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And was slightly relieved when he found that it was still in good condition.

At this time, he had already realized that Helena must have come when he was asleep and slept next to me.

The scent on his body, as well as the residual temperature in the bed on the other side, pointed the evidence to her.

Charlie didn't understand why she sneaked into his bed when he was asleep,

But after some consideration, he decided to pretend he didn't know anything about it.

In his view, doing this is the best solution. On the one hand,

It can alleviate the embarrassment between the two and on the other hand,

It can prevent this matter from continuing to have any further consequences.

After making up his mind, he got up from the bed.

At this time, there is still very little spiritual energy left in the body.

Since the aura that can be absorbed by nature is extremely scarce,

If you want to supplement it by absorbing aura from nature,

It may be difficult to return to the previous state in a year or so,

So he took out another Cultivation Pill to be on the safe side to quickly replenish the consumed aura first.

So, he sat cross-legged on the carpet, took out a Pill from his pocket,

And put it in his mouth with great distress.

In an instant, the elixir turned into a rich aura, which continuously gathered in the body.

However, what surprised him was that the aura in his body could be fully replenished with a single Cultivation Pill.

However, after yesterday's frequent and rapid consumption and replenishment of spiritual energy,

The Cultivation Pill that he just took had only replenished 80% of his spiritual energy.

Charlie thought to himself: "It seems that frequent extreme states are not a bad thing,"

"Just like athletes can gradually surpass themselves in high-intensity training,"

"I can also pass through this high-intensity state To increase the upper limit,"

"If the upper limit of aura in the body can be doubled, the overall strength will also be greatly increased!"

Thinking of this, he couldn't help but feel melancholic.

After all, the Cultivation Pill was too precious, once it was exhausted and no new pills could be replenished,

It would be very difficult for him to replenish his aura.

This is also doomed that he cannot frequently use this extreme state to continuously increase his upper limit.

Afterward, he stood up, walked into the bathroom in the bedroom, and took a shower.

When he came out of the bedroom with wet hair, Helena was taking a nap on the sofa in the living room.

Hearing Charlie's movement, she quickly opened her eyes, and seeing Charlie had come out, she felt nervous for a while.

In order not to be seen by him, she hurriedly asked Charlie respectfully:

"Mr. Wade, did you sleep well?"

Charlie saw that Helena's cheeks were already flushed just as she spoke,

And her heart became more firm in her speculation.

However, he still decided to pretend to be stupid to make this matter turn over smoothly,

So he said casually: "I slept very well, I haven't slept so well for a long time."

Helena was indeed relieved when she heard Charlie's words.

She hurriedly said: "It's already noon now, you must be hungry,"

"Do you want to go to the dining room to have something?"

"Okay." Charlie nodded and said: "If you have no other arrangements,"

"It's time for me to go back to the United States."
Helena suddenly said with some reluctance:
"Mr. Wade, are you in such a hurry to go back?"
"You arrived in the early morning, and you haven't stayed for ten hours."
Charlie smiled slightly, and said casually:
"My wife is alone in the United States, and I want to go back to accompany her as soon as possible,"
"Not to mention that everything here has been settled,"
"And I have to withdraw as soon as possible to avoid long nights and dreams."