

FOCUS

# Seven Stars • Breath

**When you reclaim your own breath, the world turns gentle once more.**



# **When anxious, we unconsciously hold our breath.**

Amidst our busy lives, breathing becomes increasingly shallow and fast. We lack the headspace to even notice the rhythm of our own breath.

SIGNAL

**The character for “breath” is written as “one’s own heart”.**



自

Steadying your breath means returning your heart to its original safe place.



心

Disruption of breath is disruption of the heart itself.

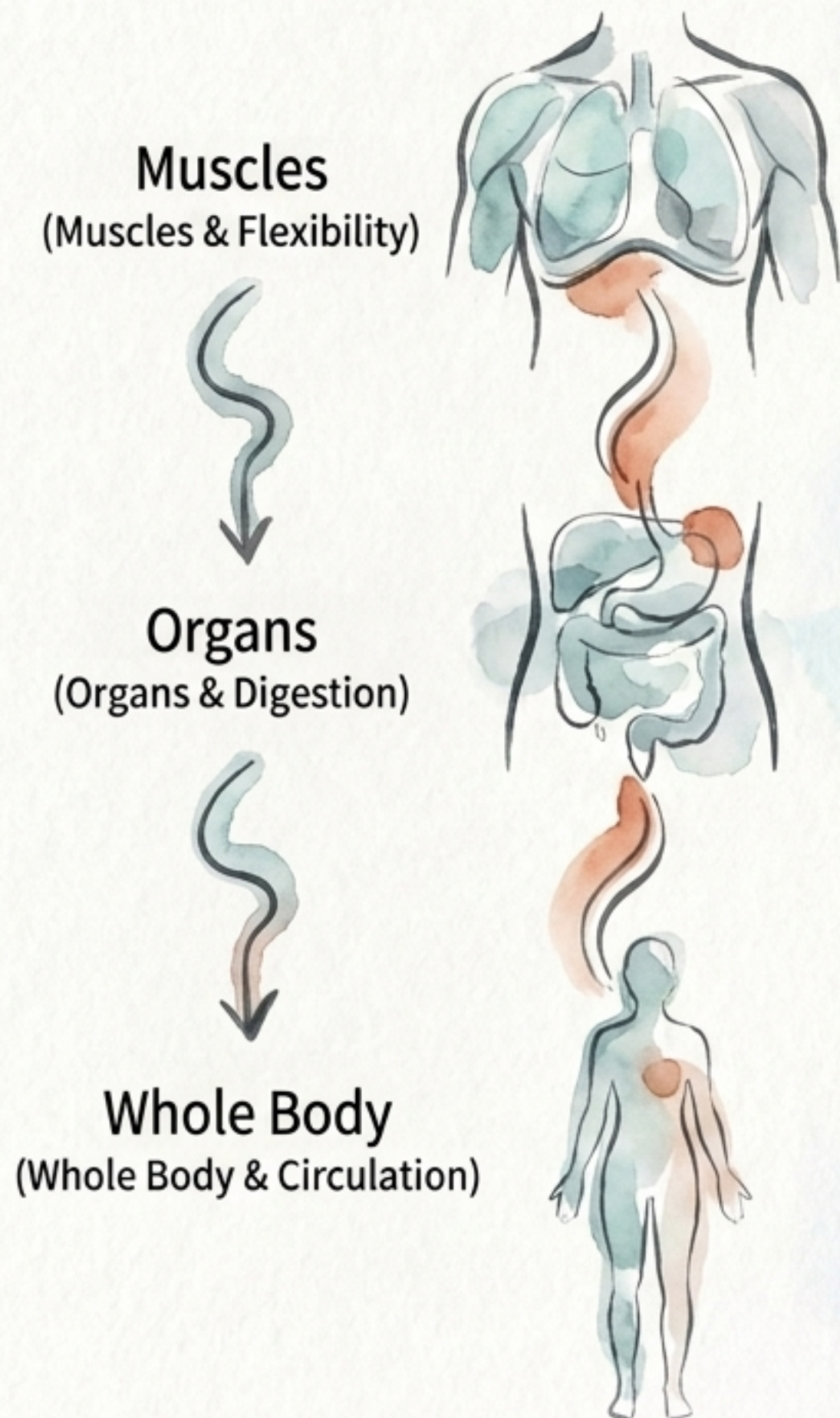
Steadying your breath means returning your heart to its original safe place.

# Shallow Breathing Stiffens the Body

When breathing stays shallow, needless tension persists and drains your energy. Simply exhaling deeply moves the autonomic nervous system into rest mode.



**NOISE**



## When Breath Deepens, Quiet Inner Movement Begins. The Power to Restore the Body's Systems.

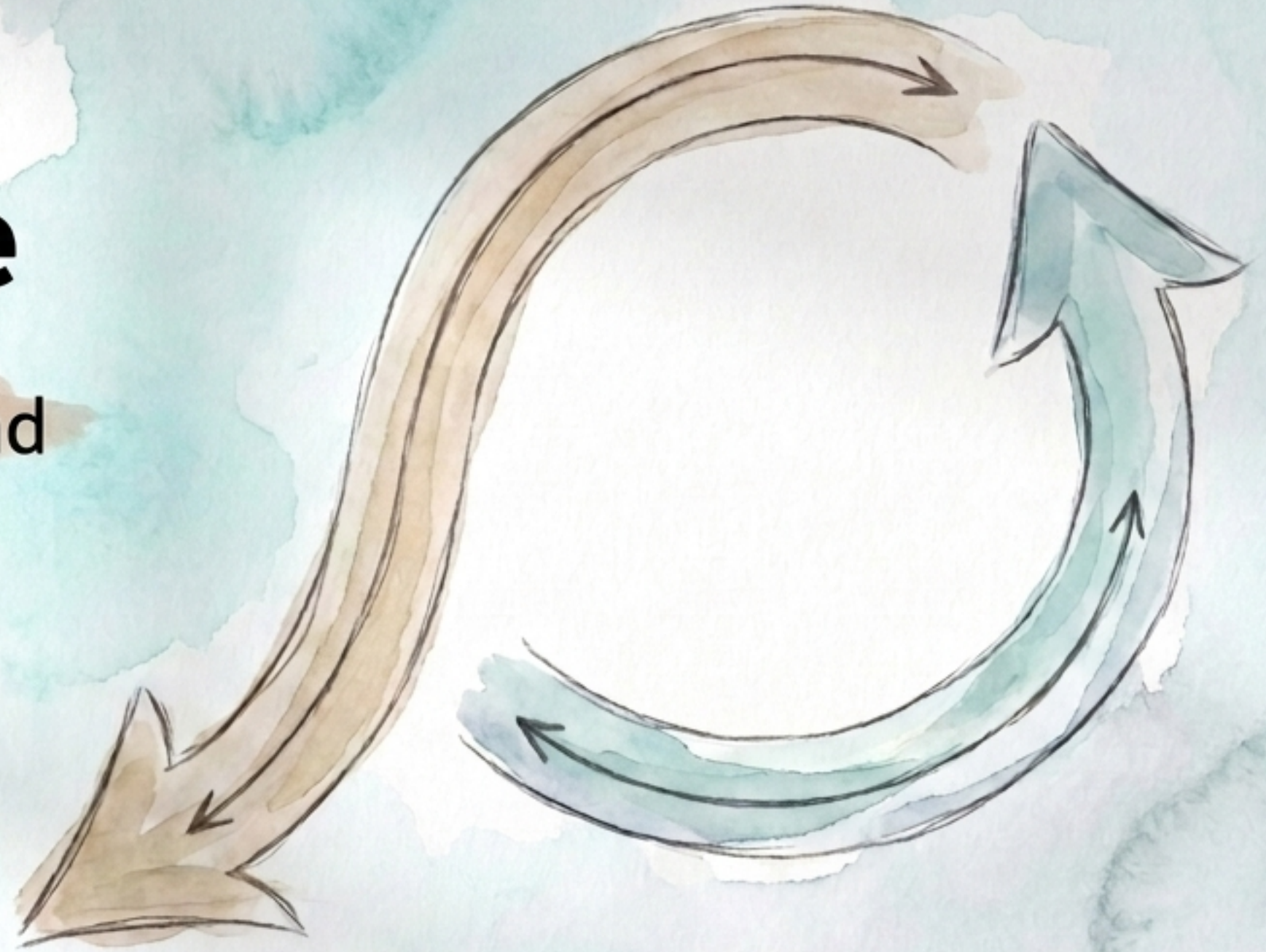
A supple diaphragm massages internal organs, promoting blood flow. Body temperature rises. Deep breathing holds the power to restore the body's entire system.

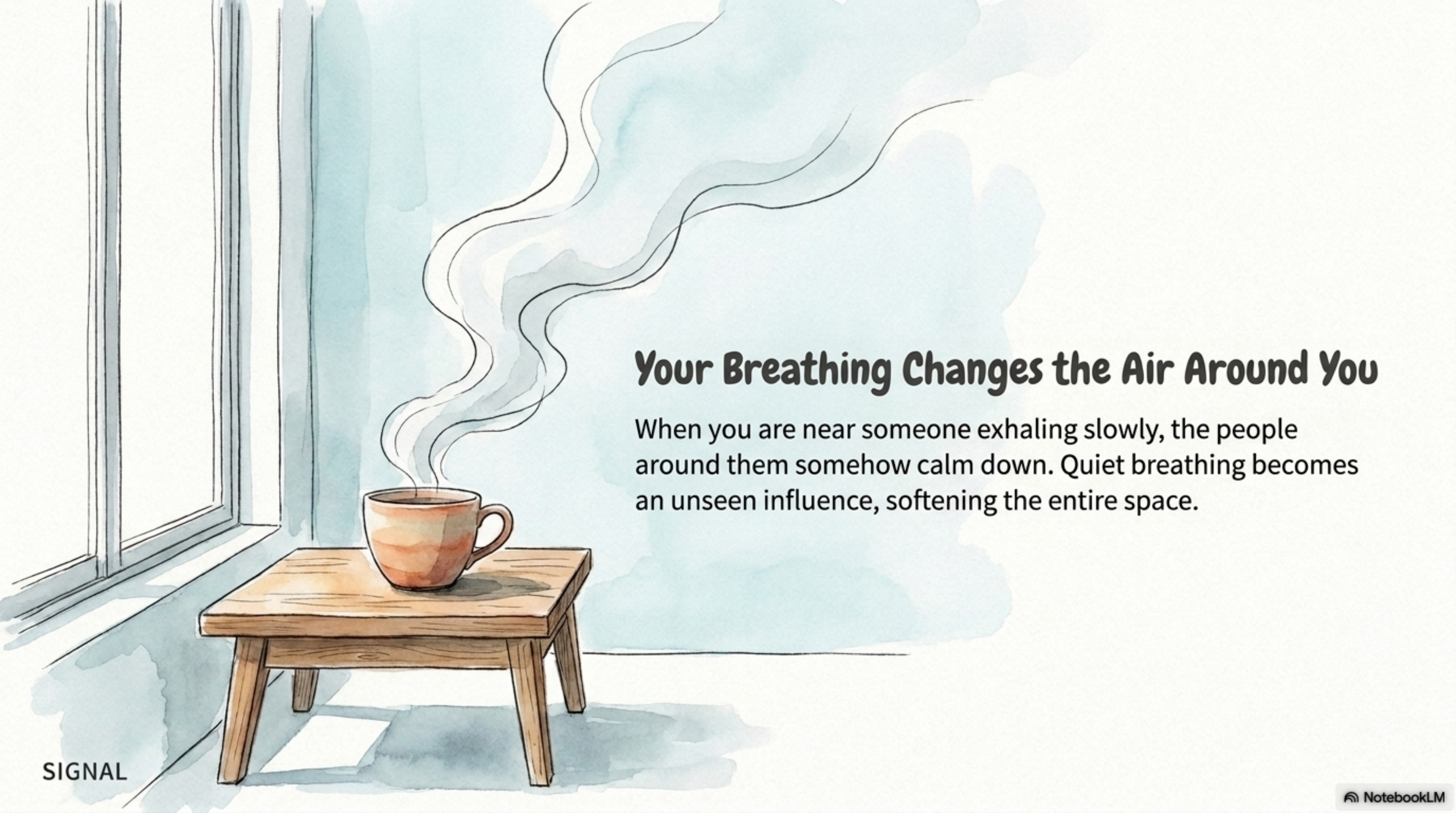
## DECISION

*First, slowly exhale all the way to the very end.*

# Empty to Receive

The YiShuiKong breath begins and ends with an exhalation. By fully exhaling what is within, fresh air naturally flows in.





## **Your Breathing Changes the Air Around You**

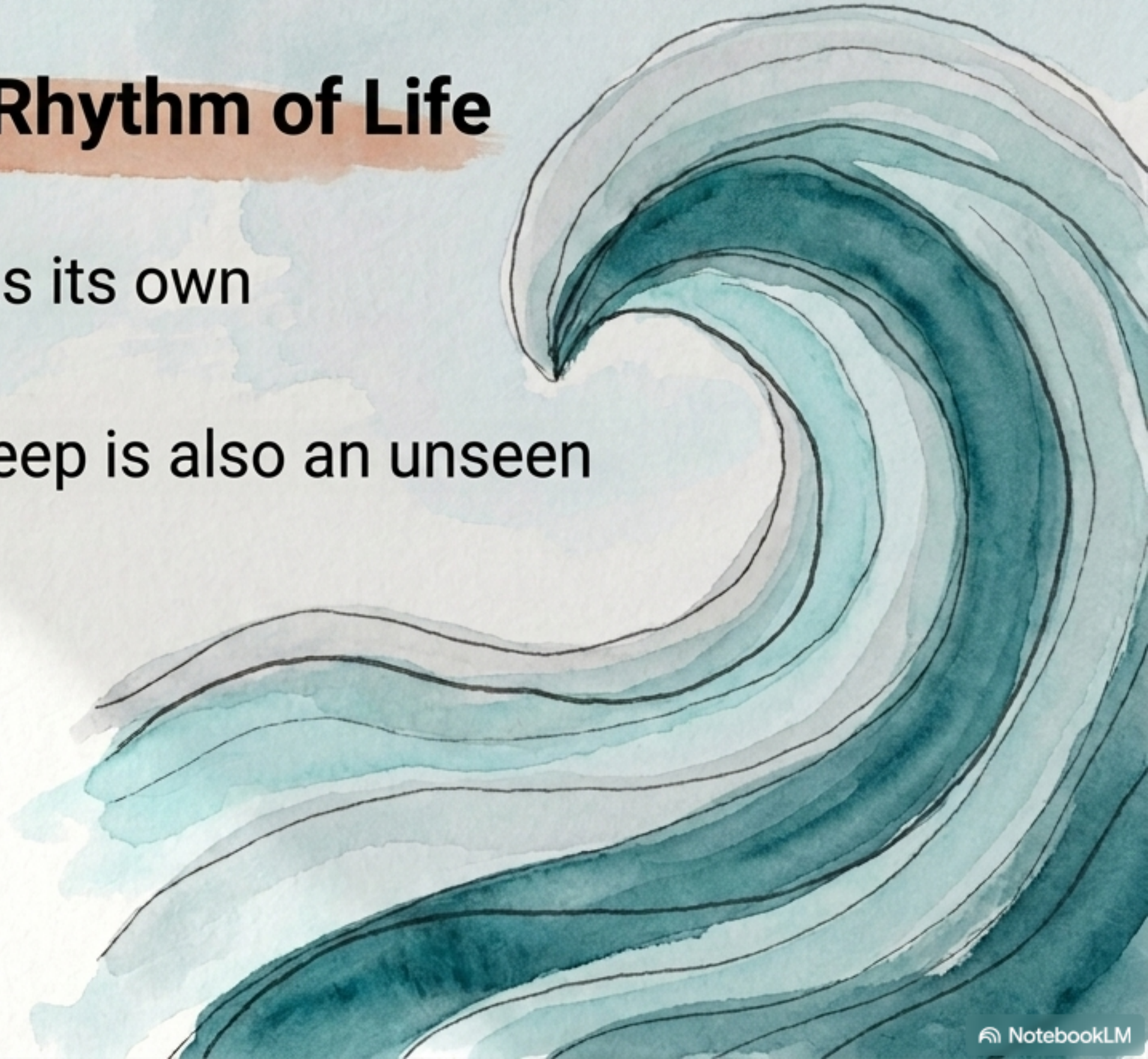
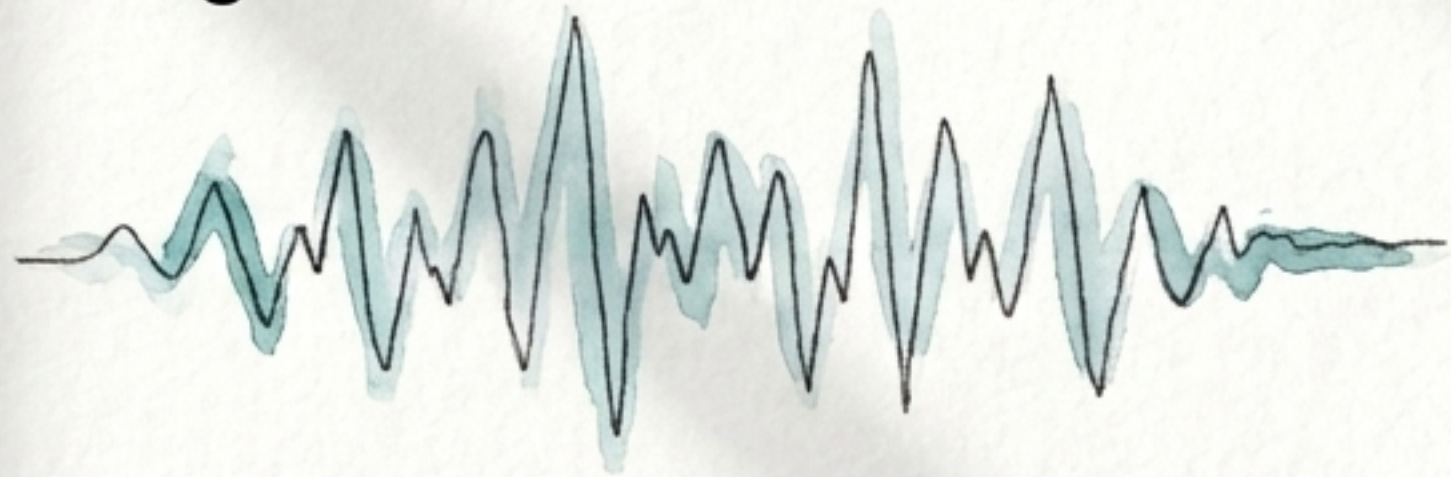
When you are near someone exhaling slowly, the people around them somehow calm down. Quiet breathing becomes an unseen influence, softening the entire space.

INSIGHT

## Resonating with the Great Rhythm of Life

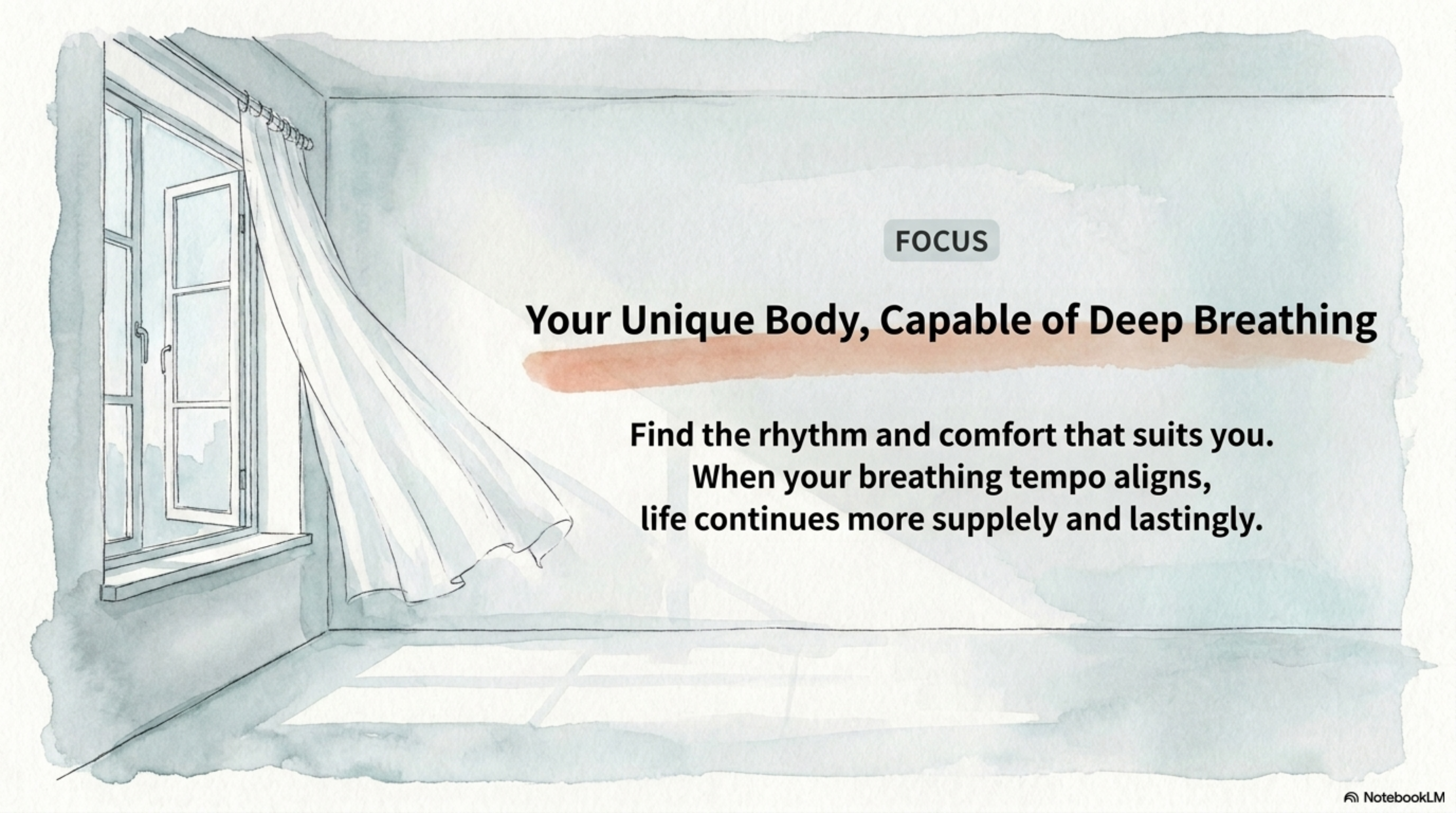
Everything in the natural world has its own relaxed, inherent breath.

Continuing to breathe long and deep is also an unseen dialogue with nature.



The quality of your breath  
determines the quality of your life.

PRIORITY

A watercolor illustration of a room. On the left, there is a window with white curtains that are slightly pulled back. The room is rendered in soft, muted colors like light blue and green, with a textured, painterly style. The floor is a light, neutral tone. The overall mood is calm and serene.

FOCUS

## **Your Unique Body, Capable of Deep Breathing**

**Find the rhythm and comfort that suits you.  
When your breathing tempo aligns,  
life continues more supplely and lastingly.**