

## Chapter 12 Chapter 12

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Michael walked out of the gate of Guo family, and Diana caught up with him.

"Is Mr. Guo's illness really as serious as you said? If he is not cured tonight, will he die? What disease did he get?"

Diana's cold face showed worry. Obviously, she didn't want Joshua to get into trouble.

"He's not sick," Michael said.

"What?"

Diana was stunned and immediately looked at Michael strangely. It turned out that the words just now were baseless.

So, he was undoubtedly cursing Mr. Guo!

She was immediately a little disappointed with Michael. The way she looked at Michael was also a little distant.

What she didn't know was that Joshua was in a very special state. And he would die if there was no treatment.

Diana wanted to ask for Michael's mobile phone number so that it would be more convenient to contact him in the future. At this time, she thought Michael was unreliable, so she gave it up.

"Where do you live? Do you want me to take you home?"

Michael did not refuse. After all, it would cost him some fare to go back. And he really didn't have much money...

After sending Michael to the door, Diana left.

Michael and his sister, Tessa, lived in an old village in the city. It was a small room with an area of less than 30 square meters.

Inside, there was a very small bathroom and kitchen. In addition to all kinds of daily necessities, the most conspicuous thing was an old wooden upper and lower bed.

Michael opened the door and found no one inside.

At this time, Tessa was still at school. Normally, she would return home after 6:30 p.m. and go to the market to buy vegetables.

Michael closed the door and couldn't wait to read and sort out the information in his head.

"The total amount of information in my mind is comparable to that of a library. It can't be fully digested in a short time. Now, the most important thing is to choose a foundational skill suitable for my cultivation!"

The basic techniques are the most important things to Cultivator. Therefore, he must be very careful when making choices if he wanted to get more achievement!

On the way back, Michael had already thought of what to do next.

That was to select a basic cultivation method suitable for him!

He began to read all kinds of cultivation method information in his mind.

The next moment, something strange happened!

As soon as he searched in his mind for a suitable cultivation method, a cultivation method automatically appeared in his mind and was not under his control at all.

"Ancestral Dragon Scripture!"

Michael opened his eyes and read out the name of the cultivation method.

"What's going on? Why does this technique automatically float into my mind? Moreover, I have a feeling that it is the most suitable cultivation technique for me! Only by cultivating this technique can I embark on the

correct path!"

At this time, his eyes happened to fall on the ring on his right hand carved with Huaxia dragon.

Soon, his eyes became firm!

"So far, everything that has happened is too bizarre. I can't understand what is going on!

"In this case, let's just follow this feeling! Perhaps, this is the guidance left by the mysterious master!"

He no longer let his thoughts run wild as he began reading the Ancestral Dragon Scripture.

The records regarding cultivation in the "Ancestral Dragon Scripture" were the same as he had understood. It was divided into four major realms: the Physical Body Realm, the Transform Realm, the Soul Energy Realm, and the Snake-dragon Realm.

Among them, there were explanations about these four realms.

To put it simply, the Physical Body Realm was to absorb the Spiritual Energy in the world and turned it into the inner energy in the body. Then, with the help of inner energy, the potential of the body was thoroughly revealed, and the physical quality of the body was improved.

If the Physical Body Realm was only the category of ordinary cultivation, then at the start of the Transform Realm, he was already an extraordinary mortal!

The Transform Realm meant a complete rebirth would happen to someone. One could kill by exhaling!

At the Soul Energy Realm, the transformation of inner energy into true power at this level, someone could fly for a limited time and it was the symbol of this realm.

The Snake-dragon Realm was the transformation of a python into a dragon. One could truly fly through the skies and burrowed into the earth!

Michael was shocked. "An expert in the Transform Realm can kill people with his breath. Does it mean that the breath has the power of a bullet?"

A Soul Energy Realm expert can fly for a short period of time. Powerful practitioners at this stage are no different from immortals!"

After the shock, there was an uncontrolled joy.

It was as if he had seen a great path through the heavens before his eyes. At the end of it was an unimaginable view!

"Which realm am I in now?"

Curious, Michael began to read the first part of the Ancestral Dragon Scripture- Chapter of the Physical Body.

A series of pictures appeared in his mind.

A small person with blurred features kept making all kinds of strange postures. About three minutes later, the small person finished a whole set of movements before stopping.

The small person stopped, and a few large words appeared in his mind-  
The 72 Moves of Dragon's Head!

"This image..."

Michael had an incredible feeling.

In his mind, it was clearly a tiny human image, but he felt like a giant dragon waving its claws, swinging its tail, waving its head, and throwing itself forward. Every strange movement had an indescribable momentum!

At this moment, he understood the contents of the Chapter of the Physical Body.

The physical body realm was divided into five small realms: the Initial Stage, Middle Stage, Late Stage, Peak Stage, and Completion Stage.

In fact, the first chapter of the Ancestral Dragon Scripture only contained this set of movements. If he could complete it in one go and perform this set of movements three times, he would step into the initial stage of the physical body realm.

If he could do this move nine times, it meant that he would enter the middle stage of the Physical Body Realm!

Being able to do this move 18 times meant stepping into the late stage of the Physical Body Realm!

Based on these scenarios, if he could complete it seventy-seven times in one go, then it would mean that he would have the qualifications to break into the Transform Realm.

Michael felt that his physical quality had improved tremendously after receiving the inheritance from the mysterious master. He was curious about what realm he was in and without any hesitation, he began to imitate the actions of the little brat in his mind!

"It hurts!"

When he made the first move, Michael felt pain all over his body.

He gritted his teeth and continued to do the next move. The following thing was simply torturing. Not only did he feel pain all over his body, but it was also numb and sour, unbearable.

Those very strange postures were extremely difficult to do.

Michael felt that every time he used all the strength of his muscles, he could barely make a corresponding position. It was like doing something that made his body almost beyond its limit.

Every time, he felt that his bones and muscles were about to break!

After doing it once again, he was sweating all over and his hands and

feet were shaking. He felt that he was more tired than rushing a few hours with a sandbag!

"I thought that I might have reached the middle stage of the Physical Body Realm or an even higher realm. Now, it seems that I have not reached the Initial Stage..."

Michael smiled bitterly and gritted his teeth. Without stopping, he began the second movement.

After the second time, his face turned red, his hands and feet trembled violently, and the blue veins on his face bulged as if his blood vessels were going to burst. It looked terrible, but he still gritted his teeth and continued to do it for the third time!

Finally, he finished the third time.

This time, even his eyes turned blood red, and he felt dizzy. Obviously, his body had reached its limit.

"Not bad! It seems that I've finally reached the Initial Stage of the Physical Body Realm. I am much stronger than ordinary people!"

Michael blinked his bloodshot eyes as if they were about to bleed, but he didn't stop.

According to the records in the Ancestral Dragon Scripture, after reaching the limit, one could continue to practice until his body could not bear the impact and fell to the ground. This would be much better than doing three more movements after the rest.

"Hold on! I must hold on. Finally, I get a chance to change my life. If I don't even have the perseverance to hold on, then I don't deserve this gift! I will prove that as long as I have a chance, I will never do worse than anyone!"

Michael gritted his teeth and began to do the fourth move. However, when he did the fourth move, everything went black and his body was in

great pain. Obviously, his body couldn't hold on anymore!

The next second, Michael felt the inner energy running inside his body.

With the running of inner energy, he felt dizzy and the pain and numbness in his body were relieved a lot, and he felt that his body regained strength.

Michael was overjoyed, "I have forgotten it. Because of the gift, there is a flow of inner energy in my body at the beginning. That is to say, my starting point is higher than those who start from scratch! With this inner energy, I can still persevere and get into a higher realm."

He was excited and continued to make all kinds of strange movements in his mind.

The fourth time!

The fifth time!

...

As time went by, as Michael did more and more, his bones made a barely audible "crack" sound, and the density of his bones was constantly improved. The damaged muscle fibers quickly recovered after being nourished by inner energy. During the recovery process, they became more tough and full of strength!

Michael did not see the changes within his body. He was resisting the increasingly intense pain and numbness, as well as the tiredness that had emerged from deep within his soul.

Finally, at the third movement for the eighth time, he felt a sharp pain in his body. His vision went black and he fell to the ground with a flop. At this time, he was too tired to move his little finger.

At some point, a thin layer of dirt appeared on the surface of his body, diffusing a foul smell.

"What a pity. I was just a step away from the middle stage of the



Physical Body. Even so, my current power should be much stronger!"

Michael lay prone on the ground like a dead fish, still thinking about things about cultivation.

Half an hour later.

Ring, ring, ring-

Michael's cell phone rang. At this time, he finally had the strength to answer the phone.

He looked at the phone screen. It was from Zack, the same bar waiter.

As soon as the phone was turned on, Zack's anxious voice came from the other side, "Michael, Yasmin is in trouble!"

