practice faster and absorb spiritual energy faster, which is ten times faster than the Qi training period.

Too fast, this is the horror of the Foundation Establishment period.