

INSIGHT

Seven Stars • Beauty

**When you stop decorating,
your own outline rises into view.**



Shall we stop forcing ourselves into the shape of a “right answer”?

Beauty made by comparison, or a way of showing yourself made for approval, will sooner or later turn suffocating.



Breathe life
quietly into your
inner self.

From Manipulated Beauty to Arising Beauty

Beauty Created from the Outside

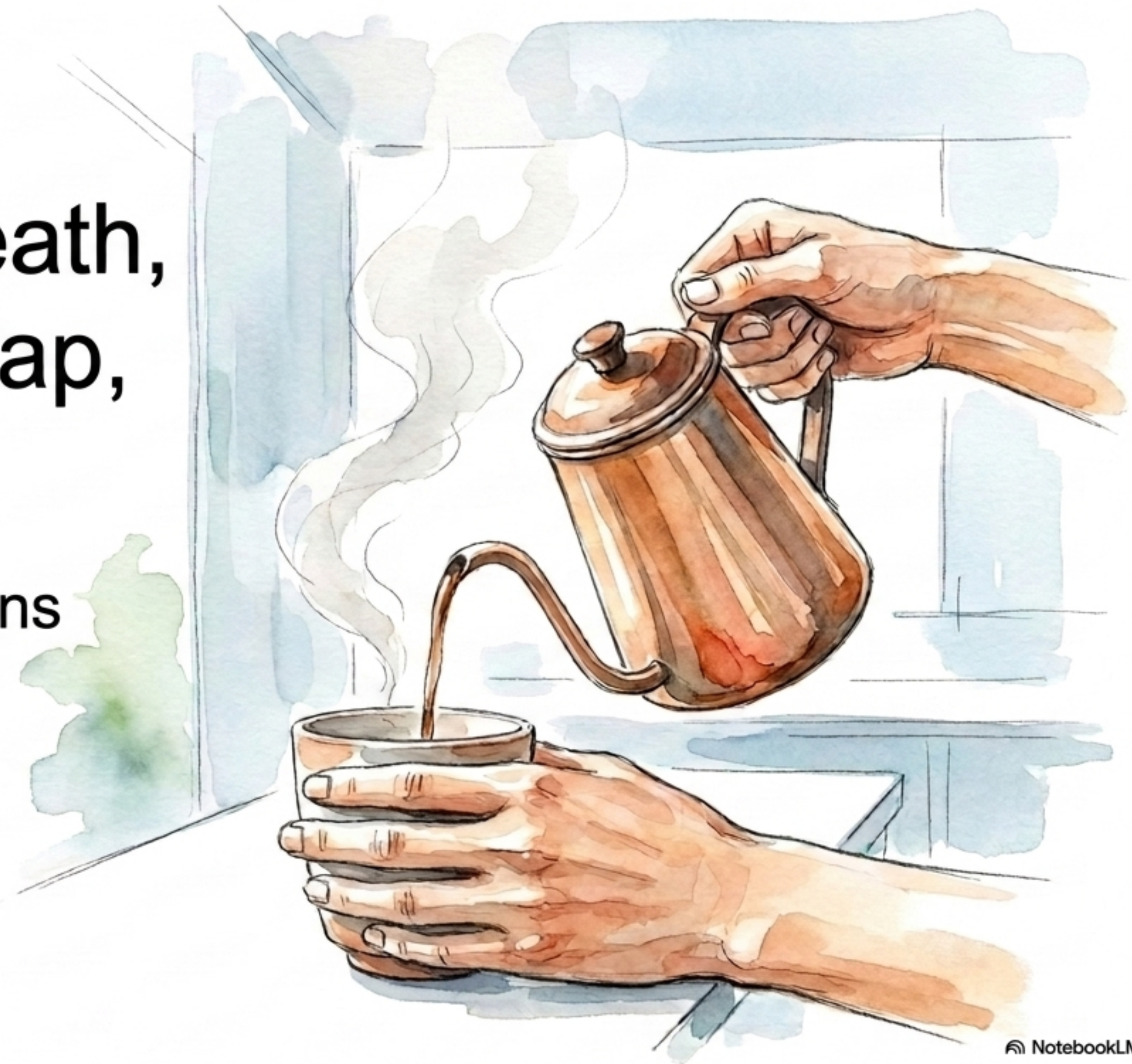
- Adjusting the form
- Staging the appearance
- Imitating someone

Beauty Born from the Inside

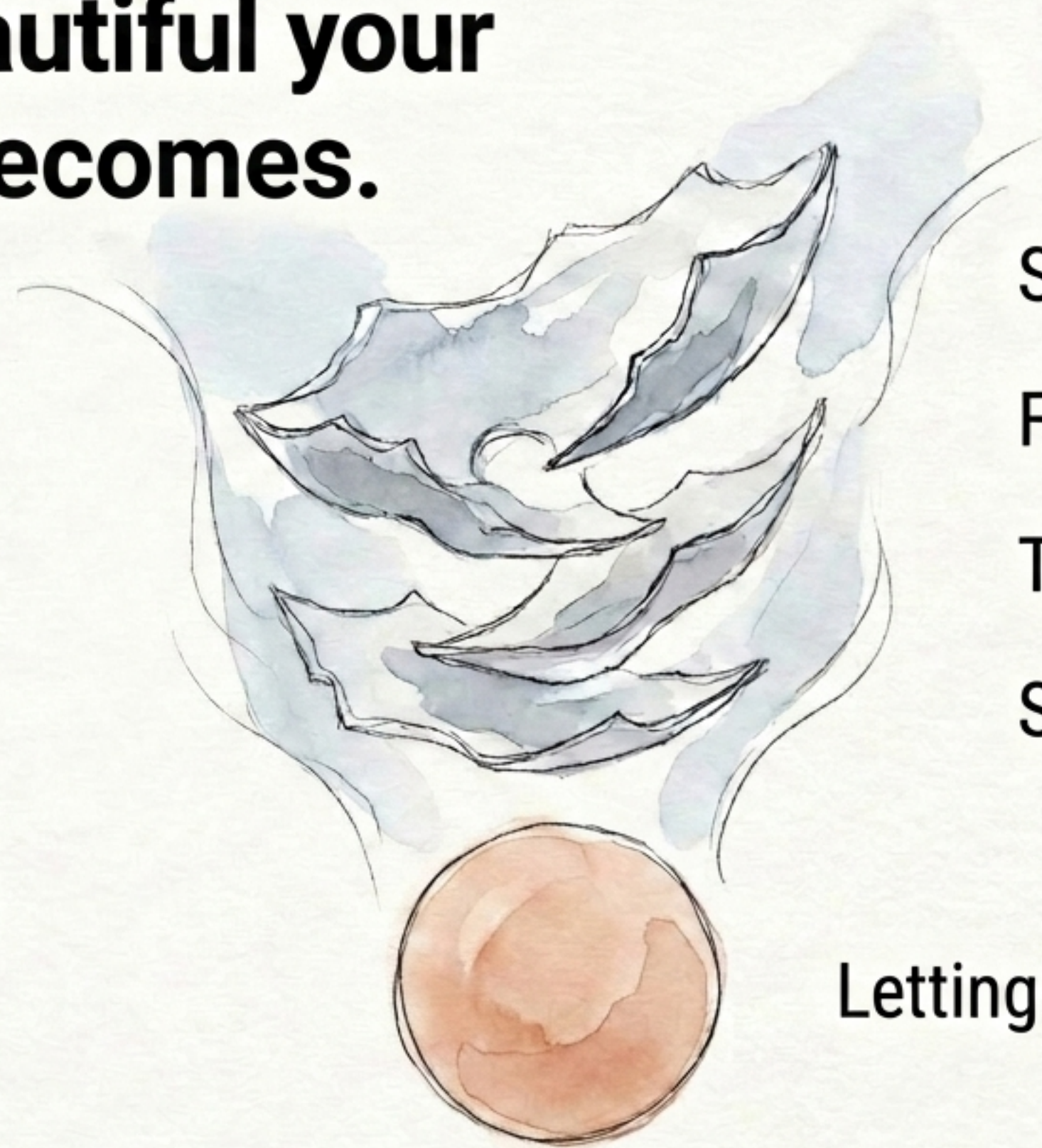
- Breathing and movement in unison
 - A quiet axis runs through
 - The heart naturally opens

When Body, Breath, and Heart Overlap, That Is Enough

When the inner state aligns quietly, one radiates the beauty of harmony, even without aiming for it.



**The more you let go of needless resistance,
the more beautiful your
movement becomes.**



Strain

Forcing

Tension

Separation

Letting go reveals the center.

**Only what cannot be
measured in data
proves who you are**

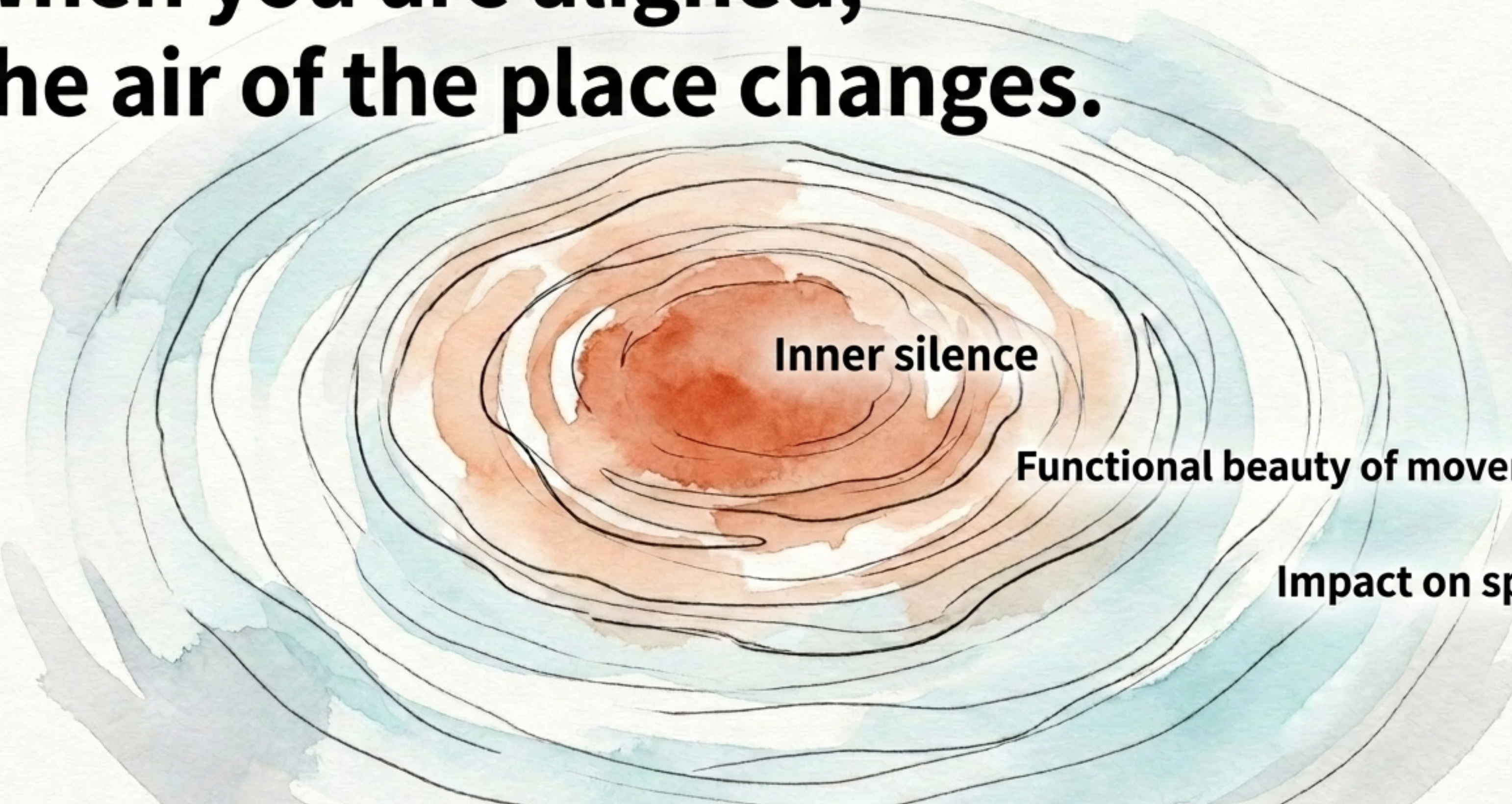
What is built from averages and numbers
is not your true form as a living being

Breathe life quietly into your inner self once more

The time to return to your true self is a process of reclaiming the lost initiative of your life.



When you are aligned, the air of the place changes.



Inner silence

Functional beauty of movement

Impact on space

Try to stop trying
to make beauty.

When the inside quietly aligns,
that beauty appears on its own.

