

100 words Sutra 《百字铭》——吕纯阳 Lu Dongbin

养气忘言守，降心为不为，动静知宗祖，无事更寻谁，真常须应物，应物要不迷，不迷性自住，性住气自回，气回丹自结，壶中配坎离，阴阳生反复，普化一声雷，白云朝顶上，甘露洒须弥，自饮长生酒，逍遥谁得知，坐听无弦曲，明通造化机，都来二十句，端的上天梯。

To cultivate life energy, one must stay in peaceful and pure mind;

To control the mind, one must not use the mind;

One is always in clear mind and in control no matter busy or rest;

One has found oneself and is always in charge of oneself;

One real practitioner can deal with society;

One real practitioner can be in society and never be influenced by society;

One pure mind can naturally return back to the true nature;

The true nature can grow the life energy;

The life energy will gradually grow steadily and strong;

Water and Fire are exchanging and in the right place;

Yin and Yang are growing together in order;

A thunder will eventually happen;

White cloud (light) shine from the head top;

Holy water rains down;

One drinks the fountain of youth;

One is free (of life and death) and nobody knows;

One is listening to the heaven music;

One understands the truth of the universe;

Thus 20 sentences altogether,

One can reach to the steps of heaven.