To nourish the vital breath, keep watch in silence;  
In order to subdue the mind, act with non-action.  
Of movement and stillness, be aware of their origin;  
There is no work to do, much less someone to seek.  
The true and constant must respond to phenomena;  
Responding to phenomena, you must be unconfused.  
When unconfused, the nature will stabilize by itself;  
When the nature stabilizes, energy returns by itself.  
When energy returns, the elixir crystallizes by itself;  
Within the pot, the trigrams of water and fire are joined.  
Yin and yang arise, alternating over and over again;  
Every transformation comes like a clap of thunder.  
White clouds form and come to assemble at the peak;  
Sweet nectar sprinkles down Mount Sumeru.  
Swallowing for yourself this wine of immortality,  
You wander so freely — who is able to know you?  
Sit and listen to the tune played without strings,  
Clearly understanding the mechanism of creation.  
It comes entirely from these twenty lines—  
A true ladder going straight to Heaven!