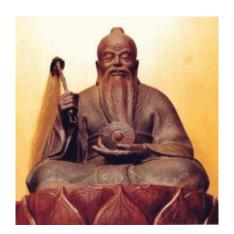
## The Divine Revelation of Patriarch Xuanyuan

**□□Dozing off and napping** 

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Dozing off during the day without fighting off sleep,
Is more draining and detrimental than not sleeping through the night;
Calm the mind and take a short nap,
Ginseng restores and tonifies the vital essence, subtle breath and spirit.