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**THE SECRET OF THE GOLDEN FLOWER**  
**A chinese Book of Life**  
**Translated by Richard Wilhelm**

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THE AWAKENING OF THE SPIRIT IS ACCOMPLISHED BECAUSE THE HEART HAS FIRST DIED. WHEN A MAN CAN LET HIS HEART DIE, THEN THE PRIMAL SPIRIT WAKES TO LIFE. TO KILL THE HEART DOES NOT MEAN TO LET IT DRY AND WITHER AWAY, BUT IT MEANS THAT IT HAS BECOME UNDIVIDED AND GATHERED INTO ONE.

TO BECOME CONSCIOUS OF THE DISTRACTION IS THE MECHANISM BY WHICH TO DO AWAY WITH DISTRACTION. INDOLENCE OF WHICH A MAN IS CONSCIOUS, AND INDOLENCE OF WHICH HE IS UNCONSCIOUS, ARE A THOUSAND MILES APART. UNCONSCIOUS INDOLENCE IS REAL INDOLENCE; CONSCIOUS INDOLENCE IS NOT COMPLETE INDOLENCE BECAUSE THERE IS STILL SOME CLARITY IN IT. DISTRACTION COMES FROM LETTING THE MIND WANDER ABOUT; INDOLENCE COMES FROM THE MIND'S NOT YET BEING PURE. DISTRACTION IS MUCH EASIER TO CORRECT THAN INDOLENCE. IT IS AS IN SICKNESS: IF ONE FEELS PAINS AND IRRITATIONS, ONE CAN HELP THEM WITH REMEDIES, BUT INDOLENCE IS LIKE A DISEASE THAT IS ATTENDED BY LACK OF REALIZATION. DISTRACTION CAN BE COUNTERACTED, CONFUSION CAN BE STRAIGHTENED OUT, BUT INDOLENCE AND LETHARGY ARE HEAVY AND DARK.