

## I. Family 1392

Chapter 1392:

Myriad Beasts Mountain Range.

On a cliff, Lu Changsheng was sitting with his daughter Nangong Yaoyao on a dark golden tiger skin rug.

In front of them was a large cauldron, filled with dazzling light and flowing with purple mist, emitting a fragrant aroma.

This was the meat of a Third Rank Demon Beast — the Purple Flame Kui Ox, each piece of meat glistening with precious light.

In addition, the pot was full of Spiritual Medicines and Heavenly and Earthly Treasures.

This was no longer just a Spirit Meal.

It was entirely refining a cauldron of peerless Treasure Medicine!

The fragrance of the medicine wafted through the air, and just one whiff brought a person to clarity and filled them with Essence Energy.

This was something Lu Changsheng developed himself through Spirit Chef skills, Alchemy Skills, and the Medicinal Bath Technique taught by Hong Lian in her early years.

Simply put, it was about simmering various Heavenly and Earthly Treasures and Demon Beast essences into a medicinal dish, then adjusting the taste through culinary skills.

However, if other Third Rank Spirit Chefs or Spirit Meal Masters saw such behavior, they would definitely curse it as a waste of heavenly resources.

After all, the blood and flesh of a Third Rank Demon Beast was precious, and yet Lu Changsheng was braising it in one pot like this.

"Alright, it's ready to eat."

Lu Changsheng lightly flicked his fingers, slightly withdrawing the Thunder Gang Dragon Flame under the furnace and smiled at his daughter.

"Woo!"

Nangong Yaoyao was already impatient, holding her jade bowl, picking up a piece of beef and putting it in her mouth without caring about her ladylike image.

At first, she was reserved and very elegant.

But after spending time with her father, Lu Changsheng, who she knew to be unconstrained by trivial matters, living in the wild meant there was no need to concern herself with so many formalities.

"Daddy, it's so delicious!"

Nangong Yaoyao looked at her handsome father, her bright eyes filled with delight.

This wasn't an exaggeration.

Third Rank Demon Beast meat is considered an upper class ingredient.

And each time, Lu Changsheng selected the finest parts, with excellent texture, incredibly translucent, and containing abundant Essence Energy. As soon as she swallowed, a surging medicinal force flowed through her body.

These days, living with her father every day, feasting and reveling, she felt her cultivation foundation had become much more stable, and she could break through to the fifth layer of Foundation Establishment whenever she wanted.

"Eat as much as you like if you enjoy it."

Lu Changsheng said with a smile as he served himself a bowl of soup to savor.

Such medicinal dishes were in no way inferior to Second Rank Elixirs and could even be compared to some Third Rank Elixirs.

Long-term consumption not only enhances cultivation, but also has effects like Marrow Cleansing and Condensing one's physical foundation.

However, at least a Foundation Establishment Cultivation is needed to consume such medicinal meals.

Ordinary people or Energy Refining Cultivators, even if they ate a little, might experience the issue of not being able to absorb the nutrients and having difficulty in digestion.

"Mmhmm!"

Nangong Yaoyao ate with oil on her mouth, her face flushed, and her body radiated with crystalline dawn light as if bathed in a layer of divine glow.

After eating enough, Nangong Yaoyao's blemish-free body suddenly burst with a dazzling aura, enveloping a mesmerizing fragrance, giving a flawless and pure vibe.

Lu Changsheng noticed that his daughter's cultivation realm was beginning to break through on its own.

With all the eating and drinking of these days, she had already accumulated abundant medicinal power, and it wasn't unusual for her to naturally break through her realm now.

"Daddy."

Nangong Yaoyao called out to Lu Changsheng, setting down her bowl and chopsticks, and directly sat cross-legged to break through.

She had long been able to break through, but had always been suppressing her cultivation realm.

Since she was now reaching her limit, there was no need to continue suppressing.

"Focus on your breakthrough."

Lu Changsheng softly said, instructing the Golden-Winged Heavenly Peng to hover above, so as to prevent anyone or any Demon Beast from disturbing.

"Boom——"

No one knew how much time passed before a surging mana flooded Nangong Yaoyao's Qi Ocean Core, pushing her cultivation from the fourth layer of Foundation Establishment to the fifth layer.

"Yaoyao, congratulations on advancing another step in your cultivation."

Lu Changsheng looked at his daughter and smiled.

"It's all thanks to Daddy's feeding!"

The girl's tender face glowed with a slight blush, her eyes sparkling with a playful smile as she spoke.

"Ha ha."

Lu Changsheng chuckled, knowing his daughter was already near the peak of the fourth layer, and he merely facilitated this step.

"Daddy, it seems like Mother has returned."

At this moment, a jade token appeared in Nangong Yaoyao's hand, and she spoke to Lu Changsheng.

Apart from the normal Sensing Talisman, she and her mother also had a Sensing Jade Token to confirm each other's status.

Now that the jade token was sending a signal, it indicated that her mother should have returned or was reassuring her of safety.

"Oh?"

Lu Changsheng raised an eyebrow, thinking to himself that Nangong Mili had returned sooner than he had expected.

"It's alright, I left a message for your mother, so there's no need to worry."

"If you want to go back sooner, we can also start the journey home now."

Lu Changsheng could imagine Nangong Mili's anxious expression at this moment.

Although he wanted to tease her a bit, he didn't intend to delay his return or take his daughter directly back to Jiang Country.

On one hand, when mother and daughter meet, the daughter would inevitably realize that his relationship with her mother isn't as great as she thought.

So there was no need to do anything that might affect his image in his daughter's mind.

On the other hand, Nangong Mili and the daughter share a deeper bond, and it would be impossible for her daughter to forsake her mother to go back with him.

Also, through their time together, Lu Changsheng realized this daughter, though seemingly innocent and cute, was actually very perceptive and had her own ideas.

If he were to reveal his situation, unless Nangong Mili was willing to go to Bi Lake Mountain, she would likely not be willing to go to Bi Lake Mountain.

But Nangong Mili would never agree to go to Bi Lake Mountain.

Moreover, her personality wouldn't fit with Bi Lake Mountain; it would be like a fish out of water.

If Nangong Mili ever decided to come to Bi Lake Mountain, even Lu Changsheng would feel uneasy, fearing she might cause trouble for his family.

However, seeing that everything was fine with his daughter over here, Lu Changsheng wasn't as eager to take her back, feeling it best to go with the flow.