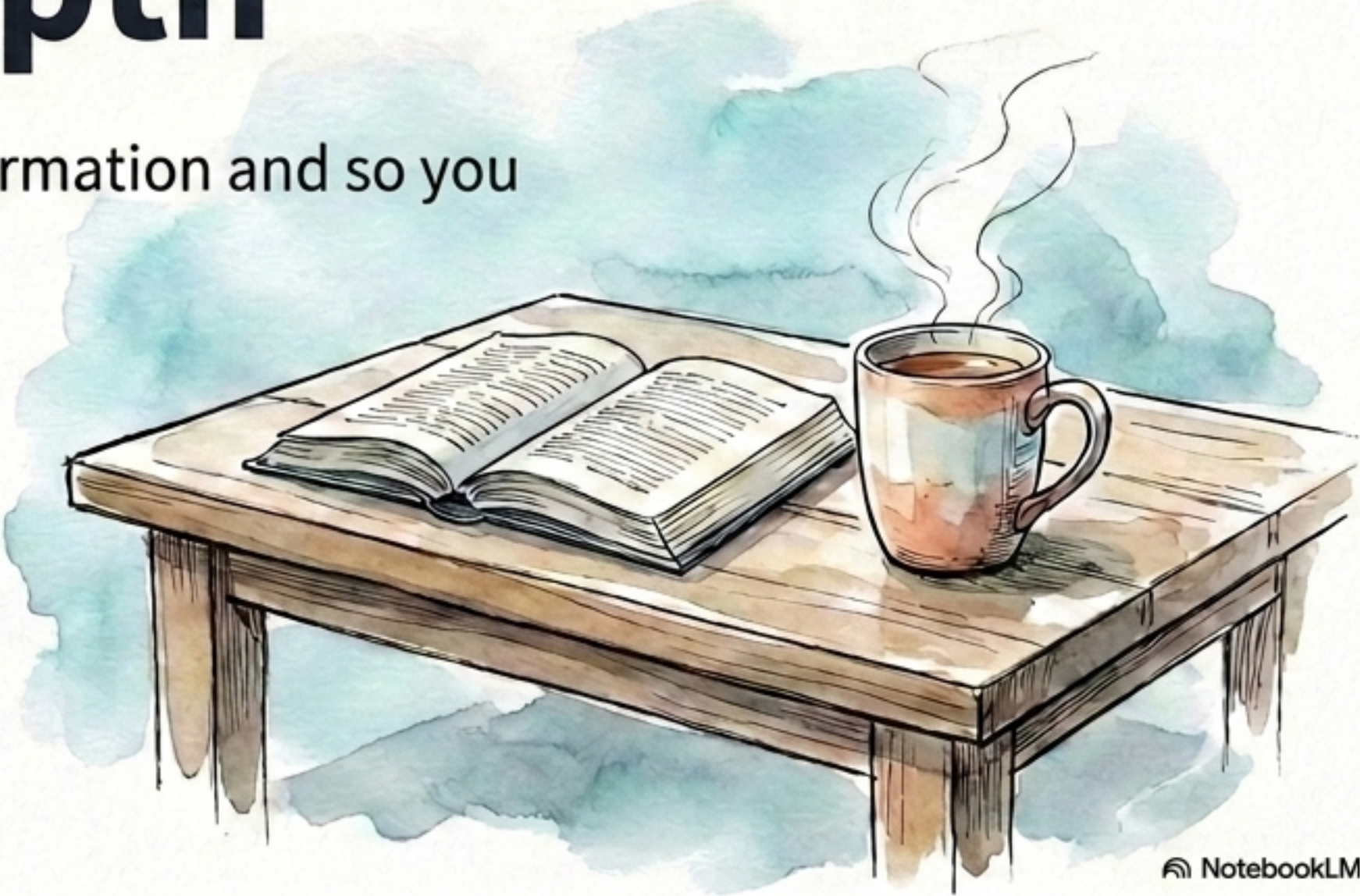


# Seven Stars • Depth

A quiet practice to unwind from the rush of information and so you never leave yourself.



# Drifting Away from Your True Self.

Bombarded with information, making snap judgments daily. Before you know it, **have you drifted far from your core, becoming disconnected?**



Pause the constant striving  
for self-improvement.

# Don't Just Observe. Engage in Self-Dialogue.

Zen is about self-reflection, and mindfulness is about observing the present moment. What we value is **engaging in a dialogue with your own self.**



# Finding the right answer will soon be a job for AI.

In an era of standardized information and narrowing technical gaps, what will endure is the ability to live by your own internal compass, not external validation, and to recognize your own personal growth.



# Are you bringing joy to the self that is closest to you?

When those closest are pleased, others come from afar. The closest person to you is your own inner self.

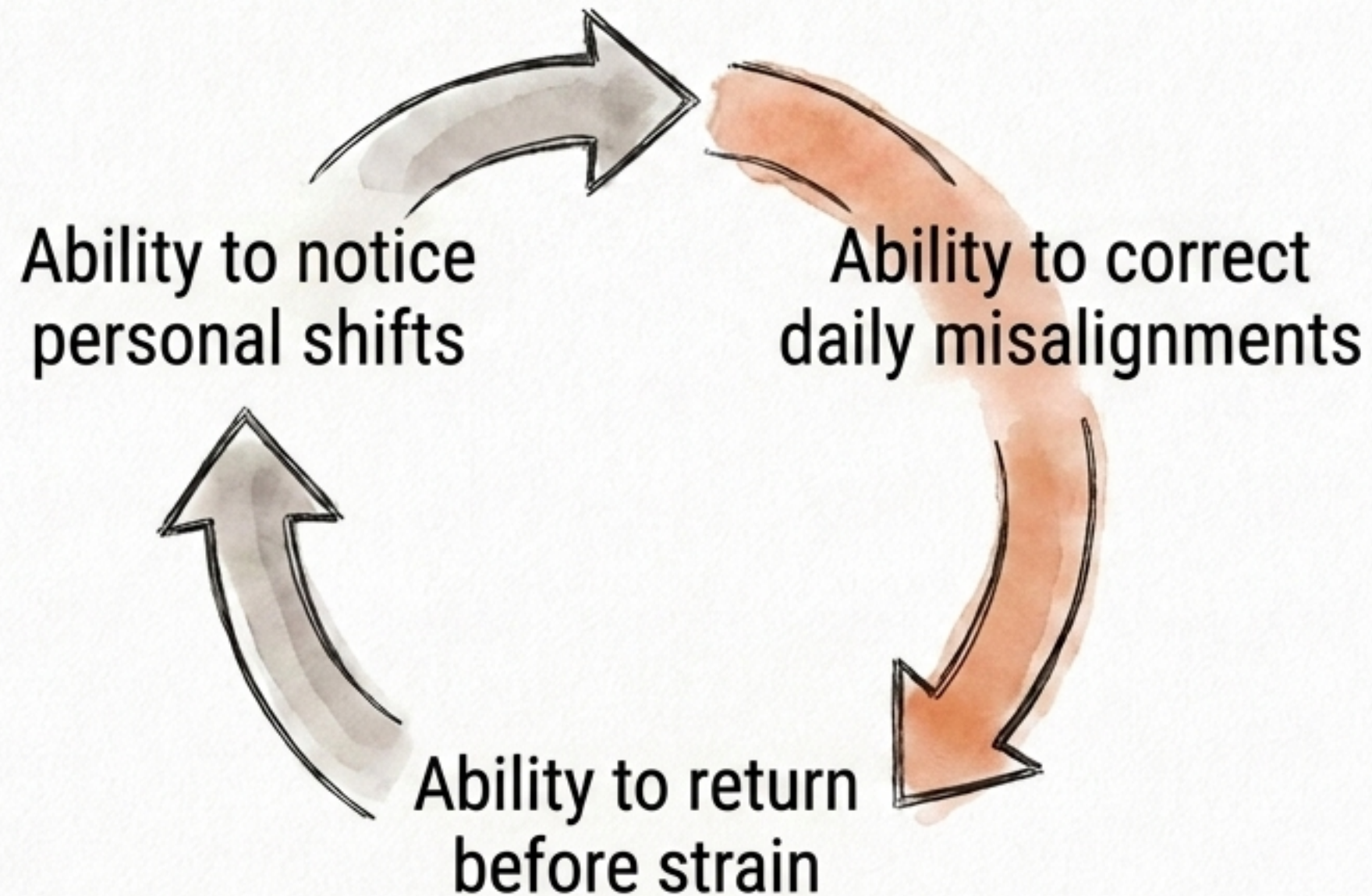
Fulfilling this is where everything begins.



**The essence lies in the seemingly ordinary, not in novelty.**

# The key is the constant ability to realign with your true self.

Recognize personal shifts and pause before pushing too hard.  
By self-correcting minor daily deviations, you build unwavering inner stability.





**It's not about going somewhere, but staying right here.**

This isn't for achieving special sensations or focus.  
It's time to gently turn inward and cultivate a quiet sense  
of being connected with yourself.

*A subtle yet essential practice for the future.*