

# White Cloud Temple Motto

Translated by Dr. Li Jie

## 白云观格言

Bái Yún Guān Géyán

少思慮以養中氣，

Shǎo sīlǚ yǐ yǎng zhōng qì,

寡色欲以養腎氣，

Guǎ sèyù yǐ yǎng shèn qì,

戒嗔怒以養肝氣，

Jiè chēn nù yǐ yǎng gān qì,

少言語以養神氣，

Shǎo yán yǔ yǐ yǎng shén qì,

薄滋味以養胃氣，

Bó zīwèi yǐ yǎng wèi qì,

勿妄動以養骨氣，

Wù wàngdòng yǐ yǎng gǔ qì,

多讀書以養膽氣，

Duō dúshū yǐ yǎng dǎn qì,

順時令以養元氣。

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.**