

## First Strong 60

Chapter 60 - Spirit stone practice

Shen Lang has been practicing “Yin and Yang Bo Ruozhen”, and the progress is much faster than his previous entry, but he is not satisfied.

Because he used to be the master of comprehension at the peak, with a wealth of experience, when he can take shortcuts, of course, take shortcuts.

This is like a once-level user, and then practice the trumpet from the beginning, can not meet the day-to-day growth, how to brush the experience value, how to practice skills, where there are treasures brush ... these are unbearable shortcut.

The aura contained in the jade is refining and refining. Go to the antique street to find old objects with aura, go to the mountains to find the medicinal materials with the year, buy a lot of medicinal materials and practice the treasures and sacred soup... These are the shortcuts for Shen Lang.

Lingshi is of course also the goal of his road ahead. It was only rare in the past. I thought it was rare now, let alone that he had not yet encountered the self-cultivator who had officially completed the practice of building a gas base, so there is no plan for the time being.

I met him from Ye Shiguang and let him be excited. It is also obvious that Ye's family's problem with the yin palm is very important.

Now that six stones are in the hand, Shen Lang is already very relieved.

Originally, last week, he planned to buy a total of 7 million medicinal materials, and spent two months on the consumption of 100,000 medicinal materials a day. He was sure to break through the “Yin and Yang Bo Ruozhen” in the summer vacation after the college entrance examination. weight.

Now with Lingshi, this progress can be greatly shortened!

After Ye Shiguang got the treasured soup, he couldn't help but leave. He wanted to absorb cultivation as much as possible. The same is true for Shen Lang.

Everyone is very concerned about cultivation, just like a hacker encounters food, and the otaku receives seeds, and they all want to enjoy it right away.

In the bedroom, Shen Lang holds a Lingshi in one hand, and runs “Yin and Yang Bozhengzheng”, and begins to directly absorb the aura contained in it.

Ye Shiguang can’t absorb the energy inside Lingshi. In fact, it is not that his realm is not enough, but because the level of Gongfa is too low, he can only absorb medicine like medicine. Because the soup is a concentrated liquid, and Lingshi is a solid formed in countless years.

The higher the quality, the more aura contained, and the more difficult it is to absorb.

Shen Lang is not the same. “Yin and Yang Bozhengzheng” is the top-level practice he created in the later period. Not to mention the elementary stone, the medium and the fine stone. He has the same way to absorb the aura.

Of course, the actual operation still needs to be gradual, and his current body does not have to withstand the aura of the fine stone.

At the same time, it absorbs two Lingshi. Although there is a bit of advancing, Shen Lang is still sure. With his rich experience in cultivation, he can confidently refine both auras. This process can complement each other and may have a multiplier effect!

When I first started to absorb, everything was under control, but with the absorption of the aura, Lingshi was like a dam that was opened by a gap, and the trickle of the beginning began to get bigger and bigger. The impact of the stock madness made Shen Lang feel struggling.

If it is a general monk, it will be suspended if you are afraid of losing control, but there is no such thing as Shen Lang!

His cultivation experience has reached a very high level. The problems at this initial stage seem to be dangerous again.

Like the boys and girls who first fell in love, the first conflict in the cold war, I feel that the sky seems to be falling down, suffering from nervousness and anxiety. Old drivers with rich emotional experience can calm down.

Shen Lang has been taking risks!

On the first day, at the end of the river, the limit of the impact of the river, and then just under the conditions of the basics, began to practice “Da Shou Mi Long Xiang Shen Gong”, behind the practice of “King Kong is not bad body power”, is constantly on the edge of loss of control The limit of tightrope.

The shortcomings of doing this are very dangerous and very painful! It takes great perseverance to persevere. The advantage is that it can be refreshed very quickly and maximize the absorption of aura.

The absorption of the two Lingshi seems to have opened two faucets, and the Shenlang is drinking water constantly, to win the inflow of these two water pipes, or else it will be overwhelmed... The hardship and uncomfortable of this process, Needless to say.

The effect is of course year-on-year! The vitality of Shen Lang’s body is almost increasing at a speed that can be felt. “Yin and Yang Bo Ruozhen” has exerted the advantages of top-level exercises. The speed of refining and chemical processing is extremely fast. At the same time, it can also impact the meridians and meridians, widen the limits, and let He is able to store more energy.

Under such a state, the subjective time of Shen Lang seems to be very slow. In reality, an hour is as long as a day or even a year.

After a long period of cultivation, he finally stopped the absorption of Lingshi after he stabilized a level.

After a period of adjustment and consolidation, it was only after returning to reality.

Open your eyes and find the problem.

Originally he expected to practice one night, and the result is now in the daytime!

He quickly found the phone and looked at the date and time. If it was just a few hours to the morning, it wouldn't be a big deal. If you practiced for a few days, it didn't say anything to anyone, and you might have trouble.

This trouble is not to fear that Wang teacher is looking for trouble. He is afraid that their friends will be worried, and they are more afraid of contacting their mothers.

Confirmed the date, okay, and not the past few days. Although it is already four o'clock in the afternoon, it is also a day off.

This time, the practice has gone through 18 hours!

In the past, Shen Lang had more time to retreat, but this time, because it is still the identity of the students, this time is the longest practice.

I usually lie down and practice for an hour or two before going to bed. This time is equivalent to ten days. Or the mad cultivation of Shuanglingshi, let him cultivate a significant growth.

Before practicing last night, he hung his mobile phone, but adjusted the silent mode to avoid the alarm of ringing alarm sounds.

The battery is full now, and there are also a lot of missed calls and messages.

There are a lot of people who have missed the call of various apps, such as Wang's playing, rivers, rain and beating, and Yuezhen's south.

Then I checked the information of WeChat. The class group and the like were all shielded. When I saw him, I was too lazy to go in and read private letter to him, also teacher Wang and Jiang.

The content is nothing more than asking him why he didn't go to class. Jiang asked him if he had anything to do, and asked him if he would take time off. Teacher Wang is in a bad mood, saying that he is undisciplined and still wants to graduate.

I want to call the phone is also similar, including the rain. Therefore, Shen Lang just returned to the river, saying that he would go back to self-study at night, and neither Wang and Luo Yu did return.

Then I call back to Yuezhennan.

Yue Zhennan should be talking about the factory with him. It is related to his parents, which is what he cares more.

After getting through, it is really because of this, Yue Zhennan said that he has already completed various steps, but he must be signed by himself. This cannot replace him. Come over to find him, did not find, the phone did not pick up, inquired about not at school, and did not dare to come in to find him.

When he learned that he was at home, he said that he would drive over and take him to finish things.

Yuezhen South is not easy. Dangtang Yue Erzi, ran the leg of the county in the county, and the main child still can't answer the phone. No one believes that...