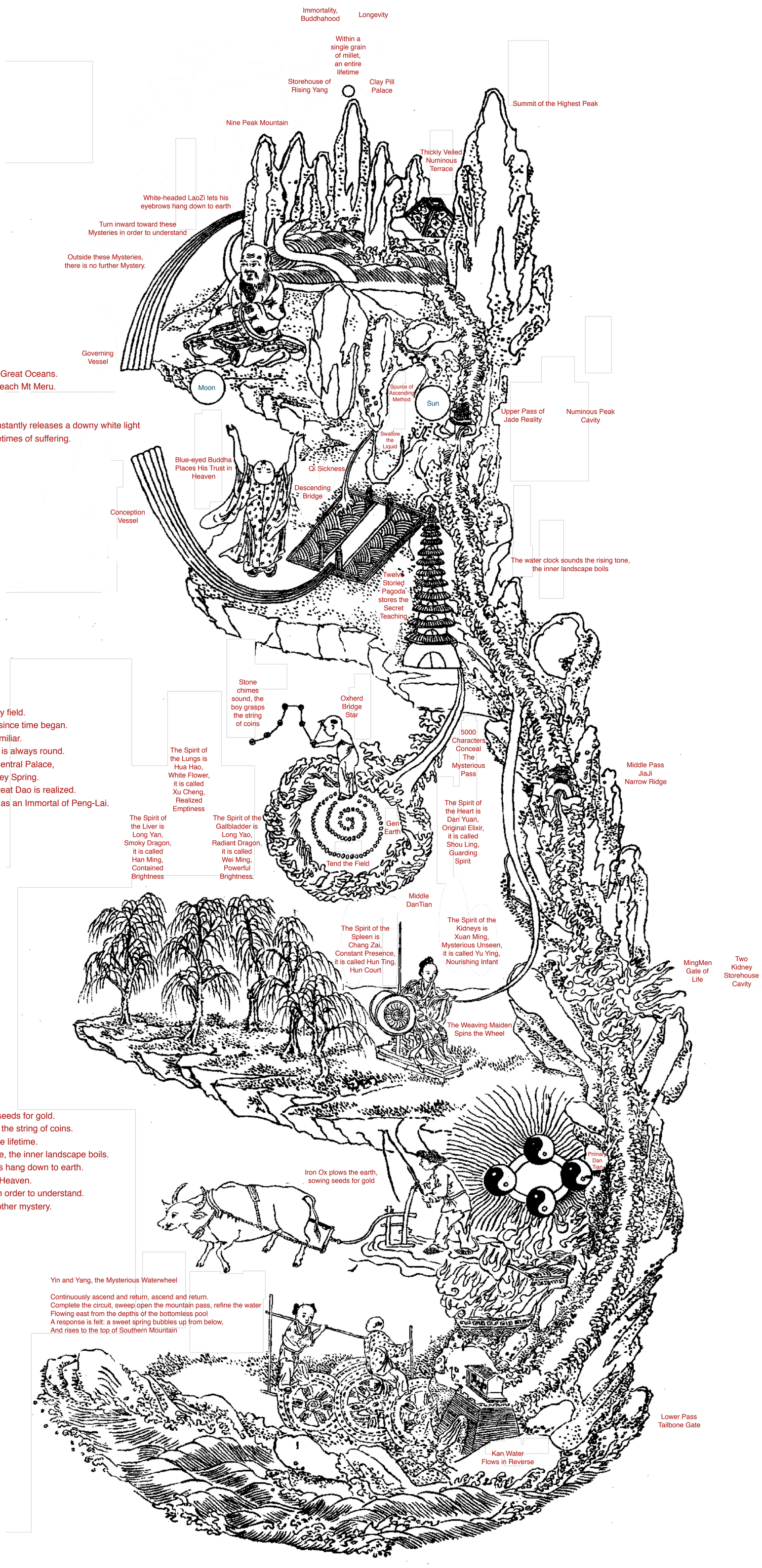
The Diagram of the Inner Realm
內經圖 Nei Jing Tu



Fa Zang says:
Violet eyes purify and clarify the Four Great Oceans.
A downy brightness winds around to reach Mt Meru.

Ci Shi Says:
The space between the eyebrows constantly releases a downy white light
With the power to extinguish many lifetimes of suffering.

I devote myself to the cultivation of my field.
Inside there is a sacred sprout, alive since time began.
Its flower is yellow gold, its color is familiar.
The seed is like a jade pearl, the fruit is always round.
Fruition relies upon the earth of the Central Palace,
And the irrigation from the Upper Valley Spring.
One day the work is complete, the Great Dao is realized.
You wander carefree across the land as an Immortal of Peng-Lai.

The Iron Ox plows the earth, sowing seeds for gold.
Stone Chimes sound, the Boy grasps the string of coins.
Within a single grain of millet, an entire lifetime.
The water clock sounds the rising tone, the inner landscape boils.
White-headed LaoZi lets his eyebrows hang down to earth.
Blue-eyed Buddha places his trust in Heaven.
Turn inward toward these Mysteries in order to understand.
Outside these Mysteries, there is no other mystery.

This diagram has not been accessible before now.
The principles of the Alchemical Path
Are great and vast, fine and subtle.
It is hard to understand,
And as a result it is seldom taught.

As a disciple at Tall Pine Mountain,
I fasted and meditated,
Faithfully studying and copying this diagram
where it hung upon the wall.

The painting was detailed and precise.
The important junctions and stages
were presented in a clear logical way.
Each of the essential secret openings was revealed.

Extensive study led to Awakening and Understanding.
Only then did I truly understand that
In a single body
The inhalation and exhalation, taking in and letting go,
Are simultaneous and equivalent to
The cycles of growth and decay, fullness and emptiness,
Of Heaven and Earth.

If you are able to understand
the Great Dao of the Golden Elixir,
You have already understood so much!

I did not dare to keep this to myself,
So I had it engraved on a woodblock for broader circulation.

Engraved with reverence by SuYun DaoRen