

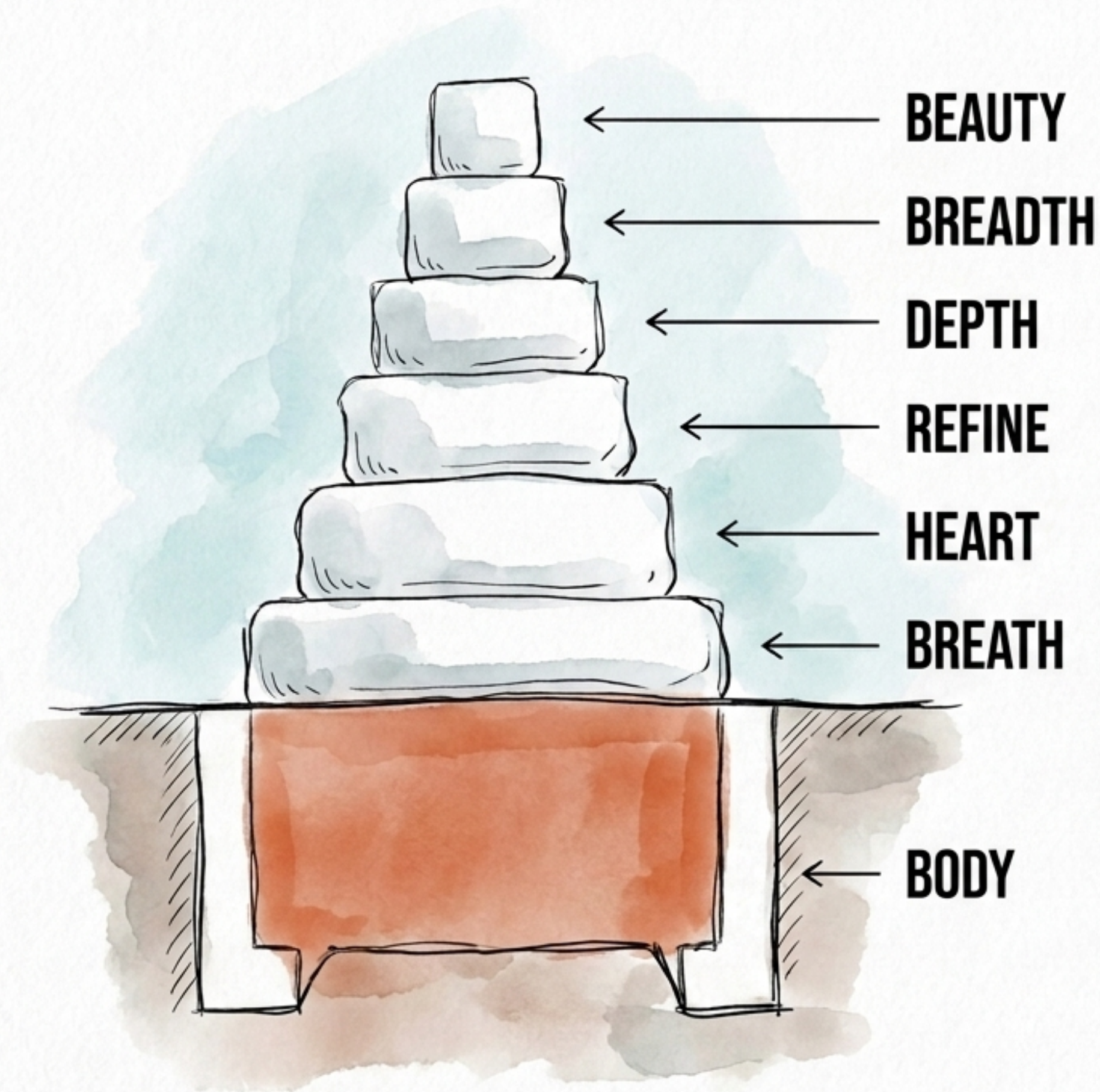


Seven Stars • The Body Edition

**Rest your anxious mind,
and create a place to return
to within your body.**

**By simply realigning the vessel of your
body, lost peace and composure will
quietly return.**

Right now, can you feel the sensation of your feet touching the floor?



THE BODY IS THE FOUNDATION AND ORIGIN OF EVERYTHING.

The body is the vessel that receives breath and heart. If this vessel is unstable, anxiety will not disappear, no matter how much you try to control your heart.

A chain reaction that starts with the body, moves through the breath, and reaches the mind.

First, align the body, which is the vessel. This allows the physical breath to flow, and the mind naturally becomes clear, connecting with heaven and earth.



Body is aligned



Breath flows



Mind clears

Three stages: Stopping, moving, and sensing the inside.

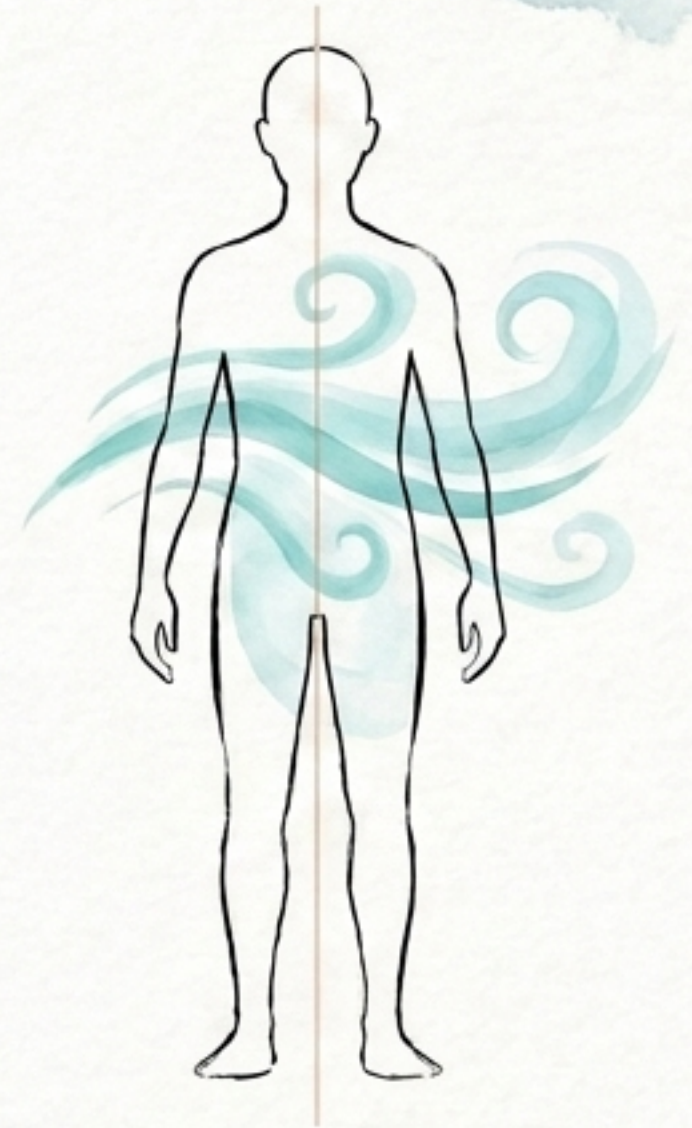
Create an axis by the way you stand or sit when still, and maintain that axis even while moving. Eventually, you will be able to sense even the subtle flow of your internal organs and breath.



Static body



Dynamic body



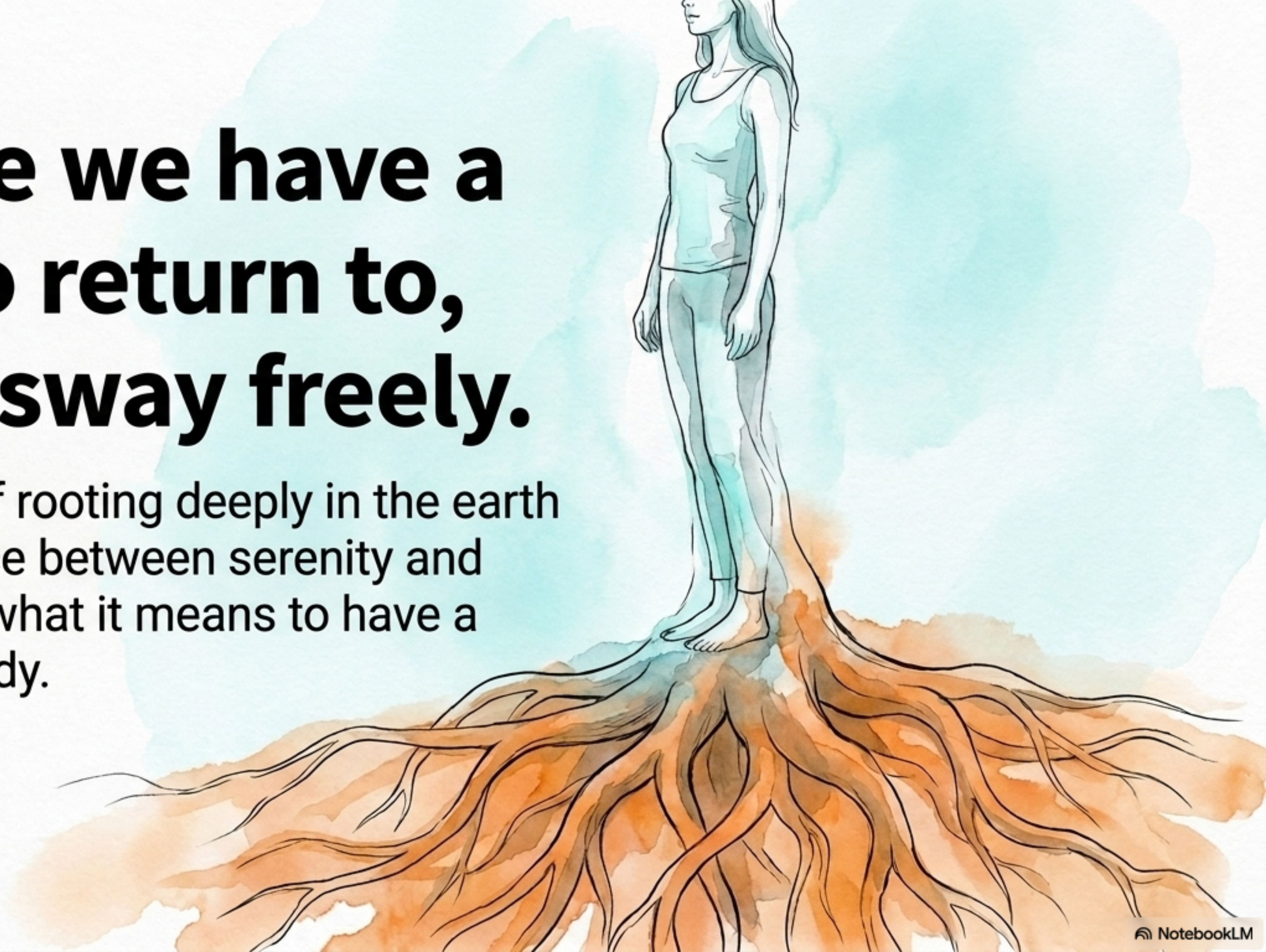
Internal body

The true self dwells in
what cannot be seen.

Soles of the feet, internal organs, brain.
Awaken the intelligent senses of the body that feel the center.

Because we have a place to return to, we can sway freely.

The sensation of rooting deeply in the earth creates a balance between serenity and change. This is what it means to have a home in your body.



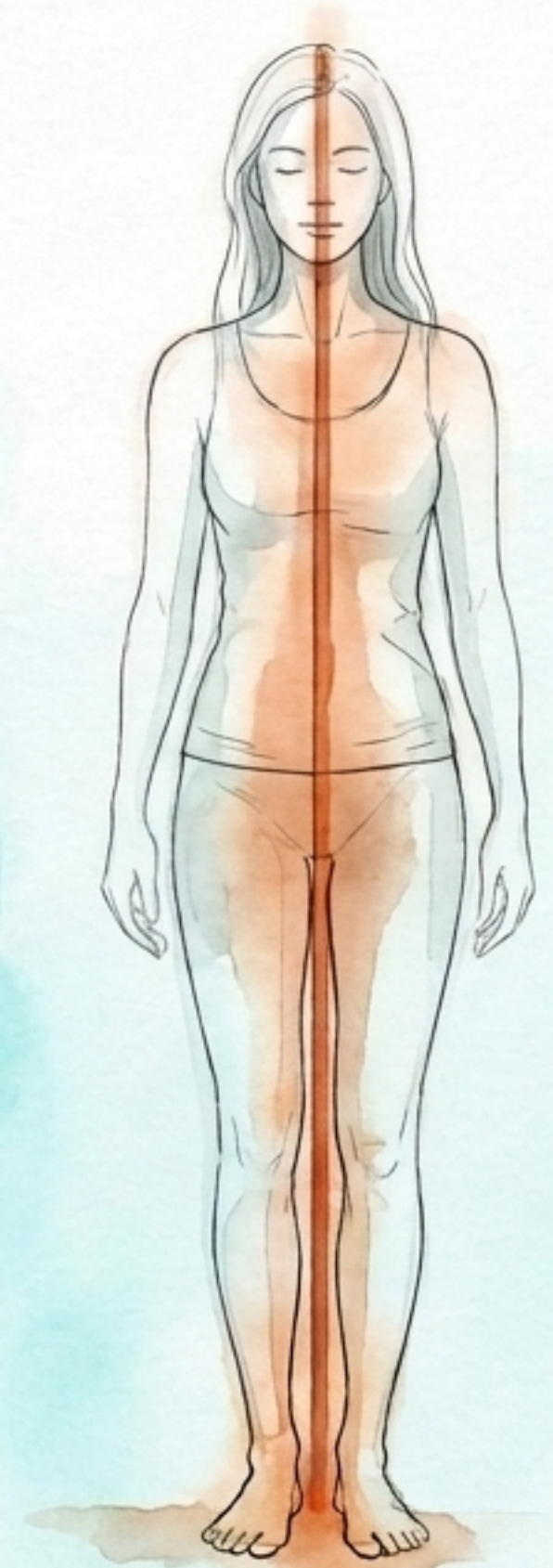
PRIORITY

Soft on the outside, a solid core on the inside.

The martial arts wisdom of 'Gaiju Naigou'^(Japanese) (outer softness, inner strength) is the beautiful posture itself for us modern people to live healthily. Pass a strong core within a soft outline.



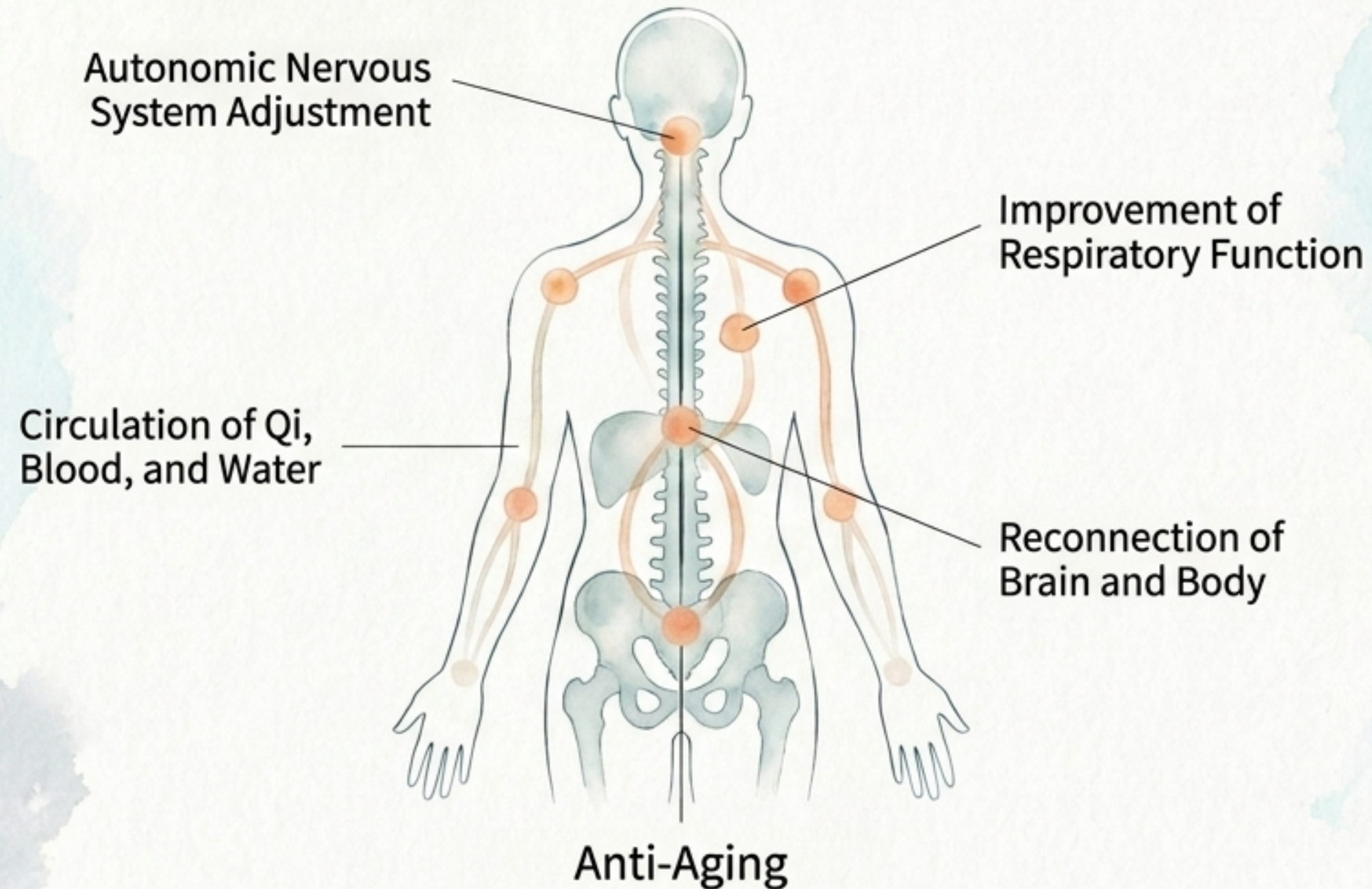
Stiffness due to stress



The natural state of
'Gaiju Naigou'

Re-establishing your body's axis is a scientific process that revives nerves and circulation.

By aligning posture and center of gravity, the brain returns to the present, and autonomic nervous system balance and whole-body metabolism are fundamentally improved.





An unwavering posture reassures the hearts of those around you.

When the body's axis is aligned, distance and gaze with others naturally soften. Standing posture is an expression of one's presence in society.



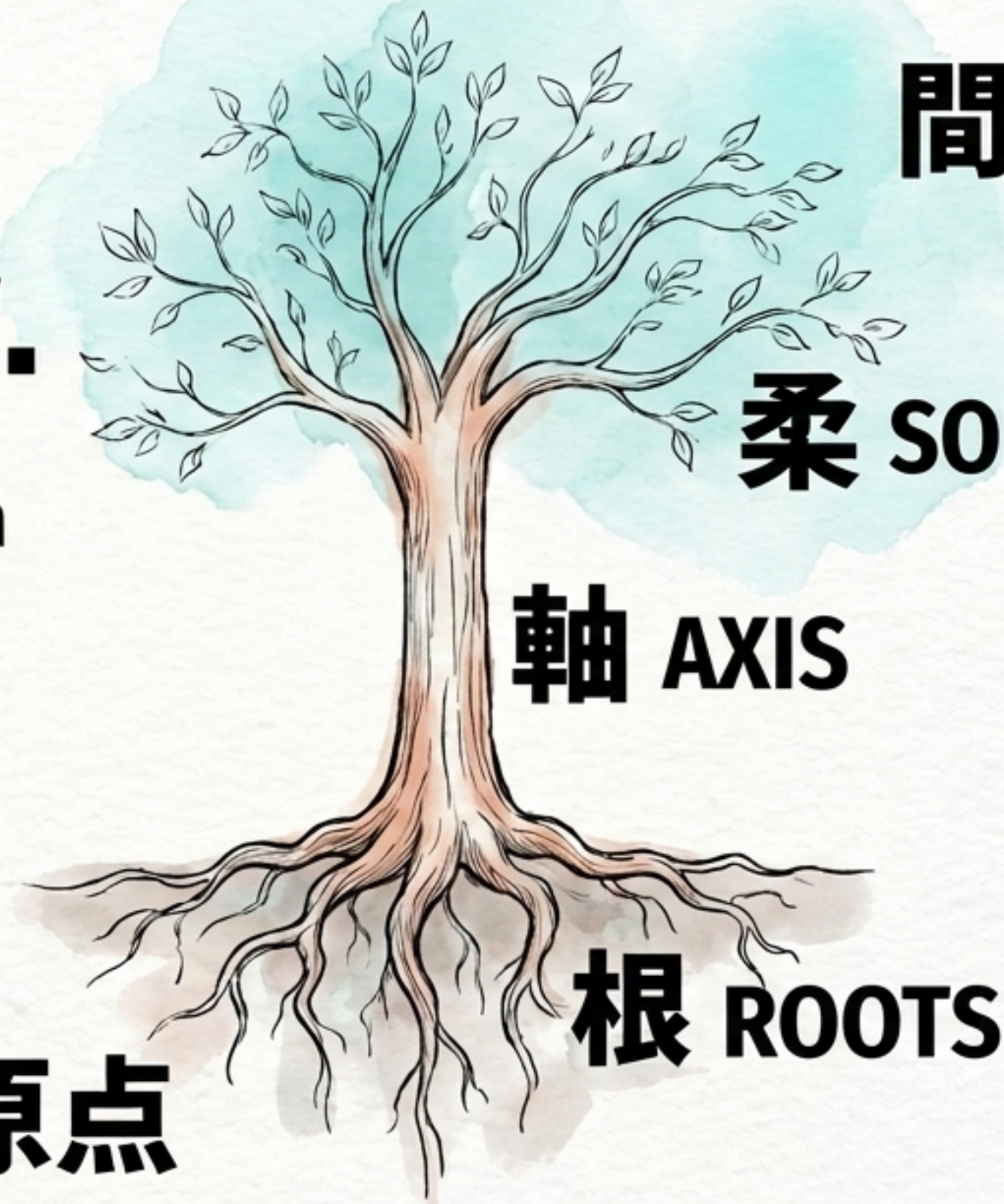
Create a little space between your movement and breath.

Making a momentary space between each movement. That is a moving Zen that you can do in your daily life.

A five-part blueprint for restoring the vessel of the body.

Whenever you feel anxious, return
to this home of your body.
Peace and recovery are here.

ORIGIN 原点



間 SPACE

柔 SOFTNESS

軸 AXIS

根 ROOTS

DECISION

Now, let's exhale slowly once more
and feel the soles of your feet.