

## I. Family 311

Chapter 311: Foundation Establishment, Yin Yang Five Elements Dao Foundation!\_2

Although Lu Changsheng's divine sense only extended three feet, it was still divine sense nonetheless.

Therefore, this challenge did not exist for him. "Next, is the transformation of the lake of mana into the True Lake, the coalescing of the Dao Foundation!"

Having spent so much time with Xiao Xiyue, Lu Changsheng was exceedingly familiar with the process of Foundation Establishment.

He knew that after passing the three challenges of Foundation Establishment, the most crucial step awaited.

He would use his divine sense to precisely control his physical body and mana, transforming all the mist-like spiritual energy within his Qi Ocean Core into liquid mana....

This would then turn the lake of mana into the True Lake and lift up the platform of the Dao, shedding his mortal shell.

This step demanded not only the cultivator's Spiritual Root aptitude but also the external environment.

If the Spiritual Root's aptitude was too poor, absorbing and transforming spiritual energy too slowly, there would be insufficient transformed liquid mana, preventing the coalescing of the Dao platform and leading to a failed Foundation Establishment.

This is why most cultivators needed to rely on Foundation Establishment Elixirs to build their foundation.

Apart from the Earth Spirit Root and Heavenly Spiritual Root, even a superior grade Spiritual Root could fail the Foundation Establishment if one was not careful with absorbing and transforming spiritual energy.

Lu Changsheng's current Fifth Grade Spiritual Root wasn't exceptional, but it wasn't so bad as to hold him back.

Moreover, he also possessed half of a Gengjin Body Constitution.

Furthermore, he was not only assisted by a Foundation Establishment Elixir, but he also had the Great Sun Essence of the Golden Crow Elixir and Xiao Xiyue's Supreme Yin Moonlight. "Boom! Boom! Boom!"

Raging spiritual energy surged toward Lu Changsheng in a vast and mighty vortex that spanned dozens of feet.

Inside his body, it was as if mountains crumbled and seas tsunamied with unceasing roars.

Gaseous spiritual power continuously misted then liquified into droplets of multicolored, crystalline mana.

Each droplet of mana contained a power far greater than his river-like spiritual power.

This was a qualitative difference!

Like the difference between crude iron and steel refined a hundred times over!

As the gaseous mana lake gradually transformed into a liquid mana lake, the mana within surged and rolled, and a Seven-Colored Jade Disc slowly took shape.

It was the Yin Yang Foundation Base of the Seven Luminaries Great Freedom Sword Scripture!

However, just at this moment, suddenly, out of nowhere,

Lu Changsheng saw a wisp of spirit-nurturing energy abruptly rush into his lake of mana.

It allowed the Great Sun Essence and Supreme Yin Moonlight, akin to twin fishes of yin and yang, to blend perfectly and rush together into the Seven-Colored Jade Disc. .... "Someone is undergoing

Foundation Establishment!” “Hiss, such a terrifying spiritual vortex; this is no ordinary person’s Foundation Establishment effort!” “It must be a prodigy of the Qingyun Sect.” “By the looks of it, they’ve reached the crucial moment of Foundation Establishment!”

The anomaly in nature’s spiritual energy caused by Lu Changsheng’s Foundation Establishment attracted the attention of many within and outside Core Peak.

They realized someone was undergoing Foundation Establishment.

And from the size and fluctuations of the spiritual vortex, they deduced that this person was far from ordinary. “Tsk, tsk, such a rare sight, this spiritual vortex.” “Is this Fairy Xi Yue attempting Foundation Establishment, or one of her friends?”

The steward Han immediately guessed that it was something related to Xiao Xiyue’s dwelling when he saw the location of the spiritual vortex.

While people in the Qingyun Market did undergo Foundation Establishment from time to time, it was not a very large number.

Moreover, a spiritual vortex of such magnificent grandeur was clearly a sign of a genius at work. “Hmm? Is it Sister Xi Yue who is undergoing Foundation Establishment? It seems I should go and offer my congratulations.”

Halfway up the mountain, within a ‘Yi’ character cave dwelling, a spirited and vigorous young man opened his eyes, walked out of the cave dwelling, and muttered to himself upon seeing the spiritual vortex.

Inside the dwelling,

Fairy Xiao Xiyue, with her pure and radiant jade-like body, shone like the bright moon, adorned by a sacred glow of moonlight, her beauty beyond compare.

She watched Lu Changsheng, who was attempting Foundation Establishment, and softly chanted, “The world abounds with troubling affections, yet the bright moon shines upon the true heart.” “In the Supreme Forgetful Love Technique’s dreamy voyage, only the Great Dao remains in the heart.”

A complexity briefly crossed her holy countenance.

Then her expression settled into calm and detached tranquility, as if she had found liberation or acceptance.

The Supreme Forgetful Love Technique, intangible and invisible, the restraint that troubled her for so long at her realm's bottleneck, dissipated like ice and snow at that moment with her acceptance.

This change in her aura promptly gathered the surrounding spiritual vortex, and she began her attempt at Foundation Establishment.

Just as Xiao Xiyue began her Foundation Establishment, "Hmm, what's going on here?"

Lu Changsheng looked at the yin-yang fishes that had entered his Seven Luminaries Foundation Base.

He could clearly sense that the originally misaligned Great Sun Essence and Supreme Yin Moonlight had achieved a perfect balance under the influence of the spirit-nurturing energy, and there was an addition of an abstruse and profound force.

Together, these three forces merged into a Taiji yin-yang fish that swam within the Seven Luminaries Foundation Base.

As if within the Seven-Colored Jade Disc of the Dao Foundation, the powers of the solar and lunar luminaries were being absorbed and devoured by the Taiji yin-yang fish, causing Lu Changsheng's Seven Luminaries Dao Foundation to vibrate and resonate, starting to coalesce anew. "Could this wisp of energy actually enhance the quality of the Dao Foundation just like the Great Sun Essence and Supreme Yin Moonlight?"

Lu Changsheng looked at the changes in his Dao Foundation with a mix of amazement and doubt.

He wasn't surprised by the inclusion of the Great Sun Essence or the Supreme Yin Moonlight into the platform of the Dao, since Xiao Xiyue had previously told him that the Great Sun Essence was a rare treasure of heaven and earth.

It could solidify his foundation at a deeper level, and even take his Seven Luminaries Dao Foundation to the next level.

The same was true of her Supreme Yin Moonlight.

However, he had not anticipated that the wisp of spirit-nurturing energy, which a Nascent Soul Female Cultivator had once left within him and that he had nearly forgotten, would also surge forth at this moment.

Initially, the wisp of spirit-nurturing energy had a warming effect on the body, but later on, there was no significant effect.

He had spent some time researching it, consulting numerous texts to see what this energy was, but after a long search without finding any relevant information, he remained unclear about the nature of the energy.

Seeing that it did not affect him negatively and with no way to handle it, he had let it be, slowly forgetting about it.

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Unexpectedly, at the final moment of his Foundation Establishment, the spirit-nurturing energy unexpectedly emerged, allowing the Great Sun Essence and Taiyin Moon Essence to merge perfectly.

He could feel that before this moment, the Great Sun Essence and the Taiyin Moon Essence were not harmonious, failing to achieve balance.

It was under the influence of this spirit-nurturing energy that they could.

Moreover, he vaguely felt that this spirit-nurturing energy was even more formidable than the Great Sun Essence and even Xiao Xiyue's Taiyin Moon Essence.

“I wonder what my Dao Foundation can transform into under this power?”

Lu Changsheng watched the Seven-Colored Jade Disc-like Dao Foundation in the Dan Lake ‘humming’ and trembling, witnessing his own foundation base recondensing.

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As for what kind of foundation base his original Seven-Colored Jade Disc-like base would turn into, Lu Changsheng had no idea.

After all, Xiao Xiyue had only roughly explained a few types of foundation bases to him.

But when it comes to foundation bases, even if they are the same, they vary based on different people’s cultivation techniques and conditions.

One can’t generalize.

However, Lu Changsheng knew that he now needed a massive amount of Spiritual Energy to support the recondensation of his foundation base.

Instantly, his entire being became like a black hole, wholeheartedly devouring the nature’s spiritual energy from all directions, refining the Spiritual Energy and gathering it into his foundation base.

“Rumble!”

In the Dan Lake, the foundation table shaped like a Seven-Colored Jade Disc grew brighter and more dazzling.

In this process, his Seven Luminaries Dao Foundation, due to the Sun and Moon sectors being devoured by the Yin Yang fish, gradually turned its seven colors into five.

And after swallowing the Sun and Moon sectors, the small Yin Yang fish that had grown significantly larger swam out from the jade disc, circulating around it.

At this moment, the new Dao Foundation began to slowly take shape.

The foundation base with its Yin Yang Five Elements light slowly circulated, filled with profound mysteries, and gently rose from the Dan Lake.

“Boom, boom, boom—”

As the foundation table rose, Lu Changsheng’s heart involuntarily started to beat faster.

His meridians expanded, his bones ‘creaked’ noisily, and his blood surged like great rivers and oceans.

Each heartbeat brought forth an increase in his entire body’s energy, growing in might from inside out.

“Boom!”

Eventually, Lu Changsheng’s foundation table lifted off from the Dan Lake and spiraled to his Qi Ocean Core.

The foundation table displayed colors of the five elements, surrounded by swirling Yin Yang Energies.

In an instant, rays of light burst forth from the foundation base, radiating so intensely they almost penetrated his body.

Accompanied by the vast rays of light, an indescribable Mana spread out at this moment, causing Lu Changsheng’s hair to flutter without any wind.

Lifting the foundation base, shedding his mortal coil!

This massive force of the Yin Yang Five Elements circulated within Lu Changsheng’s body.

It cleansed his marrow and polished his skin, scouring every inch of flesh and muscle.

Lu Changsheng, who cultivated the Hundred Refinements Treasure Body Art, already had an immaculate body, but at this moment, still a considerable amount of impurities were expelled.

Time passed, no one knew how long.

As the inner brilliance dissipated, the transformation ended, and Lu Changsheng opened his eyes.

“Foundation Establishment... succeeded!”

His pupils seemed to circulate with the Yin Yang energies, emitting blinding rays of light.

The impurities on his body dispersed, releasing a refreshing fragrance.

“Is this what Foundation Establishment feels like?”

Lu Changsheng looked at his pale, translucent body, now reborn from bone to flesh.

Feeling the power filling his entire body, a satisfied smile appeared on his face.

Foundation Establishment was always a small goal he had strived for.

Now, he had finally taken that step.

In this world, he could at least protect himself to a certain degree.

“With my current strength, I could probably kill my former self with a slap of my hand.”

Lu Changsheng felt an unprecedented surge of power within him, and he thought to himself.

After his breakthrough in Foundation Establishment, he felt his Mana had increased more than tenfold.



Moreover, at the moment of his breakthrough, the Profound Origin Bead within him also spun wildly, inhaling and exhaling Spiritual Energy.

It gradually transformed the stored Spiritual Power into Mana.

His internal Mana had nearly tripled from its original level.

Right then, Lu Changsheng felt better and more confident than ever before.

Even if he faced the young man in the red robe from before, he could fight against him.

As for killing him, it was hard to say.

After all, his licking the packet revealed that the opponent had a backup.

And he had just broken through Foundation Establishment, still lacking the appropriate techniques for the Foundation Establishment Stage.

“My Divine Sense is almost at eighteen zhang.”

“That’s my only weakness now.”

Lu Changsheng then checked the status of his Divine Sense.

Normal cultivators just breaking through to Foundation Establishment typically have a Divine Sense of around ten zhang.

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His eighteen feet stature, although far surpassing the average level, was indeed a weak point compared to his physical body and mana.

Immediately after, Lu Changsheng looked towards the Dao platform within his Qi Ocean Dantian.

The Dao platform was like a jade disc, exhibiting five colors, surrounded by the Yin Yang Energies.

“Yin Yang Five Elements Foundation Base, so this is my Dao Foundation!”

Lu Changsheng, gazing at his own Dao platform, displayed a somewhat odd expression on his face.

Upon seeing his Dao Foundation, he instinctively knew the information about his own Foundation.

The originally powerful and dominant Seven Luminaries Foundation Base, after transforming into the Yin Yang Five Elements Foundation Base, not only had more formidable mana.

The Supreme Yin and Supreme Yang, under the fusion of the Great Sun Essence, the Supreme Yin Moon Essence, and the Spirit-nurturing Energy, had turned into the Yin Yang Energies.

These Yin Yang Energies had two effects.

One was, that they doubled the effectiveness of his dual cultivation.

The other was, by using dual cultivation, to consume his own Yin Yang Energies to repair and refine someone else's Dao Foundation.

Dao Foundations are categorized as fragmented, flawed, flaw-free, and perfect.

His Yin Yang Energies could repair the flaws and fractures found in fragmented and flawed Foundations, ultimately refining them into flaw-free ones.

This effect could be said to be exceedingly against the heavens.

Even though Lu Changsheng did not have much understanding of Foundation Establishment, he knew that all heavenly treasures capable of repairing Dao Foundation flaws were immensely precious and rarely seen.

And the fact that his consumption of Yin Yang Energies could repair such flaws, even refining them into flawless Foundations, was truly against the heavens.

“This Dao Foundation effect, is it not tempting me to switch cultivation techniques?”

Lu Changsheng, watching the Yin Yang Energies flowing on his Dao platform, twitched the corners of his mouth.

He thought about the Yin Yang Harmony Technique he possessed.

A peripheral sect level cultivation technique that primarily focused on dual cultivation.

Of course, if he switched to the Yin Yang Harmony Technique, relying on the effects of the Yin Yang Five Elements Foundation Base, his cultivation level would progress rapidly.

But he only allowed himself to think about it.

The Yin Yang Harmony Technique was far inferior to the Seven Luminaries Great Freedom Sword Scripture.

Although the cultivation speed was much faster, the foundation would be much weaker.

Moreover, now that he had established his Foundation, switching to another cultivation technique would be very troublesome.

If he really switched to another cultivation technique, he might lose thirty to fifty percent of his cultivation level.

However, the second effect of the Yin Yang Energies made Lu Changsheng feel quite pleased.

He was well aware that among his current wives and concubines, hardly a few could achieve Foundation Establishment.

At the moment, only Lu Miaoge was hopeful for Foundation Establishment.

But even if she succeeded, it was very likely she would have a flawed Foundation.

Forging a flawless Foundation would be difficult.

In such a situation, his Dao Foundation effect came into play.

If his wives and concubines could forcibly establish their Foundations in the future, even if the Foundations were fragmented, he could still lend a hand.

“If I were to make this effect known, I fear countless female cultivators attempting Foundation Establishment would be willing to present themselves at my doorstep, even willing to have children for it.”

“After all, being able to refine and repair a Foundation is also a chance for Core Formation.”

“But such things definitely cannot be revealed.”

“Otherwise, I might end up being captured by some old monster and used as a tool.”

Lu Changsheng thought to himself.

He also knew this matter absolutely should not be revealed carelessly.

“Now that I’ve established my Foundation, shouldn’t I compose a celebratory poem to enhance the occasion?”

After checking his own condition, an idea suddenly occurred to Lu Changsheng.

Just as he was racking his brains, ready to come up with a celebratory poem, he suddenly sensed that something was off with Xiao Xiyue beside him.

“Hmm?”

Lu Changsheng turned his gaze towards Xiao Xiyue, who was as cold and pure as the Guanghan Fairy, with jade-like skin and bones, bereft of any thread, attempting Foundation Establishment.

Noticing that she was at the point of condensing her Dao Foundation.

But something seemed amiss with her condition; the condensation of the Dao Foundation appeared to have encountered some problems.

“Lack of spiritual energy!”

Lu Changsheng immediately realized what the problem was.

Logically, a Second Rank high-grade cave dwelling should have been sufficient for the successful Foundation Establishment of both of them.

But just now, during his breakthrough, he had condensed the Seven Luminaries Foundation Base, then transformed it, re-condensing the Seven Luminaries Foundation Base into the Yin Yang Five Elements Foundation Base.

At the same time, the Profound Origin Bead inside his body was frantically absorbing spiritual energy.

It had nearly depleted over half of the cave dwelling’s nature’s spiritual energy.

And at this moment, Xiao Xiyue also began her Foundation Establishment.

Xiao Xiyue herself was condensing a Perfect Foundation Base, which required far more of nature’s spiritual energy than the average person.

In this circumstance, the lack of sufficient spiritual energy from the cave dwelling made it difficult to support Xiao Xiyue’s successful condensation of her Dao Foundation.

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Xiao Xiyue, unclothed and composed, sat cross-legged with a dignified and cool expression on her face.

She hadn't expected that, at the critical moment of Foundation Establishment, she would encounter a shortage of external Spiritual Energy.

But once Foundation Establishment reached this step, it was impossible to stop, nor could she afford to.

With a graceful motion of her hand, a heap of Spirit Stones 'clattered' out from the Storage Bag, absorbing the Spiritual Energy within the stones.

Lu Changsheng could tell that most of these Spirit Stones were Lower Grade Spirit Stones.

Only a few were Middle Grade Spirit Stones....

This was normal, after all, Xiao Xiyue, no matter how wealthy, was merely an Energy Refining Cultivator.

Without hesitation, Lu Changsheng took out the hundreds of Middle Grade Spirit Stones he had obtained from the red-robed youth.

With a strong squeeze, he crushed each Middle Grade Spirit Stone into powder, causing the Spiritual Energy to disperse.

Then, another porcelain bottle appeared. "Xi Yue, Foundation Establishment Elixir."

Lu Changsheng poured the inferior Foundation Establishment Elixir from the bottle.

He could see that Xiao Xiyue had not taken any Foundation Establishment Elixirs.

Although he did not know why she hadn't prepared any Foundation Establishment Elixirs, given the current situation, he felt it was necessary to take one for safety's sake—even if it was an inferior one.

Despite being inferior, at least it was better than nothing.

Moreover, the inferior Foundation Establishment Elixir was only less effective in harmonizing the three aspects and transforming the absorbed Spiritual Energy.

It could only increase the chances of successful Foundation Establishment by ten percent.

As for protecting the meridians and Dantian, its efficacy was the same as a regular Foundation Establishment Elixir.

It could ensure that a Foundation Establishment failure would not result in a backlash. “Foundation Establishment Elixir?”

Xiao Xiyue’s beautiful eyes widened slightly, surprised to see the Foundation Establishment Elixir in Lu Changsheng’s hand.

She had seen Lu Changsheng take one himself.

She hadn’t expected that Lu Changsheng would still have another.

After all, even within Qingyun Sect’s Inner Sect, obtaining a Foundation Establishment Elixir was not easy.

Seeing the concerned look on Lu Changsheng’s face, Xiao Xiyue’s calm heart rippled slightly. “No need,” she said softly.

Her cultivation of the Supreme Forgetful Love Technique was crucial for her Foundation, depending on her state of mind.

As long as her state of mind reached perfection, she was certain to succeed in Foundation Establishment without relying on external objects.

That was why, despite her status, she could have applied for a Foundation Establishment Elixir but chose not to.

Furthermore, it was just an external deficiency of nature's Spiritual Energy.

It was not a complete absence of Spiritual Energy, which did not mean her Foundation Establishment was doomed to fail.

Therefore, under these circumstances, she did not want to waste Lu Changsheng's Foundation Establishment Elixir and owe him a favor. "Concentrate on your Foundation Establishment."

Despite Xiao Xiyue's resistance, Lu Changsheng insisted, slapping his hand down.

He pushed the Foundation Establishment Elixir directly into Xiao Xiyue's mouth.

While the Elixir was precious, in his view, things were made to be used.

Given Xiao Xiyue's precarious situation, if the Elixir could stabilize matters, he certainly wouldn't hold back.

Otherwise, if Xiao Xiyue failed her Foundation Establishment, he would feel uneasy about it. "Boom!"

As the Foundation Establishment Elixir entered her stomach, Xiao Xiyue immediately felt the power of the medicine increasing the Spiritual Pressure around her, accelerating the conversion and absorption of the surrounding Spiritual Energy.

As she watched Lu Changsheng crush the Middle Grade Spirit Stones one by one, she pressed her lips together, sighed softly in her heart, and closed her eyes to concentrate on Foundation Establishment. "Thinking of breaking ties with me that easily? Not so simple." "Thinking you could leave before birthing three children."

Lu Changsheng clearly understood Xiao Xiyue's thoughts.

Her affection for him was probably genuine, as was her desire to repay him for his assistance in cultivation and saving her life, thereby untangling their relationship.



In such a case, how could Lu Changsheng simply let go? ... “Who in the world is undergoing Foundation Establishment? The amount of Spiritual Energy they’re drawing in is terrifying!” “Looking at this, Foundation Establishment should have ended by now, so why is it still continuing?” “This is going to affect the Spiritual Energy in our area!” “Could it be that this person is condensing the legendary Perfect Foundation Base?” “Even with a Perfect Foundation Base, the amount of Spiritual Energy involved wouldn’t be this massive, nor continue for so long, right?”

The cultivators near Core Peak, looking at the vortex of Spiritual Energy swirling above, were bewildered with amazement and confusion. “What’s happening? The vortex of Spiritual Energy above Xi Yue Junior Sister’s cave abode is still swirling, and the Spiritual Pressure is starting to rise again.” “That vortex of Spiritual Energy weakened just a moment ago, with a faint rosy glow spreading through it – evidence that someone had succeeded in Foundation Establishment.” “If that’s the case, why is the Spiritual Pressure rising again as if someone is forming their Dao Foundation anew?” “Could it be... two people are attempting Foundation Establishment simultaneously?”

Inside Cave Abode Yi, a young man looked toward the not-too-distant Cave Abode Jia, where a vortex of Spiritual Energy swirled above the sky, and frowned slightly. “Report to Master Du, this number nine Jia Cave Abode is rented by Fairy Xi Yue of Caiyun Peak,” the steward at the cave abode rental place said to the grey-robed elder in front of him, with a face showing signs of age and a hint of the demeanor of an immortal, speaking respectfully. “Caiyun Peak, Xiao Xiyue?”

This elder was the False Core Immortal stationed at Qingyun Market.

Seeing this unusual activity of Spiritual Energy, he also came to inquire who was undergoing Foundation Establishment.

After all, the commotion of this Foundation Establishment was indeed a bit too large.

Were it not for Qingyun Market having a large Spirit Vein, and that Core Peak’s Spirit Vein reached Second Rank top-grade, such intense activity of Spiritual Energy could affect the operation of the Marketplace’s Great Formation. “Yes, Immortal.” “At that time, Fairy Xi Yue was renting the cave abode along with a close friend and indicated it would be used for a Realm breakthrough,” stated the steward respectfully, without concealing anything.

Although his Cultivation Level was only Qi Refinement, having served as a steward in Qingyun Market for many years, he had seen many people attempt Foundation Establishment.

He had a rough guess about the situation based on the abnormality of the Spiritual Energy and knowing that Xiao Xiyue had rented the cave abode with another person.

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“Hmm,”

Master Du nodded slightly upon hearing this.

He roughly understood that Xiao Xiyue came to Qingyun Market for her Foundation Establishment with a close friend.

Otherwise, given Xiao Xiyue's situation, there was no need for her to come to the Qingyun Market for her Foundation Establishment.

After understanding the situation, he didn't continue to inquire further.

He transformed into a rainbow light and departed.

And he ordered that no one should approach this cave dwelling, to avoid disturbing the situation inside.

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Time slowly passed.

No one knew how much time had gone by.

The vortex of nature's spiritual energy above the cave dwelling gradually dissipated, with faint colored clouds permeating the air.

“It's done!”

In the bedroom, Lu Changsheng looked at the enticingly beautiful jade-like body of Xiao Xiyue before him.

Seeing the Foundation Establishment spiritual pressure surging around her, he immediately knew that Xiao Xiyue's Foundation Establishment had been successful.

A look of joy appeared on his face too.

After all, he had worried because the deficiency of nature's spiritual energy had been caused by him.

He feared that Xiao Xiyue's Foundation Establishment might fail.

However, just at that moment, a 'crack' sound came from within Xiao Xiyue's body.

"Pfft!"

Xiao Xiyue spat out a mouthful of fresh blood.

"Xi Yue, what's wrong with you?"

Lu Changsheng, seeing Xiao Xiyue vomiting blood, was taken aback and immediately supported her, asking with concern.

He didn't know what was going on with her.

Why would she vomit blood and have her qi in disorder just after completing her Foundation Establishment?

"I'm fine..."

Xiao Xiyue's beautiful eyes opened, revealing a complicated expression.

Her Supreme Forgetful Love Technique had succeeded, yet it hadn't.

Or rather, under Lu Changsheng's influence, her state of mind ultimately wasn't perfect—there was a flaw.

This caused her newly established Perfect Dao Foundation to crack at the base due to the flaw in her state of mind.

A vast amount of spiritual energy leaked out from the crack in the foundation base, overflowing from her body.

“You're in this state and still you say you're fine,” Lu Changsheng retorted with slight annoyance.

He immediately grabbed Xiao Xiyue's wrist, preparing to check her physical condition.

Normally, such close contact between cultivators to check each other's condition was considered rash.

But over the past year, Lu Changsheng and Xiao Xiyue had become very close.

At this time, he naturally didn't care about such rashness or gender differences.

Just as he grabbed Xiao Xiyue's wrist, Lu Changsheng sensed her body undergoing a transformation under the purification of the foundation base.

But at the same time, spiritual energy was leaking out.

“Because my state of mind wasn't perfect, my Dao Foundation became damaged,” Xiao Xiyue said softly, pursing her lips and speaking in a low voice as she saw the slightly angry look on Lu Changsheng's face, choosing not to hide it anymore.

Maybe it was the flaw in her state of mind that made her less aloof when facing Lu Changsheng.

“The foundation base is damaged?”

Lu Changsheng furrowed his brows slightly upon hearing this.

He immediately sent a strand of his divine sense into Xiao Xiyue's body.

Xiao Xiyue did not resist Lu Changsheng's actions.

Instantly, Lu Changsheng's divine sense accessed the brilliantly shining foundational base in Xiao Xiyue's dantian.

The foundational base was moon-white in its entirety.

In the center of the base, a faint cyan moon circulated.

It was Xiao Xiyue's Supreme Yin Mysterious Moon Dao Foundation.

But at this moment, this perfect jade-like moon-white foundation base had a clear crack from which spiritual energy was leaking out.

"Even with a crack, Xi Yue, your foundational base is still considered a perfect one," Lu Changsheng reassured her, "I wonder if my Yin Yang Energies can repair this crack?"

Lu Changsheng, observing the obvious crack on the foundation base, thought of his Yin Yang Energies.

It seemed somewhat fortuitous in his heart.

He had just condensed the Yin Yang Five Elements Foundation Base.

The Yin Yang Energies of the foundational base could repair and refine the base.

And now, the exact problem Xiao Xiyue's base had was a crack in her perfect foundation, not an innate flaw.

“Don’t worry, just complete your rebirth and solidify your cultivation level. I have a way to repair your foundation,” Lu Changsheng withdrew his divine sense, exhaling gently and saying to Xiao Xiyue.

Using Yin Yang Energies to repair and refine a foundational base was his secret, not to be divulged to outsiders.

But as Xiao Xiyue was his consort, Lu Changsheng naturally would not keep it concealed.

Moreover, he was eager to see how effective his Yin Yang Energies were.

“Hm, repair the foundational base?” Xiao Xiyue’s typically cold and pale face showed a trace of surprise.

She did not expect Lu Changsheng to say he could repair her foundational base.

She was clearly aware that the heaven and earth treasures capable of fixing a foundational base were exceedingly rare.

Furthermore, her foundation base was a perfect one, cracked due to flaws in her state of mind and cultivation technique, making it incredibly difficult to mend.

But at that moment, as her foundational base pulsed within her body, undergoing transformation, she didn’t give it much thought and simply nodded slightly, collecting her mental spirit and closed her eyes again to begin the marrow cleansing after the consolidation of the foundation base and her rebirth.

Seeing Xiao Xiyue closing her eyes again, Lu Changsheng started to regulate his breath in meditation, solidifying his cultivation level.

At the time, he had just had a breakthrough, and due to Xiao Xiyue’s situation, he had been too preoccupied to solidify his cultivation level.

So the cave dwelling returned to a state of silence.

In the blink of an eye, half a month went by.

“Phew!”

Lu Changsheng opened his eyes and exhaled lightly.

Having solidified his cultivation level over half a month, he felt his aura become calm and settled.

After his breakthrough to the Foundation Establishment Stage, not only his cultivation level but also his physical body and presence had become more easily concealed.

Unless he engaged in battle, it would be difficult for others to discern his level.

“Could this jade pendant be a unique treasure after all?”

“That it can prevent even a Foundation Establishment Cultivator from discerning the depth at a glance.”

As Lu Changsheng observed his own aura,

he discovered that the jade pendant given to him by that Nascent Soul female cultivator still had the effect of concealing his aura,

to the point that he himself couldn’t fully discern it.

“Now that I have established my foundation, if I wanted, I could probably go live off a woman’s resources,”

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Lu Changsheng chuckled inwardly.

He remembered that after he achieved the Foundation Establishment stage, the Nascent Soul female cultivator had said she would give him an opportunity.

Although she hadn't specified what the opportunity was, he could guess its nature.

However, Lu Changsheng had no such intentions in his heart.

He, Lu Changsheng, had reached this point through his tireless efforts, day and night.

Why would he cling to someone's coattails or live off others?

Moreover, he was aware that, as a Nascent Soul Immortal, she would definitely not bear his children.

...

In such a case, one couldn't be as comfortable as when at home, with a wife and children around a warm stove.

No, what's sweeter is living off one's own efforts, step by step.

"System."

Watching Xiao Xiyue still meditating with her eyes closed, Lu Changsheng silently uttered in his mind.

A system interface appeared before his eyes.

[Name: Lu Changsheng]

[Status: Son-in-law of the Lu Family of Qingzhu Mountain]

[Cultivation Level: Foundation Establishment First Layer]



[Lifespan: 32/269]

[Talent: Fifth Grade Spiritual Root, Gengjin Body Constitution (Medium Grade Spiritual Body)]

[Cultivation Techniques: Hundred Refinements Treasure Body Art, Seven Luminaries Great Freedom Sword Scripture, Yin Yang Harmony Technique, Immortal Beauty Technique]

[Spells: Seven Luminaries Sword Light, Seven Luminaries Sword Shield, Seven Luminaries Sword Escape...]

[Items: Nine Treasure Jade Ruyi, Golden Light Brick Talisman Treasure, Black Dragon Magical Bead, Book of Malevolent Curses and Fates, Life-Substituting Talisman, Profound Origin Bead, Second Rank Puppet...]

[Skills: Talisman Making (Second Rank), Puppet (Second Rank), Spirit Slaughterer (Second Rank)]

[Spiritual Pets: Nine Netherhound, Peach Blossom Gu, Six-Winged Golden Silkworm]

[Offspring: 115/117]

“Lifespan has increased by a hundred and nine years.”

“Is it because of the Perfect Foundation Base?”

Lu Changsheng examined the changes in his lifespan record.

Normally, breaking through from Energy Refinement to Foundation Establishment increases one's lifespan by a hundred years.

This lifespan can fluctuate according to the cultivation method practiced or the condition of the body.

For someone like him, practicing a sword scripture and having increased his lifespan by a hundred and nine years upon breaking through to Foundation Establishment, is already quite exceptional.

“At the age of thirty-two, although not the pinnacle, Foundation Establishment is still the first step on the ladder.”

“However, I should still keep my cultivation level hidden from the public eye as much as possible and bide my time for some years.”

“Otherwise, as a mere Ninth Grade Spiritual Root son-in-law of the Lu Family, having reached Foundation Establishment at thirty-two, I will surely attract the wrong kind of attention and trouble.”

Lu Changsheng murmured to himself, considering his current age.

In the cultivation world, there’s never a shortage of lucky ones who get an opportunity and manage to reach Foundation Establishment by chance.

However, such lucky ones do not necessarily continue to be fortunate.

Once his cultivation level is exposed, there’s a high chance of attracting trouble.

Therefore, unless necessary, Lu Changsheng plans to maintain the appearance of an Energy Refining Cultivator.

“Regarding children, I’ve fallen behind over the years; I need to catch up earnestly now.”

Lu Changsheng then turned his attention to his offspring record.

In the last few years, due to various reasons such as outstanding childbirth and Xiao Xiyue’s cultivation, childbearing was delayed, increasing the count by only eleven children.

“And my children are growing up and need to start cultivating, so I should really focus on that.”

Lu Changsheng thought about his eldest son, Lu Xianzhi, who had already completed taking in Qi.

Initially, he had put some thought into Lu Xianzhi.

But as the number of children increased and he became busier, he barely provided guidance.

For instance, he wouldn't have known about Lu Xianzhi completing the Qi intake if not for the system notification.

With a thought, Lu Xianzhi's information appeared.

[Name: Lu Xianzhi]

[Lifespan: 12/89]

[Talent: Ninth Grade Spiritual Root]

[Cultivation Level: Qi Refinement First Layer]

"Alas, Ninth Grade Spiritual Root."

Lu Changsheng sighed softly upon seeing his son's spiritual root grade.

As someone who had risen from a Ninth Grade to a Fifth Grade Spiritual Root, he understood the gap between the different grades of Spiritual Roots only too well.

His son, without significant opportunities, had little chance past Energy Refinement Late Stage.

"But being my son is a great opportunity in itself."

"Once I possess the strength to establish my own Family Spirit Land, with the Heavenly Longevity Technique, even Core Formation or Nascent Soul stages are within reach."

Lu Changsheng exhaled lightly.

He again considered the matter of establishing his own family.

Having spent so many years on Qingzhu Mountain, and with a wife and children, he certainly felt somewhat at home there.

Indeed, he counted Qingzhu Mountain as half his home.

However, he never ceased to consider establishing his own cultivation family independently.

After all, Lu Changsheng never truly considered himself entirely a part of the Lu Family; he merely saw Qingzhu Mountain as half his home.

Therefore, his children, as per his arrangements, hadn't completely integrated into the Lu Family either.

Because Lu Changsheng was acutely aware.

That in the future, he and his children were destined to walk a path different from the Lu Family's.

If he remained with the Lu Family, as his strength increased, he would probably become the Lu Family Ancestor and take control of the family.

But Lu Changsheng had no such wish.

Becoming the Lu Family Ancestor and taking charge would mean assuming a responsibility.

And he didn't want to shoulder that responsibility.

His own children, he was willing to put in the effort, energy, and resources to cultivate each one of them.

Even if they had Ninth Grade Spiritual Roots, he was willing to spend the time, energy, and resources.

But he couldn't possibly do the same for the Lu Family disciples.

And if he stayed with the Lu Family, becoming their ancestor, he couldn't simply ignore family matters.

So, in Lu Changsheng's view, taking his children to establish their own family clan was the best choice.

He wouldn't forget about the Lu Family either; once capable, he would provide whatever assistance he could afford to help them.

After all, a favor of a drop of water should be repaid with a spring of water.

Moreover, considering his current relationship with the Lu Family, it was impossible for him to sever ties completely.

Chapter 316: Family Spirit Land, Repair the Dao Foundation!\_1

"Now that I've achieved Foundation Establishment, I can consider establishing a family clan."

Lu Changsheng's mind was a whirlwind of thoughts about establishing a family clan.

In the world of cultivation, the strength of Foundation Establishment couldn't be considered very high.

However, it was enough to preside over a region and establish a cultivation family.

As with the Lu Family of Qingzhu Mountain and many surrounding families, once Foundation Establishment was achieved, one would become the ancestral elder of the family.

"To establish a cultivation family, the first thing needed is a Spiritual Vein Blessed Land."

...

"Without a spirit land, talking about establishing a family is nothing but a joke."

Over the years, Lu Changsheng had learned quite a bit about family affairs.

He knew a few basic ways to acquire a spirit land.

The first method was the simplest and most direct.

It was to seize and occupy others' spirit lands by force.

This kind of thing was not uncommon in the cultivation world.

However, few who chose to establish family forces did so.

One reason was, if not done thoroughly, it left the possibility of future troubles.

Another was that seizing spirit lands without cause and establishing a family greatly affected one's reputation and credibility.

And morally it was indefensible, easily drawing the condemnation and even aggression from other cultivators and forces.

After all.

If you are alone, you can disregard the rules.

But when you establish a family and have dependents, you need to consider your reputation and the family's standing.

If you act without rules and are too overbearing, leading to a poor reputation, it's not only likely to cause trouble,

but also could result in other cultivators and family forces being unwilling to associate with you.

In the cultivation world, most who choose to establish family forces do so because they have no hope in cultivation.

Therefore, they transfer their time and energy to cultivating successors, aiming for the stable development of the family's foundation.

If a family force is established through forceful occupation and as a result gains a bad reputation, it is bound to hinder the family's development.

For instance, when the Lu Family and the Bai Family attacked Red Leaf Valley, they had a justified cause, holding grievances that stretched over decades.

The Yu Family and the Zheng Family would also find a reason or pretext when they came to take their share.

Therefore, seizing others' spirit lands by force was not considered by Lu Changsheng.

He couldn't bring himself to seize others' spirit lands without reason.

Of course, if any thoughtless family offended him and forced his hand, he wouldn't mind doing so.

The second way to obtain a spirit land was to clear and develop it oneself.

Although spirit veins were scarce in the cultivation world, it was still possible to find some unclaimed ones.

However, most such spirit veins were located in places with poor terrain or harsh environments.

Or they were surrounded by numerous and very dangerous demon beasts.

So if one was willing to spend time and effort, it was still possible to find a spirit vein and cultivate it into a spirit land.

But this option, too, was not considered by Lu Changsheng.

First of all, he had a general idea about the future development of his family.

With his puppets, talisman making, Spirit Slaughterer, and skills obtained from future draws, he intended to train his children in artisanal trades.

By mastering these skills, his family would have a stable source of income.

Therefore, he had certain requirements for the geographical environment.

If the environment was too remote or too poor, and there were too few cultivators and marketplaces around, it would definitely be inconvenient for doing business.

Secondly, to find a suitable spirit vein and to develop it into a spirit land would also require a great deal of time and effort.

It could take many years or even decades.

So this path was completely out of Lu Changsheng's consideration.

The third way was to purchase or rent a spirit land with money.

Some cultivation families, facing decline or a break in lineage, would choose to sell or almost give away their family spirit lands.

However, such spirit lands were usually not of high quality.

If Lu Changsheng were willing, he could easily take over a First Grade spirit vein.

But to cultivate a First Grade spirit vein into a Second Grade would consume too much time and resources, so it was not considered by Lu Changsheng.



Immortal Sects like Heavenly Sword Sect, Qingyun Sect, Luoxia Sect, and Spirit Taming Sect all had several Second Grade spiritual vein dojos with excellent environment and geographical location.

These spirit lands, besides being used to establish cultivation marketplaces, also had some available for rent or sale.

“If I could purchase a spirit land within the jurisdiction of Qingyun Sect, that would be a fine choice,”

“However, most of these Spiritual Vein Dojos are only rented out, seldom sold.”

“Even when they are up for sale, not everyone is qualified to buy them.”

“Moreover, the price of a Spiritual Vein Dojo is astronomically high, beyond what I can currently afford.”

Lu Changsheng shook his head slightly, not dwelling on this matter.

With his current worth, it wasn't easy to establish a family clan from nothing.

After all, a family clan is something that accumulates over generations.

If he wanted to complete in a short time what others have achieved over several generations, it would naturally cost him exponentially more.

However, he wasn't in a hurry to establish a family clan.

He planned to wait until his children were older.

“The most urgent task at hand is to accumulate a foundation,”

“In a few years, when I can reasonably reveal my strength at Foundation Establishment, I'll consider the matter of establishing a family clan.”

“By that time, my hundred or so children should have grown up and will be able to share the burdens of this old father.”

“Otherwise, even with a family spirit land and the establishment of my own family, I would be faced with a lack of manpower and would need to do everything personally.”

Lu Changsheng was very clear in his heart.

To establish a family clan, a spirit land was only the basic condition.

With the spirit land secured, one would at least need a Family Great Formation, right?

Such large-scale formations couldn't be managed with just a set of formation tools.

Chapter 317: Family Spirit Land, Repair the Dao Foundation!\_2

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An Array Master is necessary for the setup.

As for the Great Formation of his own family, Lu Changsheng truly did not feel assured to let others handle its arrangement.

Moreover, such large-scale formations, even ordinary Second Rank formations, are exceedingly expensive.

With the Formation's protection, it's necessary to sort the earth veins, develop the spirit fields, and the medicinal fields.

Then planting the spiritual medicines in the spirit fields, the envisioned Puppet Factory, nurturing Spiritual Beasts, all require substantial financial investment and people to do the work.

...

It's feasible to recruit outsiders, servants, to work.

But core matters must be kept in the hands of our own people.

At present, aside from his wives and concubines, his eldest son, Lu Ping'an, is only thirteen years old.

And since Lu Ping'an does not have a Spiritual Root, he cannot do many things, which must be done only by offspring with Spiritual Roots.

Lu Changsheng was very clear about all this in his heart.

He knew that establishing a family from nothing, regardless of the cost, or human and mental effort, would be tremendous and require extensive preparation.

Even with a system at his disposal, it wouldn't be easy for one person to traverse in a few years or over a decade what others take over a hundred years to accomplish.

However, had it not been for the blessings of many children granted by the system, Lu Changsheng would not have even thought about establishing a family.

After all, creating a family is like planting trees for future generations to enjoy the shade.

In the early stages, it's all toil with little return.

Moreover, most often, the founders don't live to see the benefits and conveniences of the family.

"However, for me, it's just about getting through the initial stage," he said to himself.

"After all, as long as the children are well, this father will be content."

"Once the family gets on the right track and carries on from generation to generation, this old father, this ancestor, can also relax and live leisurely."

Lu Changsheng was also aware that he differed from other family founders.

Most of them turned to building a family only when they saw no hope in cultivation.

Whereas his focus was on stability and a promising future where every effort would be rewarded.

“Hmm?”

At this moment, Lu Changsheng turned to look at Xiao Xiyue whose eyelashes trembled slightly as her eyes slowly opened.

He immediately asked with concern, “Xi Yue, you’re awake.”

“Changsheng.”

Xiao Xiyue had a breakthrough in her Foundation Establishment, completing a metamorphosis.

Her skin, previously as pure as ice and snow, now seemed to flow with faint moonlight, making her entire person appear even more coldly sacred and pure.

“Supreme Forgetful Love Technique, First Level, Yun Wuqing, Yue’er Wuqing.”

Looking at Lu Changsheng in front of her, Xiao Xiyue had complicated feelings.

Initially, she thought that ‘Yun’ stood for men and ‘Yue’ for women.

Clouds and moon sit millions of miles apart, unrelated to each other, so clouds are heartless, and so is the moon.

But her master, Yun Wanshang, told her that clouds carry the light of the moon and cast the reflection of colorful clouds on the earth.

To those on earth, it seemed as if the moon rested in the clouds, with the clouds embracing the moon, coexisting in interdependence.

Thus, Supreme Forgetful Love means one must experience emotion to reach heartlessness.

However, with her breakthrough in the Supreme Forgetful Love Technique, she gained new insight.

Clouds and moon intertwined, with the clouds surrounding the moon and the moon illuminating the clouds, both distant and close.

One cold and quiet, the other ethereal and unpredictable, both heartless by nature; hence cloud heartless, moon heartless.

“It turns out I was wrong from the beginning, and so was Master,” Xiao Xiyue murmured to herself.

From the start of their cultivation, both she and Lu Changsheng had no emotions.

That is, they had desire but no feelings, aligning with the state of cloud heartless, moon heartless.

But as her cultivation progressed, she became increasingly entangled, possessed by both desire and emotions.

Although it was a mistake, she also knew that Supreme Forgetful Love, in the end, is all about being heartless, without emotions, cutting away those threads of sentiment.

So, when together with Lu Changsheng, they had both desire and emotion.

When alone, she would cultivate the Supreme Forgetful Love Technique to achieve a state of no desire, no emotions.

Yet during the impact of Foundation Establishment, she was ultimately unable to sever her emotions completely and achieve heartlessness.

But because Lu Changsheng was by her side, she had both desire and emotions when it mattered, and in the end, she succeeded in her Foundation Establishment, though her Dao Foundation was damaged.

“So what does the Second Level mean with its cloud has sentiment, and moon has sentiment?”

Xiao Xiyue thought about the state of mind necessary for the Second Level of the Supreme Forgetful Love Technique.

This related to whether she could reach Core Formation.

Although her Dao Foundation was damaged, with cracks making Core Formation seem distant, she was not going to give up on herself.

“Xi Yue, how are you feeling? Are you alright?”

Lu Changsheng looked at Xiao Xiyue who had just opened her eyes then stared blankly at him, and he inquired.

“I’m fine,” Xiao Xiyue replied, shaking her head lightly.

She could feel that whenever she faced Lu Changsheng, her state of mind couldn’t truly achieve calmness, Supreme Forgetful Love.

Then, with a wave of her hand, she clothed herself in moon-white lingerie, undergarments, and a skirt.

Despite their intimacy.

But the thought of her own breakthrough process, having been undressed the entire time, made Xiao Xiyue somewhat shy.

“Xi Yue, now that you’re fine, let’s see if I can repair your Dao Foundation,” Lu Changsheng said, looking at Xiao Xiyue who had donned her skirt, her long hair casually falling down to her waist, the contrast of black and white naturally bearing a celestial essence without any pretense.

“Repair Dao Foundation?”

Xiao Xiyue looked towards Lu Changsheng, still somewhat incredulous.

After all, such a notion was astounding.

“Yes, the Dao Foundation I gathered during Foundation Establishment is called the Yin Yang Five Elements Foundation Base, and this Yin Yang Qi...”

Lu Changsheng did not conceal anything and revealed the effect of his Dao Foundation to Xiao Xiyue.

Upon hearing this, Xiao Xiyue’s beautiful eyes showed a hint of surprise, seemingly astonished that such a Foundation Base existed.

At the same time, her creamy cheeks instantly flushed a shade of red.

She had read many books about Foundation Establishment.

She knew about many Perfect Foundations.

But she had never heard of such a Foundation as Lu Changsheng’s.

Putting aside the fact that the effects of this Foundation were too extraordinary.

The method of repairing the Foundation, which required dual cultivation, made her feel as if Lu Changsheng was pulling a fast one on her.

“Xi Yue, don’t you trust me?”

Looking at Xiao Xiyue’s silence, her cold eyes displaying a touch of disbelief, Lu Changsheng immediately spoke up.

## Chapter 318: Family Spirit Land, Repair the Dao Foundation!\_3

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“I naturally trust you,”

Xiao Xiyue said softly, her luscious lips gently pressing together.

Though she said so, her heart still harbored doubts about such effects on the Dao Foundation.

However, thinking that she would soon return to Qingyun Sect, she sighed softly and complied with Lu Changsheng's request.

Lu Changsheng could tell that Xiao Xiyue still had some disbelief.

...

He immediately wanted to prove through his actions that he, Lu Changsheng, was a man of integrity.

He would not fabricate such a lie just out of lust.

Soon, a rustling sound emerged, accompanied by a soft, cold whimper.

The symphony of a grand life harmony began to play.

Who knows how much time had passed.

“Huff!”

As the Yin Yang Energies entered Xiao Xiyue's body, Lu Changsheng let out a long breath.



He embraced the sweat-drenched Xiao Xiyue and extended his Divine Sense into her body.

To see how the Yin Yang Energies were repairing and purifying the Dao Foundation.

After all, he knew of it, but this was his first attempt.

Moreover, Xiao Xiyue's situation was somewhat unique.

He saw the Yin Yang Energies transform into a Yin Yang fish, entering Xiao Xiyue's Qi Ocean Core.

They swirled around her Supreme Yin Profound Moon Dao Foundation.

During the process, a faint Yin Yang Qi diffused over the cracks of the Dao platform.

"Xi Yue, how is it, do you feel any effect?"

Lu Changsheng asked after observing for a while.

He could tell that the Yin Yang Energies should be repairing and purifying the Dao Foundation,

but there were no apparent changes to the cracks on the platform.

He could not discern whether the Dao platform was benefiting from the Yin Yang Energies' purification.

Xiao Xiyue propped up her soft, powerless body with some effort, her porcelain skin flushed with a hint of pink.

With her hand gently caressing her slightly swollen lower abdomen, she closed her eyes to sense the changes in her Dao platform.

In this moment, she could clearly feel that under the nourishment of these Yin Yang Energies, her Dao platform was indeed being repaired.

What astonished her even more was that these Yin Yang Energies resonated with her Supreme Yin Profound Moon Dao Foundation,

giving her the faint sense that, with enough Yin Yang Energies, not only would her Dao Foundation be repaired but it might also undergo some kind of transformation.

“Changsheng...”

The effect of these Yin Yang Energies made Xiao Xiyue’s heart flutter.

Her stunning face lifted to look at Lu Changsheng, at a loss for words for a moment.

With a gap in her Dao Heart, her Dao Foundation was damaged, leaving her inner world not at peace.

Now, seeing that her Dao Foundation could indeed be repaired and perhaps even further improved, her heart was tumultuous with emotion.

“Xi Yue, how is it, I didn’t deceive you, did I?”

Seeing Xiao Xiyue’s reaction, Lu Changsheng immediately knew the Yin Yang Energies were effective.

He snorted lightly, slightly annoyed, and pinched her delicate skin playfully.

He could see that Xiao Xiyue hadn’t really believed he could repair the Dao Foundation before.

“Lu Lang, Xi Yue was wrong,”

Xiao Xiyue voiced sweetly, her eyes brimming with moisture as she nestled against Lu Changsheng’s chest.

She was a little less aloof and a little more fragile.

Normally, her use of the Supreme Forgetful Love Technique allowed her to maintain a tranquil mind, undisturbed by emotions.

But their recent dual cultivation had nearly nullified the Supreme Forgetful Love Technique.

And she didn't operate the technique to suppress her emotions.

She even prevented the Supreme Forgetful Love Technique from activating automatically.

It was as if she had a subtle revelation about the second layer of the Supreme Forgetful Love Technique, "Clouds have affections, the Moon holds affection."

The Moon, accompanied by the Clouds, shone even more brightly.

The Clouds, illuminated by the Moon, appeared even more vibrant and graceful.

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If she stood on the ground and looked up, admiring how the two complemented each other, it would result in the creation of a beautiful scenery, just like a painting of the clear blue sky.

"It's good that you understand your mistake."

"How do you think this effect is?"

"Approximately how many times will it take to repair the cracks in your Dao Foundation?"

Lu Changsheng, using his divine sense to observe, could tell that this kind of thing wasn't going to be fixed in one or two tries, it's going to take several sessions.

“Possibly dozens of times...”

Xiao Xiyue's cheeks were slightly flushed as she gave an estimate.

Thinking of this number meant accepting the number of times she'd have to engage in dual cultivation with Lu Changsheng, which made her hang her head in shyness.

She had actually been planning to return to the Qingyun Sect.

But how could she return if she had to repair her Dao Foundation?

“Dozens of times...”

Upon hearing this, Lu Changsheng's eyebrows raised slightly.

The Yin Yang Energies he possessed were not simply mana, but the essence of the human body.

After each use, they had to be slowly replenished through cultivation.

The Yin Yang Energies he had just expended would likely take about ten days to a half-month to recuperate.

If it was going to take fifty times for Xiao Xiyue's foundation to be restored,

it meant that it would take about one to two years.

For cultivators, one to two years to repair a crack in the foundation is naturally not considered a long time.

“Changsheng, your Yin Yang Energies not only repair the Dao Foundation but also resonate with mine...”

Xiao Xiyue continued to speak.

She discussed the effects of the Yin Yang Energies on her foundation.

“Hmm, there’s such an effect?”

Lu Changsheng was also somewhat surprised.

He really didn’t know that his Yin Yang Energies had such an effect.

If his Yin Yang Energies could further improve a perfect foundation, that would be too heaven-defying.

“Wait a minute, could this effect be because, at the time my Seven Lamps Foundation advanced to the Yin Yang Five Elements Foundation, it merged with Xi Yue’s Great Yin Moon Essence.”

“After all, this Great Yin Moon Essence and Xi Yue share the same origin, so maybe that’s why my Yin Yang Energies have an extra effect on Xi Yue’s foundation.”

Lu Changsheng speculated in his mind.

He felt that if it could also upgrade a perfect foundation, it would be too heaven-defying.

He then shared his speculation with Xiao Xiyue.

Xiao Xiyue was also somewhat astonished after hearing this.

She hadn’t expected that Lu Changsheng’s Yin Yang Energies were formed by her own Great Yin Moon Essence and the Great Sun Essence.

However, she was also unclear about this situation.

After all, her understanding of foundations was limited.

“Xi Yue, approximately how many times before your foundation can undergo a transformation?”

Lu Changsheng asked again.

“I don’t know either.”

Xiao Xiyue shook her head gently.

She could only feel the resonance of the Yin Yang Energies in the process of repairing her foundation.

It made her feel that under the nourishment of the Yin Yang Energies, her foundation would undergo a certain change.

“No worries, with persistent effort even an iron rod can be ground to a needle.”

“Xi Yue, rest assured, I will definitely repair your foundation and help you take it a step further.”

Lu Changsheng spoke with deep affection, his tone growing firmer and more sincere.

“Hmm~”

Xiao Xiyue, with Lu Changsheng’s gesture, lifted her chin slightly, her cheeks blushing, and softly hummed in approval.

“By the way, Xi Yue, I have a cultivation technique that’s not only beneficial for cultivation but might also be useful for repairing the foundation...”

Lu Changsheng thought of his Tender Embrace Technique and mentioned it to Xiao Xiyue.

He also wanted to try out another effect of his foundation.

## Chapter 319: If You Feel Bad about It, Have a Few Children\_1

Several days later, the sky cleared up, and the rain ceased. “Poof~”

Lu Changsheng flipped over and rose to his feet.

He took out three elixir medicines and swallowed them, holding two spirit stones in his hand, he sat cross-legged in cultivation, absorbing and devouring copious amounts of pure spiritual energy.

In the next moment, within the sea of qi in his dantian, a drop of liquid mana formed, resembling seven-colored glazed glass.

It merged into the multicolored dan lake....

Making the dan lake ripple gently, growing slightly in size. “Phew, this effect is simply astonishing.” “But it seems the dual cultivation with Xi Yue also has an enhancing effect!”

Lu Changsheng was somewhat astonished and amazed just to have condensed a drop of liquid mana by himself.

From Qi refinement to the breakthrough of Foundation Establishment, he had condensed a total of a hundred drops of liquid mana within his dan lake.

Once the total amount of liquid mana reached one hundred and fifty drops, he could attempt the Second Level of Foundation Establishment.

Lu Changsheng had not expected that just a few days of dual cultivation with Xiao Xiyue would directly condense a drop of liquid mana.

This speed was truly astonishing. “Based on my current speed of cultivation, it takes roughly two months to condense a single drop of liquid mana.” “So these days of dual cultivation are about the same as two months of arduous cultivation for me.”

Lu Changsheng calculated in his heart.

Previously, his days of dual cultivation with Lu Miaoge amounted to at most half a month's worth of arduous cultivation.

But with Xiao Xiyue, it was comparable to two full months of arduous cultivation.

This led Lu Changsheng to speculate that it wasn't just the Yin Yang Five Elements Foundation Base that enhanced dual cultivation.

It was also the added benefit from dual cultivating with Xiao Xiyue.

However, he wasn't greedy.

The mana cultivated in this manner ultimately wasn't as consolidated as that which he cultivated steadily and methodically.

It required time to stabilize.

Otherwise, it would result in a weak foundation.

So it was something to indulge in occasionally, a fun activity between husband and wife cultivators. "But now that I'm at Foundation Establishment, I can condense the 'Seven Luminaries Heart Lamp,' which not only purges elixir toxicity and guards my mental spirit," "but also has the effect of burning nature's spiritual energy, speeding up cultivation, solidifying mana, and strengthening my foundation!" "So occasionally indulging a little shouldn't be a problem,"

Lu Changsheng also thought about the Seven Luminaries Heart Lamp he had been yearning for.

This heart lamp not only aided in cultivation but also possessed combat capabilities.

It could enhance his combat power at the Foundation Establishment stage. "Sigh."



At that moment, Xiao Xiyue also opened her eyes from her meditation, and her clear beautiful eyes overflowed with tender affection as they looked towards Lu Changsheng.

The Tender Embrace Technique was certainly not an Energy Drain Technique.

It was a superior dual cultivation technique.

Not only beneficial for Lu Changsheng but also for Xiao Xiyue.

Especially the past several days of dual cultivation, which allowed Xiao Xiyue to gain a deeper understanding of the second level of Supreme Forgetful Love Technique, “Clouds Have Emotions, Moon Has Emotions.” “Xi Yue, have I broken your Supreme Forgetful Love Technique again?”

Lu Changsheng looked at Xiao Xiyue, whose face was full of gentle love, took her into his arms, and teasingly said.

He also knew that Xiao Xiyue’s Supreme Forgetful Love Technique would make the practitioner emotionless and indifferent as they cultivated further into it.

Even though he didn’t want her to end up like that, seeing that Xiao Xiyue regained her bright and soft demeanor after breaking through Foundation Establishment, he couldn’t help feeling worried.

Worried that, besides her Dao Foundation, some other problems arose in her cultivation. “Yes, in front of Lu Lang, how can Xi Yue adhere to Supreme Forgetfulness,”

Xiao Xiyue spoke faintly.

Yet a hint of deep affection shimmered in her eyes.

It was exactly this thread of affection that had compromised her Dao Foundation.

And after completing Foundation Establishment, as the two of them continued to dual cultivate, this thread of affection began to spread anew within her heart.

She did not suppress these feelings, allowing them to spread and ferment.

Lu Changsheng noticed Xiao Xiyue's demeanor and knew that she should be all right.

Immediately, he pinched her cheek and chuckled, "In that case, does Xi Yue have to cultivate by my side for a lifetime?" "Yes, if Xi Yue can never break through Supreme Forgetfulness, then I'll have to cultivate by Lu Lang's side for a lifetime,"

Xiao Xiyue playfully responded in a seemingly lighthearted manner.

But her heart skipped a beat.

Understanding that if the second layer of Supreme Forgetful Love Technique, "Clouds Have Emotions, Moon Has Emotions," is as she surmised, then breaking through this layer and advancing further would be as difficult as ascending to the heavens.

Although she harbored feelings for Lu Changsheng, she also couldn't let go of her aspiration towards the Dao. "Since Xi Yue feels this way, then it's fine not to cultivate that Supreme Forgetfulness."

Lu Changsheng stated.

Although the Supreme Forgetful Love Technique is powerful, he saw its side effects as too significant.

Hearing this, Xiao Xiyue's eyes lowered, and her lips quivered as she bit her lip.

For a moment, she fell silent.

The Supreme Forgetful Love Technique was not like other cultivation techniques that could be readily changed.

Especially now that she had broken through to Foundation Establishment, to switch her practice would mean starting all over from scratch.

And she was unwilling to give up this Supreme Forgetful Love Technique.

Because it was only through cultivating this technique that she might be able to travel farther on the path of immortality and see a broader world. “I was just saying it casually, Xi Yue, don’t take it to heart.” “Besides, I believe that there are always ways to have the best of both worlds,”

Lu Changsheng said, seeing Xiao Xiyue in such a state, and spoke gently.

He knew techniques like the Supreme Forgetful Love Technique represented the foundation of the Dao for Xiao Xiyue, and his words had clearly put Xiao Xiyue in a difficult position of choosing between her emotions and cultivation.

This understanding made him empathetic, and he did not wish to pressure her, believing that in the future, he would find a way that could accommodate both. “Changsheng... I’m sorry...”

Xiao Xiyue said softly, her voice trembling slightly.

Not only did she love Lu Changsheng, but she also felt a profound sense of guilt towards him.

The more understanding and accommodating Lu Changsheng was, the guiltier she felt.

Because she was acutely aware that her affection for Lu Changsheng was not pure, and now it also encompassed the intention to use his cultivation for her own benefit.

In such circumstances, Lu Changsheng continued to support her, providing Foundation Establishment Elixirs and helping repair and refine her Dao Foundation without seeking anything in return. Her guilt weighed heavily on her.

Chapter 320: If You Feel Bad about It, Have a Few Children\_2

“There’s no need for apologies between us.”

“If you truly feel uneasy in your heart, Xi Yue, and one day you manage to break through the supreme level of detachment and have to leave, then have a few children for me.”

“As a remembrance of our relationship, let me look upon the children and be reminded of you.”

Lu Changsheng said this half-jokingly.

“Have children?”

When Xiao Xiyue heard these words, her heart trembled slightly, she became briefly lost in thought, and her face revealed a blush of shyness.

...

Having spent so much time with Lu Changsheng, she naturally knew how fond he was of children.

But she had never considered the matter of having children.

Or rather, most cultivators, unless they see no hope in their path of cultivation, even if they have partners, do not think about having children.

Especially someone like Xiao Xiyue, who was at the prime age for vigorous advancement in cultivation, with a bright future ahead, would think even less about having children.

Now that Lu Changsheng had brought it up, Xiao Xiyue couldn't help but genuinely ponder the idea.

She thought about having a child for Lu Changsheng.

That way, when she left, someone would still be there to keep him company.

But the thought of childbirth scared her inexplicably.

She remembered hearing as a child that childbirth was like passing through the gates of hell.

She also thought about how, if she had a child and she wasn't around, the child would be motherless and might be bullied by others.

For a moment, Xiao Xiyue's heart raced and her thoughts were in turmoil.

"Xi Yue, what are you thinking about?"

"You're not considering what we're going to name our kids in the future, are you?"

Seeing Xiao Xiyue's blush and her thoughtful, conflicted expression, Lu Changsheng laughed softly.

Although he suggested that Xiao Xiyue have children, it was mostly a preventive measure, tilting more towards a joke.

After all, she does have a Core Formation master.

He dared not truly plan to cajole someone else's disciple into having children.

"Hmph, who said I would have children for you?"

Xiao Xiyue looked at Lu Changsheng's teasing, half-smiling expression, spat lightly, and showed a bit of girlish moodiness.

She pounded her little fist on Lu Changsheng's chest, saying one thing while meaning another.

Watching the fairy behave in such a manner, Lu Changsheng shouted 'aiyo' in amusement.

Then the two of them were affectionate for a while.

"Xi Yue, I plan to buy some items in the Qingyun Market and then return to Qingzhu Mountain."

"Are you going back to the Red Leaf Valley Market with me, or...?"

Lu Changsheng asked.

Cultivating together with Xiao Xiyue in the Qingyun Market, life was undoubtedly pleasant.

But after all, he had a family.

At home, there were a bunch of wives and children.

This trip had already lasted over five months.

Having not returned for such a long time, and now that his Foundation Establishment was complete, he naturally had to go back.

So, he thought of purchasing materials for crafting the Seven Luminaries Heart Lamp in the Qingyun Market before heading back to Qingzhu Mountain or the Red Leaf Valley Market.

“Changsheng, I’ve been away for quite a long time on this trip, and now that I’ve succeeded in Foundation Establishment, I should also make a trip back.”

“I will come to find you afterward, Xi Yue.”

Upon hearing this, Xiao Xiyue said softly.

Having been on her cultivation journey for a while and now that she had succeeded in Foundation Establishment, she needed to go back to report and inform her master.

“Alright, when you do, just come directly to Qingzhu Mountain or the Red Leaf Valley Market and contact me.”

Lu Changsheng nodded in agreement.

The two of them did not linger.

They packed up their things, cleaned out the cave dwelling, and prepared to leave.

As he left the cave, Lu Changsheng put on his mask artifact once again.

Reverting to the disguised appearance he had before.

This mask was no longer the lower grade magical instrument he had initially bought, the ‘Hundred Changes Mask.’

It was a higher grade magical instrument with a similar effect.

Once disguised, unless faced with a Foundation Establishment cultivator using a special technique or divine skills for seeing through illusions, it was usually impenetrable.

Xiao Xiyue, however, did not disguise herself.

When she rented the cave dwelling with a token, she had already revealed her identity.

And her situation was different from Lu Changsheng’s; she had no such concerns.

The two of them opened the cave dwelling and were ready to go downhill to the rental office to return it.

At a distance, a young man noticed that Xiao Xiyue’s cave dwelling opened with a ‘boom.’

He immediately got up, his face full of joy as he came forward to congratulate her.

But when he saw Xiao Xiyue walking out of the cave closely with an ordinary-looking young man, his body suddenly stiffened, and his previously smiling face turned extremely unsightly.

“Meng Brother?”

At this moment, Xiao Xiyue also saw the young man and was somewhat surprised.

“I heard that Xi Yue was here attempting Foundation Establishment, so I came to congratulate you.”

Meng Yibai, with his face looking a bit gloomy and displeased, said.

After speaking, he transformed into a streak of Escape Light and left, entering a nearby ‘Yi’ (meaning ‘second’) character cave dwelling.

He knew Xiao Xiyue was renting a cave dwelling to attempt Foundation Establishment and thus stayed outside waiting after he noticed the anomaly in nature’s spiritual energy.

He had hoped to immediately congratulate her upon her exit to win the affection of a beautiful person.

For this, he even prepared a special gift.

But he never expected that Xiao Xiyue would walk out with a man!

And that the two of them would show such intimate behavior, looking very much like a couple.

He had guessed from the anomaly in nature’s spiritual energy that there might be two people in the cave trying for Foundation Establishment.

But he had not considered the possibility of the other being a man.

After all, Xiao Xiyue was known in the Qingyun Sect as Fairy Xi Yue, famous for her aloofness and pride.

She rarely interacted with people, let alone men.

And yet, the usually cold and dignified Fairy Xi Yue was now showing a gentle smile and affectionate behavior towards a man.

Thinking about the two of them attempting Foundation Establishment together and staying in the dwelling for months, Meng Yibai felt sick to his stomach.



“Slut!”

The more Meng Yibai thought about it, the angrier he became, punching the cave’s wall in frustration and grinding his teeth in resentment.

“I thought she was so cold and aloof, but now it seems she’s nothing special!”

“Who is this person, and why don’t I remember such a person in our sect?”

Meng Yibai, thinking of Lu Changsheng’s appearance, had eyes filled with intense murderous intent.