

Menu 274

Chapter 274: The Correct Way to Cultivate

My heart shattered?

After a moment of astonishment, Jason's heart returned to normal.

The whole process was about the time it takes to breathe.

There was some pain, but for Jason, who had gone through his body being crushed to pieces multiple times, it was virtually negligible.

At this moment, what he cared about more was why such a state occurred.

"Is it because my heart can't bear such a load?"

Jason began to recall Gerard's notes.

'When the Griffin Body Refinement Technique reaches a certain level, it requires a more powerful physique to support it, and this requires the practitioner to train the foundation of the Griffin Body Refinement Technique day after day. The time this takes depends on the individual's talent, fast being 3-5 years, slow needing more than 10 years (written in blue: of course, those with exceptional talent need not adhere to this).'

Exceptional talent?

That must be me.

Jason thought silently to himself.

My heart can't bear the load.

It's naturally unaccustomed.

If it gets used to it, naturally it will be able to bear it!

Just like the growth of muscles, it's the breaking and regrowth, again and again, that makes them stronger and more powerful.

So!

Thump thump thump thump thump...

Shattering, repairing.

Repairing, shattering.

After 12 cycles of this, when Jason once again undertook high-level training in the Griffin Body Refinement Technique, not only did it immediately become unhindered, but the Griffin Body Refinement Technique also advanced to Proficiency Level.

[Griffin Body Refinement Technique (Proficient): This is the Griffin school's core secret technique. Mastering it means you have become a core disciple of the Griffin school. However, its training is extremely difficult, requiring not only high talent but also a substantial amount of time. But for someone like you with excellent talent and who has gone through life and death trials, you don't need any of that. The Night Watcher's characteristics have long been integrated into it, causing it to undergo many changes. And the insights you gained between life and death have also been integrated, making it increasingly extraordinary; Effects: Strength, Swiftiness, Physical Constitution +0.4 (Basic, Beginner, Proficient, Mastery), Physical Strength recovery rate +8%, Energy recovery rate +6%, Injury recovery rate +4%]

(Note: A special way of training has made it destined for greatness and increasingly unique. The level of Griffin Body Refinement Technique cannot exceed that of Protection Against Evil.)

[Griffin Body Refinement Technique has reached Mastery Level, you have gained the inherent talent 'Divine Sign'!]

[Determining Griffin Body Refinement Technique has fundamentally changed, inherent talent changing...]

[Determination passed!]

[You have gained the inherent talent 'Embrace of the Night'!]

[Embrace of the Night: A special talent resulting from the combination of the Night Watcher and the Griffin Body Refinement Technique, its emergence is an accident; when you are in the night, darkness, or shadows, you will receive a bonus of +2 levels to Stealth and Concealment, and your Physical Strength, Energy, and Injury recovery rate will increase by 3%, and when facing shadows or negative energy erosion, you will receive an additional +1 level of defense.]

...

The synchronization of body and skills began again.

This time, Jason heard the cry of the griffin clearly.

He saw a griffin running under the night sky, across the wilderness. The griffin was dark gold in color, swift as the wind, yet made not a single sound as it ran.

When the running speed reached a climax, the griffin spread its wings and soared into the sky.

The dark gold wings merged completely with the night sky.

But Jason could still see it.

Or rather...

It became part of him.

It became part of that night sky.

With a slight tremble, Jason came to.

He felt his blood flowing through his heart, the Dufol Language symbols for the Griffin Body Refinement Technique's Si Wl Vc and the Protection Against Evil's sl oT Yn glowing brightly.

It was something he had never experienced before.

Not only did it absorb more mysterious energy, but it also allowed his blood to carry more mysterious energy throughout his body.

Whew!

Jason took a deep breath.

He looked at his satiety.

At this moment, his satiety was down to 46 points.

He had experienced dying seven times.

He had endured his heart breaking 13 times.

He had advanced his Griffin Body Refinement Technique to Mastery Level.

Was it worth it?

Worth it!

Keep in mind that just to advance the Griffin Body Refinement Technique to the Proficient Level costs 16 satiety points and 1 Excitement of Feast, and to advance to Mastery Level requires 35 satiety points and 2 Excitement of Feast.

Just the cost in satiety points alone would be 51 points.

Not to mention the Excitement of Feast.

And what did he spend now?

“

It was merely 60 points of satiety.

A mere difference of 9 points.

Can 3 points of the Excitement of Feast really not compare with 9 points of satiety?

The answer was affirmative.

It could compete.

And there was even room to spare!

“Maybe...”

“This is the right way to cultivate!”

“Fear not death, and advance with courage!”

Jason looked at the contrasting values and thought to himself in silence.

Then, at the bottom of his heart, he had more plans for cultivation.

However, he needed more satiety.

“46 points of satiety, enough to die 15.3 times...”

“Not enough!”

“A me without 30 lives is restless.”

Thinking this, Jason sat up.

He prepared to patrol his territory.

Since he needed more satiety, he might as well go hunting.

However, Jason did not leave immediately.

Because he heard the footsteps of the female pastry chef.

After tidying up the shop to the standard where it could open normally the next morning, the female pastry chef stretched and headed upstairs.

Although she had slept until midnight, how could sleeping on a table ever compare with lying in bed?

Especially in winter!

The call of the bed was irresistible.

The female pastry chef, after washing up, cozily snuggled into the warm bed, and almost the moment she closed her eyes, she entered her dreams directly.

Then...

Evelyn woke up.

She lay in bed without moving.

She merely turned her head to look in the direction of Jason's room.

A hint of surprise flashed in her eyes.

Even through the wall, she could sense that Jason seemed... stronger!

No!

Not seemed!

He really had gotten stronger!

Instantly, Evelyn's eyes glowed with heat and... a touch of intrigue.

This discovery made her change her plans temporarily.

She decided to observe him for a bit longer.

She silently told herself not to rush.

She and he were just starting out.

She and he had plenty of time.

Lost in her own thoughts, Evelyn smiled foolishly to herself. She tried hard not to make any sounds, but she couldn't help it and had to cover her head with a blanket.

The low laughter, muffled by the blanket, became even quieter.

But Jason heard it.

Heard it very clearly, that is.

In a normal state, with nearly four times the perception of an average person, Jason only needed to close his eyes to rely on his specialty, Blind Fighting, to raise his perception to four times that of an average person's.

So he heard it quite clearly.

He could even discern the joy in the female pastry chef's laughter.

It's just...

The voice was slightly different.

Jason instinctively flared his nostrils.

The female pastry chef had no scent associated with 'food,' although she smelled sweet, that was from being in contact with pastries for years, and it wasn't the scent of 'food.'

But, the next moment, Jason's eyes brightened.

He smelled the scent of 'food.'

Outside the house!