

Chapter 561

Henry carefully looked at the murals on the stone wall. There were some movements on the murals, and he found that the movements were the same as the one on the Zhu family's tomb.

Henry couldn't control Qi at that time. The Sword mural at that time made Henry feel attacked. Now Henry's strength was much higher, and he would never be affected by this kind of murals again.

There were not many stone stairs. When Henry walked down the 36th stone step, he had already reached the bottom.

At the bottom of the underground passage, there was a small stone room. The stone room was not big, only about 20 square metres.

The patriarch walked to a wall and knocked on it gently with his hand.

He knocked on the wall a few times in a row, a secret compartment was revealed on the wall. He took out a leather book from the secret compartment.

The patriarch turned around and handed the leather book to Henry. "Young man, this is the method for practising skills we use in our Tang family."

"Practicing skills method?" Henry was puzzled. He calmly took over the book and opened it. The pictures on the book were all about the human meridians. There were some notes on them, which were very obscure and difficult to understand.

Henry thought to himself.

By using Qihai acupoint, one can stimulate Qi and make it run all over his body.

This sentence alone was hard for Henry to understand. What was Qihai??

"Young man, although our Tang family has declined, we can still be ranked in the top seven among the Chinese clans in terms of the practising method. As long as you share Spiritual Stone with us, you can read this book for three days."

Hearing this, Henry was stunned. Was this book kind of instruction for using Spirit Stone?

Henry initially thought that the use of Spiritual Stones was just like what Future did on the island. She was extracting the energy from it. But he didn't expect that the method was written in a book. One could absorb the energy from Spiritual Stone by practising? This was beyond Henry's recognition.

Although he was shocked, Henry still could accept this. After all, he even had the Qi in his body at the moment. Everything was acceptable to him.

At the same time, Henry took out Spirit Stone in his pocket and handed it to the patriarch.

It seemed to be a simple exchange, but it was something that determined fate.

After the patriarch took over the stone, he said, "Young man, you can freely read through our Tang family's books during these three days. I'll find a way to separate the stone."

"Okay." Henry nodded.

"Young man, since that's the case, let's talk outside." The patriarch was the first to leave the room.

After coming out, the patriarch arranged a place for Henry to stay. The patriarch took away the spiritual stone first. As for Henry, he began to study the books on practising methods.

Henry looked through the book and found that he couldn't understand a lot of things. It was inseparable from the Qihai. But what was the Qihai exactly?

Henry was confused. After thinking for a long time, he couldn't figure it out. So he simply didn't think about it. He turned to the first page and sat down cross-legged following the posture drawn on it.

According to the practising method, one had to keep the Qi in the stomach and then make it run throughout his body. However, Henry did not know how to take the initiative to control the Qi in his body. He could only exert the Qi.

Even the patriarch of the Tang clan didn't know how to solve Henry's problem.

If a person wanted to reach the Qi-controlling Realm, they must get it through the Spiritual Stone. Every clan had a way to absorb the energy inside the stones. This energy was called Qi.

As long as the one was around the stone, they could inhale this kind of Qi and gradually strengthen themselves. As time went by, they could start using Qi.

However, Henry's way of entering the Qi-controlling

Realm was obviously different from everyone else. He directly drank the liquid extracted from the stone. It could not be said that people in the future would not use this method, but it was sure that nobody in the past had used this method.

First of all, the energy inside the stone was too violent. Henry's three-centimetre-long square Spiritual Stone was enough for thousands of people to use for more than ten years. It could be seen how abundant the energy inside the stone was. No one dared to directly absorb the energy. More importantly, there was no such a high level of technology in the past that could extract the energy from the stone. Even now, only Future could do this.

Henry ran across one Spiritual Stone, and Future helped him extract energy, which made him accidentally run into Qi. This process was extremely dangerous. Henry's physical quality was far better than that of ordinary people. He had been tempered from childhood. If it were someone else, they would have exploded and died long ago.

Therefore, Henry didn't know how to use Qi at all, and he didn't know the difference between him and other people in the Qi-controlling Realm. He only thought that it was like this for everyone.

Henry sat cross-legged there and thought to himself, "Let the Qi fill my body. Should I exert all my strength at the same?"

Henry thought a lot of ways. He felt that he should make his whole body exert the strength at the same time. That was probably the meaning of the passage in the book.

Anyone who liked exercising knew that people could control every muscle in his body. Henry had been practising for a long time, so the control of his muscles was also very strong. However, he could only move one or two of his muscles as he wished. It was still a little difficult to force all his muscles to work together.

It was just like drawing squares with one hand and drawing circles with the other. It should be very simple to do it separately. But ninety-nine percent of people couldn't do it at the same time.

And the difficulty of exerting force using muscles in his whole body was much more complicated than drawing a square with his left hand and a circle with his right hand.

Henry took a deep breath and made the muscles in his arms to tighten. At the moment when the muscles tightened, a faint Qi appeared on the surface of Henry's body.

Henry shook his head. What he just wanted to do was to make the muscles of the upper body tighten at the same time, but in the end, only the arms and the back muscles were able to do that. It was really too difficult to gather strength by tightening the muscles of the whole body at the same time.

However, Henry was a man of great strength. If he couldn't do it today, he would never give up.

In the Tang family Citadel, the sun fell down, and it was getting darker and darker. The colour gradually became red, and the sun was about to set.

In a house that was built at the junction of the ground and the mountain wall.

"Father, what did Patriarch say?" A young man with long hair walked into the house.

The man sitting in the room was the man in red who had a meal with Henry today.

The man shook his head. "Patriarch doesn't agree."

"Humph!" The long-haired young man snorted coldly.

"This old man is simply stubborn. Such a good practising method has to be shared with others. When has the Tang family ever come across this amount of Qi!"

The man glanced at the young man and whispered, "Haley, you can just say these words to me. Don't say it to anyone else."