

## CULTIVATION SYSTEM: STRONGER WITH AGE

### Chapter 3 - 2 The Lady is Not Right, Pine Crane Longevity Technique 2

Lii Xiaolan glanced at him. "Between you and me, there's no need to discuss rewards! As for cultivating the Martial Dao, at your age... well, Martial Dao places great importance on vitality and Qi Blood. It's best to start cultivating at a young age. Only by building a solid foundation can one achieve success! Furthermore, once a Cultivator passes forty, their Qi Blood starts to decline. Just maintaining their Realm requires all kinds of sacrifices. For someone your age to start cultivating, it's absolutely impossible to make any progress."

Lin Xuankong said, "I know, but I want to try!"

Lii Xiaolan saw his determined expression, frowned, and pondered for a moment. "The martial art I practice is rather fierce and not suitable for you! However, when I was with Miss, I once browsed through her collection of the Pine Crane Longevity Technique. The Pine Crane Longevity Technique is a Martial Dao Technique that nurtures the foundation and can also raise Realms. It seems more suitable for you. It's just that..."

*The Pine Crane Longevity Technique... just hearing the name, it sounds perfect for someone like me, who's running out of time!*

Lin Xuankong asked, "It's just what?"

Lii Xiaolan said, "This Cultivation Technique... Miss and her family all practiced it for a period, but they later gave up. It's because this Cultivation Technique is extremely difficult to master at the Entry Level. The Secret Manual states that once you reach the Entry Level, you can extend your Lifespan by three years. However, the people of the Huang Family practiced for three to four years, even with various expensive medicines, and yet none of them reached the Entry Level. Besides, extending Lifespan is such an elusive matter; no one can be certain about it. So, they basically all gave up on continuing its cultivation!"

*Mastering the Entry Level can extend Lifespan by three years... Then wouldn't higher Realms extend it by five, eight, or even decades? This Cultivation Technique is powerful! It's absolutely much better than the techniques one could learn at a Martial Arts Hall after making some money! The people of the Huang Family couldn't succeed even with expensive medicines, indicating that this Cultivation Technique is indeed very difficult to cultivate. But with my fifty-fold Cultivation Speed increase, it might just be possible!*

Lin Xuankong asked, "Do you remember the Cultivation Technique?"

Lii Xiaolan smiled. "Of course, I remember it after looking through it once. And I've also practiced it for a period!"

Lin Xuankong no longer hesitated. "Then I'll have to trouble you. If you're not tired, why don't you explain it to me now!"

Lii Xiaolan saw his earnest expression and fervent gaze, and couldn't help but sigh softly. "At your age, and wanting to cultivate such a difficult Cultivation Technique... Forget it. Since you want to learn, I will demonstrate it for you tonight!"

「A moment later.」

Lii Xiaolan began to explain the Heart Method and Breathing Technique in detail while slowly demonstrating them. Lin Xuankong stared wide-eyed at her every movement, carefully listening to her explanations. Lii Xiaolan, being about the same height as Lin Xuankong, was quite tall and possessed an alluring figure. Though it was a Martial Cultivation Technique, her demonstration seemed like an exquisite dance performed by a beautiful woman! However, with his life on the line, Lin Xuankong had no attention to spare for such things. From beginning to end, not the slightest ripple of distraction stirred in his heart; he focused solely on deeply engraving her every explanation and every movement into his mind!

A little less than an hour passed. Lii Mulan exhaled softly and ceased her movements. "Well? How much did you remember?"

Lin Xuankong recalled for a moment. "I've memorized the Heart Method and Breathing Technique, and about sixty to seventy percent of the movements!"

Lii Xiaolan nodded slightly. "The movements aren't crucial for now. Before reaching the Entry Level of this Cultivation Technique, the main focus is on the

Heart Method and Breathing Technique. This Heart Method and Breathing Technique need to be practiced twice daily to have the effect of nurturing the body. However, you mustn't practice them too much, or it will drain your Heart Spirit and Qi Blood. Especially at your age, remember not to exceed two sessions a day! Also, cultivating the Martial Dao is not an achievement of a single day. This is particularly true for a Longevity Technique like this, which is extremely tedious and progresses incredibly slowly. If you ever feel like giving up, that's perfectly normal! Don't force yourself, lest you suffer cultivation deviation and harm your body by becoming a Fallen Demon!"

After saying this, she stood up and walked upstairs, thinking to herself: *This Pine Crane Longevity Technique demands a very high martial aptitude. Even with precious medicines, it takes years to reach the Entry Level. In the entire Huang Family, dozens of people once devoted themselves to cultivating it for three to four years, but all without success. Only Miss and I reached the Entry Level. Miss praised my Talent as one in ten thousand, and I was at the prime age for Martial Dao cultivation. Even so, it took me a long time to reach the Entry Level... Lin Xuankong is already fifty-nine; his Qi Blood has long since deteriorated to a terrible state. Moreover, his family is poor, so he has no access to precious medicines. For him, reaching the Entry Level would be as difficult as ascending to heaven. Someone like him would likely see no results without at least ten-plus years of cultivation. But can he even live for another ten-plus years? However... even though we don't share the reality of a married couple, we bear the name of one. Since he wants to practice it so much, I'll let him. At least he'll have something to devote himself to before he dies of old age!*

Thinking this, she sighed softly and walked up the stairs.

Meanwhile, Lin Xuankong, by the table, focused his attention on the information in his mind.

"Pine Crane Longevity Technique: Uninitiated 0/3,000"

After he memorized the Heart Method and Breathing Technique of the Pine Crane Longevity Technique, this line of information appeared in his mind. Just as he focused his attention on the message, the four large, golden-purple words "Vigorous in Old Age" suddenly emitted a glow. Immediately after, the line of information about the Pine Crane Longevity Technique began to flash.

In an instant, the information changed: "Pine Crane Longevity Technique: Uninitiated 0/60".

*3,000 to 60... that's exactly a fifty-fold difference! Lin Xuankong's expression flickered. It seemed his Vigorous in Old Age Life Plate could indeed increase his Cultivation Speed by fifty times! He just didn't know how many practice sessions it would take, or how many days he would need, to complete those sixty points of proficiency!*

He got up and walked over to his wooden bed. With some effort, he sat cross-legged on it and began to practice according to the Heart Method and Breathing Technique. Soon, he felt the Qi Blood within his body gradually become more active. It began to circulate slowly through his internal organs, limbs, and bones, guided by the Heart Method!

*It really is a genuine Martial Dao Technique!*

Lin Xuankong was secretly delighted but dared not let himself be distracted. He quickly suppressed his joy and continued to cultivate with even greater focus...

"BANG! BANG! Close your doors and windows! Guard against thieves and robbers!"

Nearly two hours later, the sound of the night watchman's clapper echoed from the distant streets.

Lin Xuankong slowly opened his eyes during his cultivation, feeling a warmth spreading throughout his body. He set aside the clothes draped over him and found that, despite his old age making him extremely susceptible to cold previously, he now felt little of the spring chill. He raised his hand and saw that it was steady, free from the previous slight, uncontrollable tremors—that awful sensation was gone. He moved his legs, stood up from the bedside, and was surprised to find that getting up was no longer as difficult as before!

A joyful expression appeared on Lin Xuankong's face. *Just circulating the Heart Method twice has already had such an effect!*

Overjoyed, he focused his attention back on the information in his mind.

*I wonder how much the proficiency has improved after two rounds of circulating the Pine Crane Longevity Technique's Heart Method? This is crucial for someone like me with limited Lifespan!*

