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Xion's words made Nanako and Aurora understand the mystery and threshold of martial arts in an instant.

People can see everything in the world and feel everything around them, but they can't feel their own inner self.

According to what Xion said, as long as ordinary people can break the shackles of only external perception and truly master the method of "inside viewing", they will be able to feel the existence of meridians and dantian.

At that time, combined with a complete martial arts mentality, you will be able to learn how to transport the dantian and break through the meridians.

Thinking of this, the confidence of the two of them also increased a lot. They just waited for the official start of the class, and they could truly comprehend the mystery of martial arts under Hong Changqing's teaching.

Aurora was full of confidence at this time, and she said firmly with her pink fist, "I must become a real warrior, and I must not embarrass Master Wade!"

Nanako smiled and said, "It's great that you have this confidence, Aoxue. As long as I have one successful entrance, even if I live up to Charlie's expectations, I don't have to worry if I can't, at least you have my back." Aurora said hastily, "Farewell, Nanako, I still think you can give me my back

... After all, your martial arts attainments are much better than mine, if Master Wade hadn't given me a pill in that match between us, how could I have been your opponent..." Xion was slightly taken aback, then

immediately She said with a smile, "Since Aoxue has eaten the elixir given by Master Wade, at least it is as good as others who have worked hard for several years. With this foundation, you will definitely be able to get started. Don't worry!

" I'll be sure if I say it."

After that, she looked at Nanako, smiled meaningfully and said, "Nanako, Master Wade loves you so much, he must have given you pills too, right?"

Nanako smiled shyly, and couldn't help thinking of herself Severely injured and recuperating in the capital, charliexue suddenly appeared at night, rescued her and helped her heal, a strong sense of happiness instantly filled her heart.

To this day, Nanako still feels that that snowy night in Kyoto was the happiest moment in her life, bar none.

Seeing that Nanako blushed, Aurora asked her incessantly, "Nanako, did Master Wade make a special trip to Japan to send you the medicine?" Nanako said shyly, "No…

Charlie is going to Japan on business, by the way. Send me medicine..."

Aurora said with a grin, "I guess the work is fake, and the medicine is real."

Nanako's cheeks were flushed, and she stammered, "This... I don't know about this..."

After three Not far behind the woman, Maxton, who was wearing the same exercise clothes as them, listened to the conversation of the three of them.

She quietly looked at the three women not far away, and was surprised to find that the three of them were more beautiful than the other, especially the Japanese girl named Nanako, who was so beautiful.

What surprised her even more was that these people seemed to be charlie's confidente, and when they talked about charlie, there was more or less shyness and anticipation in their expressions.

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While they were talking, many people behind them were calling Mr. Wade.

A few people looked back and saw charlie and Abbas walking in together. The soldiers of Wanlong Palace and members of the He family were all bowing respectfully to charlie.

charlie nodded to everyone, Aurora quickly waved to charlie, and said happily, "Master Wade!"

charlie smiled at her, didn't notice Maxton on the other side, but went directly to the third He approached the person and asked with a smile, "How do you feel about this place? Are you used to living here?" "

Very good!" Aurora said with a smile, "It's a good place to live, and the food is good."

Immediately, she smiled again. Concernedly said to charlie, "Master Wade, we are discussing martial arts. Sister Xion said just now that we have taken the elixir you gave, and the entry will be faster. Is it true?" charlie nodded

, He laughed and said, "As long as the two of you master the method of moving your true qi and sinking your qi into your dantian, you will soon be able to jump directly to the rank of two-star or even three-star martial artist."

Aurora said again, "Sister Xion said just now that practicing martial arts is like practicing ventriloquism. It seems difficult, but as long as you find out the secrets, you can get started." "Yes." charlie smiled and said, "Xion is right

, I believe that such a little mystery is not a problem for the two of you."

After finishing speaking, charlie said again, "The "Taizhen Hunyuan Dao" to be taught this time is the best and most complete one I know. Martial Dao mentality, using it to lay the foundation, will definitely get twice the result with half the effort, and it just so happens that the lecturer invited this time has very rich experience in the enlightened stage of martial arts, and his understanding of "Taizhen Hunyuan Dao" is much deeper than ordinary people, you just follow him to practice hard, and you will definitely achieve something."

The two nodded in a daze, precious.

At this time, charlie said to Abbas beside him, "abbas, you should also take this opportunity to study the first chapter of "Taizhen Hunyuan Dao" carefully. I will give you the follow-up content, the mental method left by your master is basically useless after you break through the dark realm. What really suits you is the content after the second chapter of "Taizhen Hunyuan Dao", with this mental method, you can look forward to the transformation state or even a higher master state."

Abbas was very grateful, and said respectfully, "Mr. Wade, please rest assured, my subordinates will definitely go all out!"

Abbas knows the martial arts mental method importance.

Master Qiu Zhiyuan's set of mental methods, although overall relatively complete, is too low in rank after all. If the subject of mathematics is used as a metaphor for martial arts, then Qiu Zhiyuan's mental methods are at most at the level of a ninety-nine multiplication table. Ninety-nine multiplication tables, it is impossible to learn knowledge points such as functions, equations, calculus, etc., let alone those unpredictable mathematical conjectures.

With the same mentality as the ninety-nine multiplication table, let alone the dark realm, even if you want to practice the Dzogchen in the bright realm, it will be very difficult.

Otherwise, Master would not roam around in search of a breakthrough, and would not even hesitate to join the Poqing Society for a breakthrough.

And charlie also told him thoroughly, telling him that "Taizhen Hunyuan Dao" has three volumes and 27 chapters, which is the most comprehensive and detailed martial arts heart method, although the first chapter of "Taizhen Hunyuan Dao" Compared with Qiu Zhiyuan's mental method, although there is not much improvement in level, it is a set of systematic knowledge after all. Only by using it to lay the foundation, combined with the

content that will be gradually improved later, can we learn more advanced knowledge point.

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While charlie was talking to several people, Hong Changqing walked into the practice hall wearing a gray Taoist robe.

As soon as Hong Changqing appeared, many students immediately stopped talking and focused their eyes on this old man with a fairy wind and a crane bone.

Regardless of Hong Changqing's mediocre strength, after so many years of cultivating the Tao, he has indeed accumulated a bit of supernatural demeanor in him. In addition, the cultivators have basically been in the state of half-bigu for many years, and to a certain extent Malnutrition made them all skinny, and their hard-working martial arts made their skinny bodies look very tough, which gave people a sense of inscrutability.

Coupled with that long white beard, it is even more popular.

His temperament is a very good plus in the metaphysics circle and even the art circle.

Take directors, painters, and fortune tellers as examples. If you don't even have a big beard, everyone will think that you are somewhat meaningless.

If you have a big beard, even if you just take a paintbrush and paint a few flamboyant strokes on the canvas, it will cause cheers and applause from the fans.

Hong Changqing, with an extraordinary temperament, stepped up to charlie, bowed slightly, and said in a reverent tone, "Master Wade, it's almost time, do you think you want to say a few words to everyone?"

charlie smiled and said, "Master Hong, here is It's your home game, so I won't overwhelm the host."

Hong Changging nodded, and then looked at Abbas beside charlie.

He guessed that this person should be the famous Lord of the Wanlong Palace, and now he realized that he couldn't see through the strength of the Wanpo Army, so he guessed that his strength must have reached the dark realm.

charlie said at this time, "Master Hong, you andabbas probably don't know each other. Come on, let me introduce you. He is the master of Wanlong Palace, abbas." Hong Changqing cupped his hands and said

politely "abbas, I have admired your name for a long time!"

"Where is it?" Abbas said with a smile, "Here, there is no master of Wanlong Palace, only the student Abbas, so in the next period of time, I will still be there." Heavenly Master Hong, please give me some advice!"

Hong Changqing was flattered, and hurriedly said, "Master Wan Dian, don't worry, Hong must have no reservations!"

After finishing speaking, he looked at the time, and it was still two minutes to eight o'clock, so he tried Asked sexually, "Master Wade, the time is almost up, so the subordinates will start directly?"

charlie smiled and said, "Master Hong, before the official lecture, let's briefly talk to everyone."

Hong Changqing said with some embarrassment, "wade Master, you and Master abbas are not talking, how can your subordinates be able to fight with axes..."

charlie said seriously, "There is a specialization in martial arts, even if the strength of breaking the army is higher than yours, but his foundation in martial arts is far inferior to yours So strong, and the further you cultivate, the more you will test the previous foundation, so in this point, you are his well-deserved senior."

Abbas also said very humbly, "Mr. Wade is right, Hong Tianshi, Wan can be regarded as an introduction to the wild way. Although he was lucky enough to get Mr. Wade's help and was promoted to the dark realm, as Mr. Wade said, Wan's foundation is indeed quite poor. It seems that the foundation has not been laid, but he has already built ten The one-story building seems to be a little taller than the other eight or nine-story buildings, but if it is not remedied quickly, it may be difficult to continue to grow in the future, so I have to learn a lot from Hong Tianshi and strive to lay a solid foundation."

Hong Changqing didn't expect that such a famous figure as Abbas could be so humble in front of him, and he was immediately encouraged. What he didn't even expect was that charlie could be so sure in front of Abbas who had already entered the dark realm. He himself, who has always been good at calculating, can't help but feel a kind of touch in his heart to die for his confidant.

So, he clasped his fists in both hands, and said respectfully, "Hong has the trust of Master Wade and Master abbas, and he will spare no effort in this lecture!"