

White Cloud Temple Motto

Translated by prof. dr. Li Jie

白云观格言 Bái Yún Guān Géyán

少思虑以养中气，
Shǎo sīlǚ yǐ yǎng zhōng qì,

寡色欲以养肾气，
Guǎ sèyù yǐ yǎng shèn qì,

戒嗔怒以养肝气，
Jiè chēn nù yǐ yǎng gān qì,

少言语以养神气，
Shǎo yán yǔ yǐ yǎng shén qì,

薄滋味以养胃气，
Bó zīwèi yǐ yǎng wèi qì,

勿妄动以养骨气，
Wù wàngdòng yǐ yǎng gǔ qì,

多读书以养胆气，
Duō dúshū yǐ yǎng dǎn qì,

顺时令以养元气。
Shùn shíling yǐ yǎng yuán qì,

Less over-worry to preserve Spleen Qi,

Less over-sex to preserve Kidney Qi,

Less over-anger to preserve Liver Qi,

Less over-talking to preserve Heart Qi,

Less over-eating to preserve Stomach Qi,

Less over-sporting to preserve Bone Qi,

Read (study) more to nourish Gallbladder Qi,

Live with the seasons to nourish Yuan Qi.

