

Chapter 11 – The Four Proverbs (四句箴言)

Four Proverbs were created by San-Yuan Lao Tzu (三元老祖) and transcribed by **Zhen Shuan Huang Shi Fu (真玄皇師父)** to assist Wu Ji souls study Long Hwa Kur Chi Shiu Dao Fa (龍華科期修道法) and achieve their ultimate goals: **Zhen Ling Guei Yuan (真靈歸原)** and **Fu Gu Shiu Yuan (復古修圓)**. The Four Proverbs are:

- **Meditate to Achieve Full Chi Body (坐練真炁之體)**
- **Study to Form Godlike Characters (修得神仙之格)**
- **Endure Life's Challenges to Gain Great Wisdom (悟練大明之智)**
- **Accumulate Merits to Develop Virtues of Saints (積有聖人之德)**

More details of the Four Proverbs are elaborated by San-Yuan Lao Tzu (三元老祖) and transcribed by **Zhen Shuan Huang Shi Fu (真玄皇師父)** below:

1. Meditate to Achieve Chi Body (坐練真炁之體)

Upon arrival at the world we live in, the earth, our soul has its own living human body which can be converted to a chi body through meditation. The earth is the only place in the universe that can be used to form chi body. Unlike our physical body which would deteriorate overtime and eventually would disappear from the earth, the chi body can exist in the universe forever. Once a full chi body is formed, the soul can escape the Calamity and return to its origin in the Wu Ji Heaven. An effective way to achieve a chi body is to join the Wu Ji Academy and meditate and study in collaboration with fellow Wu Ji brothers and sisters. Meditate to form a chi body is essential and therefore is the first important element to be addressed by Wu Ji souls.

2. Study to Form Godlike Characters (修得神仙之格)

The second important element in the study of Shiu Dao Fa (修道法) is to form Godlike characters. Before returning to Wu Ji Heaven, Wu Ji souls need to refine and purify their souls. That is because all divine beings exist in Wu Ji Heaven have godlike characters. The original soul came from Wu Ji Heaven was very pure. It can be polluted on earth due to temptation by material things and evil spirits. To form godlike characters we need to study the Five Good Virtues (五常) below:

Zen (仁): Kindness, humanity.

Yi (義): Righteousness, justice.

Li(禮): The quality or state of being proper.

Ze (智): Knowledge and good judgment.

Shin(信): reliable, trustworthy and honest.

and avoid the Five Bad Virtues that can corrupt our heart:

Tun (貪) – Greedy, corrupt

Chiang (強) – Ambitious, overpowering, arrogant

Chi (氣) – Angry, annoying.

Huei (悔) – Regret, distressed, or remorseful.

Shie (邪) – Evil

3. Endure Life's Challenges to Gain Great Wisdom (悟練大明之智)

The third important element in the study of Shiu Dao Fa (修道法) is to endure life's challenges to gain great wisdom. We need wisdom in learning and dealing with life's challenges. Wisdom can also be gained through comprehension of the approach while overcoming major life's challenges. The more wisdom you use to tackle challenging problems, the more wisdom you will gain.

4. Accumulate Merits to Develop Virtues of Saints (積有聖人之德)

The fourth important element in the study of Shiu Dao Fa (修道法) is to accumulate merits to enhance virtues of saints. It is essential to accumulate merits as a result of good deeds, acts, or thoughts which carries over throughout the life.

Before developing virtues of saints you need to love yourself. Flight attendants always tell you to put your masks on before helping others with theirs. That is because you can't help others if you can't breathe. Self-love works the same way. *You cannot give love to others if you don't have that love within.* You may feel as though you have the ability to love, but what's really happening is you're giving love from an empty space, further draining your energy and emptying your tank. This leads to that sense of depletion, emptiness, and exhaustion after you feel yourself giving, giving, and giving to someone. However, when you remember to put your mask on first and stock up on self-love, you'll be giving love from a full tank. This type of giving feels energizing and good.

After self-love, the next step is to love others - love your family, your neighbors, friends, fellow Wu Ji brothers and sisters, your co-workers, your country, and then extend your love to all people and things in the universe.

Living a simple life by practicing Sz Ching Shiou Dao Fa (四清修道法) can minimize bad karma and allow you to love others and accumulate merits. Sz Ching Shiou Dao Fa (四清修道法) includes the following:

- Governing your mouth (口清) – Keep your physical body healthy and minimize bad Karma

- Purify your heart (心清) – Keep your heart peaceful, light-hearted, cheerful and carefree
- Upkeep your body (身清) – Keep our physical body healthy. Maintain high moral standards and practice good manners.
- Simplify your life (事清) – Eliminate clutter, getting things organized, simplify your relationships, and take the time to slow down

In addition to Sz Ching Shiou Dao Fa (四清修道法), the following good principles can also reduce karma and help develop virtues of saints:

- 理要直(Follow code of ethics)
- 言要正(Speak the truth)
- 心要明 (Maintain a clear conscience)
- 德要守 (Develop good virtues)
- 情要顧 (Be compassionate)