



Handwritten text in vertical columns, likely a list or record.

Handwritten title or header in the center of the page.



Handwritten text in the first column of the right page.

Handwritten text in the second column of the right page.

Handwritten text in the third column of the right page.



Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

Handwritten text in cursive script, likely a list or account.

1870

1871

1872

1873

1874

1875

1876

1877

一、

二、

三、

四、

五、

六、

七、

八、

張氏之伯也  
張氏之伯也  
張氏之伯也  
張氏之伯也  
張氏之伯也

張氏之伯也  
張氏之伯也  
張氏之伯也  
張氏之伯也  
張氏之伯也

一、凡欲求道者，必先修心。心者，道之根也。心正則道明，心邪則道暗。故欲求道者，必先正其心。

二、其次則在學問。學問者，道之階也。學問廣則道深，學問狹則道淺。故欲求道者，必先廣其學問。

三、其次則在實踐。實踐者，道之果也。實踐多則道成，實踐少則道廢。故欲求道者，必先多其實踐。

四、其次則在忍耐。忍耐者，道之德也。忍耐久則道堅，忍耐短則道脆。故欲求道者，必先久其忍耐。

五、其次則在謙虛。謙虛者，道之容也。謙虛大則道廣，謙虛小則道窄。故欲求道者，必先大其謙虛。

六、其次則在勤儉。勤儉者，道之資也。勤儉多則道富，勤儉少則道貧。故欲求道者，必先多其勤儉。

七、其次則在忠孝。忠孝者，道之本也。忠孝全則道尊，忠孝缺則道卑。故欲求道者，必先全其忠孝。

八、其次則在仁愛。仁愛者，道之德也。仁愛廣則道遠，仁愛窄則道近。故欲求道者，必先廣其仁愛。

九、其次則在誠信。誠信者，道之質也。誠信真則道實，誠信假則道虛。故欲求道者，必先真其誠信。

1848

1849

1850

1851

1852

1853

1854

1855



Handwritten text in a cursive script, likely a list or account. The text is arranged in several lines, with some words appearing to be names or titles. The ink is dark and the paper shows signs of age.

Handwritten text in a cursive script, continuing the list or account from the previous page. The text is arranged in several lines, with some words appearing to be names or titles. The ink is dark and the paper shows signs of age.

一、  
二、  
三、

四、  
五、

六、  
七、

八、  
九、

十、  
十一、  
十二、

Handwritten text in a cursive script, likely a list or account. The text is written in dark ink on aged paper. It appears to be a list of items or a record of transactions, with some words being difficult to decipher due to the cursive style and fading. The text is arranged in several lines, with some words appearing to be in a different script or dialect than the main body of text.

Handwritten text in a cursive script, continuing the list or account from the previous page. The text is written in dark ink on aged paper. It appears to be a list of items or a record of transactions, with some words being difficult to decipher due to the cursive style and fading. The text is arranged in several lines, with some words appearing to be in a different script or dialect than the main body of text.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text in a cursive script, likely a list or account.

Handwritten text, likely a list or entry, starting with a small mark.

Handwritten text, possibly a name or title.

Handwritten text, possibly a name or title.

Handwritten text, possibly a name or title.

Handwritten text, possibly a name or title.

Handwritten text, possibly a name or title.

Handwritten text, possibly a name or title.

Handwritten text, possibly a name or title.

Handwritten text in a cursive script, likely a personal letter or diary entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

Handwritten text in a cursive script, continuing the previous entry.

聖命之正事也

其所以爲正事也

其所以爲正事也

其所以爲正事也

其所以爲正事也

其所以爲正事也

其所以爲正事也

其所以爲正事也

一、凡欲求道者，必先修心。心定則神清，神清則氣爽，氣爽則力足，力足則功成。此乃修道之根本也。

二、其次則在煉氣。氣者，人之精血也。精血虧損，則百病叢生。故欲求長生，必先煉氣。煉氣之法，在於呼吸吐納，使氣貫注於全身，則百病不侵。

三、其次則在煉神。神者，人之主宰也。神昏則目眩，神散則心驚。故欲求長生，必先煉神。煉神之法，在於靜坐冥想，使神氣合一，則百病不侵。

四、其次則在煉精。精者，人之寶藏也。精竭則體弱，精枯則神衰。故欲求長生，必先煉精。煉精之法，在於節慾守精，使精氣不耗，則百病不侵。

五、其次則在煉髓。髓者，人之精華也。髓枯則骨軟，髓竭則體弱。故欲求長生，必先煉髓。煉髓之法，在於補腎壯陽，使髓氣充足，則百病不侵。

六、其次則在煉血。血者，人之源泉也。血虧則面色萎黃，血枯則百病叢生。故欲求長生，必先煉血。煉血之法，在於滋陰補血，使血脈流通，則百病不侵。

七、其次則在煉氣。氣者，人之動力也。氣弱則體弱，氣竭則神衰。故欲求長生，必先煉氣。煉氣之法，在於調氣養血，使氣血充足，則百病不侵。

八、其次則在煉神。神者，人之主宰也。神昏則目眩，神散則心驚。故欲求長生，必先煉神。煉神之法，在於靜坐冥想，使神氣合一，則百病不侵。

九、其次則在煉精。精者，人之寶藏也。精竭則體弱，精枯則神衰。故欲求長生，必先煉精。煉精之法，在於節慾守精，使精氣不耗，則百病不侵。



1875

1876

1877

1878

1879

1880

1881

1882

1883

一、

二、

三、

四、

五、

六、

七、

八、