

High Martial 110

Chapter 110: If You Don't Tell, I Don't Tell, Then Nobody Will Know

Seeing the surprised look on Chen Fan's face, Meng Yu slightly opened her mouth, nodded, and said, "Yes, what's wrong?"

"No, nothing."

Chen Fan realized his lapse, and gave a bitter smile.

Yes, Meng Yu is an Awakener, she has methods to train her spirit, isn't that expected?

Furthermore, her sister should also be an Awakener who has a high degree of control over her own superpowers. However, due to constant surveillance by others, she remained silent to protect Meng Yu's identity.

This also caused Meng Yu to have a low grasp of her own superpower, only able to predict future results through dreams.

The room became somewhat quiet.

Chen Fan hesitated for a moment, but then still opened his mouth and asked, "Well, Miss Meng Yu, what is your method for training your spirit? Could you possibly tell me?"

As the saying goes, don't put all your eggs in one basket, nor can all hope be placed on that old man who sells cultivation techniques.

If he could get the training method from Meng Yu, he could start training a few days earlier.

"You want a method to train your spirit?" Meng Yu blinked her eyes.

"Ahem."

Chen Fan's old face turned red, "You could say that, of course, that's not the only purpose. Didn't you say before that you are not very good at it? I thought, I might give it a look, maybe it could inspire you."

Meng Yu couldn't help but chuckle when she heard this, her eyes curved into crescents as she smiled.

"Technically, it's not allowed, because my sister said that the combat techniques in the Awakened Association shouldn't be shared with others."

Chen Fan was taken aback.

"Awakened Association?"

"Yes." Meng Yu nodded, "As the name suggests, it is an association created by Awakeners, the members inside are all Awakeners. I heard that Thunder Emperor and War Emperor are also in the association. Most of the combat techniques in the association were created by them."

"I see."

Chen Fan suddenly realized, then became a bit nervous, "Then..."

"But I am not a member of the Awakened Association."

Meng Yu revealed a slight look of pride, "So, I don't need to follow this rule."

Chen Fan was both amused and helpless.

This statement is not wrong, so the question is, how did Meng Yu know about that spirit training combat technique if she is not a member of the Awakened Association?

"Meng Yu, thank you for your trust, but if doing this will cause you trouble, then forget it."

Chen Fan felt like he was deceiving a little girl and couldn't get over it in his heart.

"It's fine, if you don't say anything, and I don't say anything, then no one will know."

Meng Yu shook her head, looking serious.

"Alright."

At this point, if Chen Fan still refused, it would be hypocritical, "Don't worry, I won't tell a soul about what happened today."

"Yes, I believe you." Meng Yu nodded, her lips curving upwards. She thought for a moment before starting to say, "The spirit training combat technique is called Moon Observation Technique, it is a beginner method for enhancing spiritual power. The moon moves from east to west in the night sky every day, and the shape we see continuously changes.

So, Awakeners began to visualize the different phases of the moon in their minds to train their spiritual power. Later, after being improved by several top Awakeners, they created this Moon Observation Technique."

"I see."

Chen Fan was greatly amazed inwardly.

The Awakeners nowadays are indeed extraordinary, they can even create their own cultivation techniques.

He wondered when he could reach such a level himself.

"At the beginning, you start with the simplest crescent moon. Once you can visualize the crescent moon in your mind and maintain it for ten minutes, you can begin to visualize the waxing crescent, followed by the first quarter, gibbous moon, and finally the full moon."

"At that point, is it considered a great accomplishment?" Chen Fan asked curiously.

Meng Yu shook her head, "Being able to visualize the full moon and maintain it for a period of time is just the beginning. Next, you need to visualize the process from the crescent moon to the full moon, and then from the full moon to the crescent moon in your mind. Achieving this step is considered great success.

Being able to continuously visualize this process in your mind counts as perfection, only then are you qualified to learn the Sun Observation Technique."

"Sun Observation Technique?"

Chen Fan exclaimed in surprise.

"Yes."

Meng Yu was a bit embarrassed, intertwining her fingers, "Actually, I am not too clear about it either. My sister mentioned it in passing, she said above the Moon Observation Technique is the Sun Observation Technique, and above that is the Observing the Universe Technique. The top-level Awakeners all use the Observing the Universe Technique."

Chen Fan took a deep breath.

He could somewhat guess what the Observing the Universe Technique might be like.

If the moon and the sun are just objects, then the universe is a concept, boundless. This indicates that the Observing the Universe Technique probably has no limit.

If the universe is indeed endless.

"My sister said that cultivating the Moon Observation Technique, although the improvement is small, is not dangerous. However, the Sun Observation Technique is much more dangerous. Many Awakeners suddenly die during visualization, their faces showing extreme pain, yet there are no wounds on their bodies."

Meng Yu shrank her neck, "It's said that they made a mistake during visualization and were burned to death by the sun they visualized in their minds."

"Really?"

It was the first time Chen Fan heard of such a thing.

But thinking it over, it's not without reason. After all, as the saying goes, when you gaze long into an abyss, the abyss also gazes into you.

By extension, doesn't that mean the danger factor of the Observing the Universe Technique is even higher?

After all, visualizing a complete universe in the mind includes various galaxies, black holes, dark matter, and all sorts of mysterious energies.

If one went mad, the ways of dying would be innumerable.

"The Moon Observation Technique is not dangerous, my sister said at most, you'd feel unwell, and recover after a few days of rest."

Meng Yu spoke cautiously,

Chen Fan smiled; he could tell Meng Yu was trying to assure him.

But he wasn't worried about anything, regardless of how dangerous the Observing the Universe Technique might be. His only concern was that his spiritual power was insufficient, unable to meet the training threshold.

"Meng Yu, please tell me the Moon Observation Technique then."

"Yes, yes."

Meng Yu nodded repeatedly and explained the Moon Observation Technique in one breath.

Chen Fan looked at the skill bar, and sure enough, there appeared a new line of small text.

[Moon Observation Technique: Completely Ignorant (0%), Spiritual Power less than 20 points, unable to train]

Seeing the small text at the end, Chen Fan couldn't help his pupils from constricting slightly.

There's a requirement for spiritual power?

This was not entirely unexpected, but his current spiritual power was only 17 points, still two to three points short of 20.

At this moment, he vaguely understood something.

It seemed regular Awakeners' spiritual power should be twice that of normal humans?

However, with just that doubling, he had strengthened his body almost ten times and even broke through to the Muscle Refining Realm, yet still couldn't reach it.

Evidently, the base was too small. If the base were larger, the enhancement would naturally be faster.

"Well, Chen Fan, would you like me to repeat it a few more times?"

Meng Yu spoke softly, "If you can't remember, I can also write it down on a piece of paper, but I might not be able to help you if you encounter any questions during your training."

She finished, her face showing a look of guilt.

After all, she wasn't competent herself.

"I have already memorized it."

Chen Fan gave her a slight smile.

Meng Yu's eyes suddenly widened, her face flushed. She couldn't help but think of how her sister had to repeat it many times before she could remember it.

Compared to Chen Fan in front of her, it was a stark contrast.

"Don't worry, I will carefully research the Moon Observation Technique when I get back, if I have any progress, I will be sure to tell you first thing."

Chen Fan assured.

"Really?"

Meng Yu was both surprised and delighted, "Okay, Chen Fan, thank you."

"No problem." Chen Fan laughed helplessly.

Clearly, he had taken advantage of her, yet she was still thanking him in return.

It was quite funny.

"Don't forget to eat the Blood Rice on the table, it might also help in improving your spiritual power."
Chen reminded, "If you run out, feel free to come to me."

"Okay, okay."

Meng Yu nodded, she could feel that Chen Fan was genuinely concerned about her.

"Alright, that's all for today, I also need to practice martial arts. By the way, if you're interested, you can come and practice with us."

Chen Fan thought for a moment, and suggested.

He didn't know how those top Awakeners cultivated, whether they only trained their spirit or both their spirit and body.

In his view, the body and spirit were both indispensable, one shortcoming would doom you to not go far.

"I will think about it."

Meng Yu retreated slightly.

"Alright."

Chen Fan smiled.

He was only making a suggestion. If she didn't want to, he wasn't going to force her.

Watching Chen Fan leave, Meng Yu let out a long sigh.

She was always worried about what would come next. When Chen Fan said the person didn't know their identities, she felt relieved and no longer worried about sudden disasters.

Her gaze fell on the bag on the table, and she gave a knowing smile.

However, thinking about Chen Fan's suggestion before leaving, her delicate brows furrowed. Could she practice martial arts too? Even if she did, she probably wouldn't be a match for those people, right?

Thinking this, her heart grew heavy again.

Chen Fan walked back home with light steps.

Indeed, he had searched high and low, only to find the spirit secret manual right by his side.

He should have thought of it earlier.

"Hmm, not necessarily."

He shook his head; without elevating his friendship with Meng Yu to a certain level, the Moon Observation Technique wouldn't be obtained.

It could be said that every sip and bite were preordained.

Even though he got the Moon Observation Technique, his spirit attribute still didn't meet the conditions. At the very least, he needed to strengthen his body twice or strengthen once and then breakthrough once.

"Take it slowly, it's probably a matter of two or three days before I can boost my spiritual power."

Chen Fan's mouth revealed a faint smile, now it was time to see Uncle Zhang and practice the Basic Step Technique.

The agility attribute could no longer lag behind.