

# Seven Stars • Heart

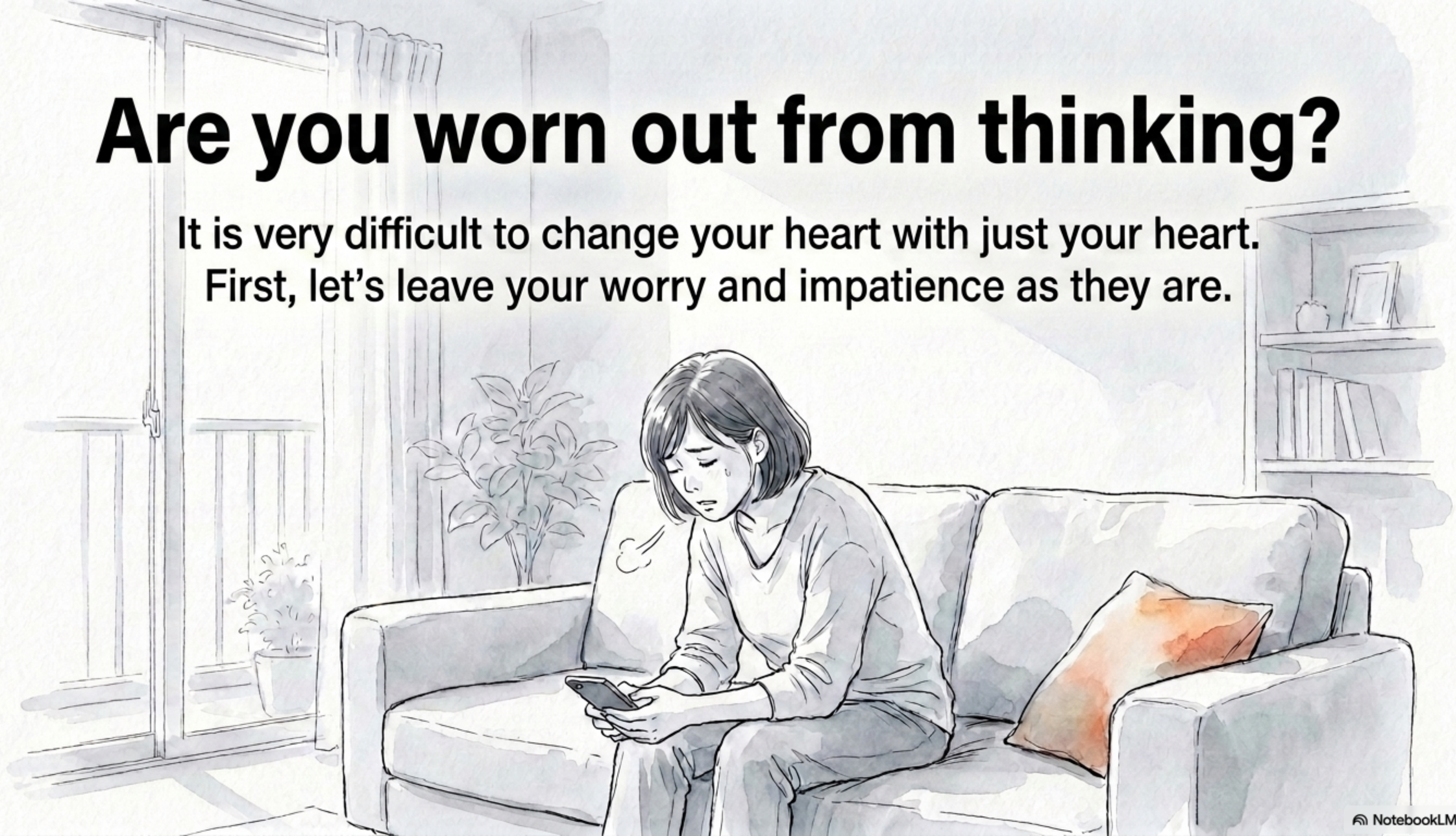
**Standing on the earth,  
looking up at the sky**

Stop the noise in your head for a little while  
A time to put down quiet roots at your feet



# Are you worn out from thinking?

It is very difficult to change your heart with just your heart.  
First, let's leave your worry and impatience as they are.



# Begin with the vessel, not the heart.



When the body is aligned, breath flows naturally.  
As breath flows, the heart quietly clears.  
Everything begins with the foundation of the body.

# God Appears Through Form

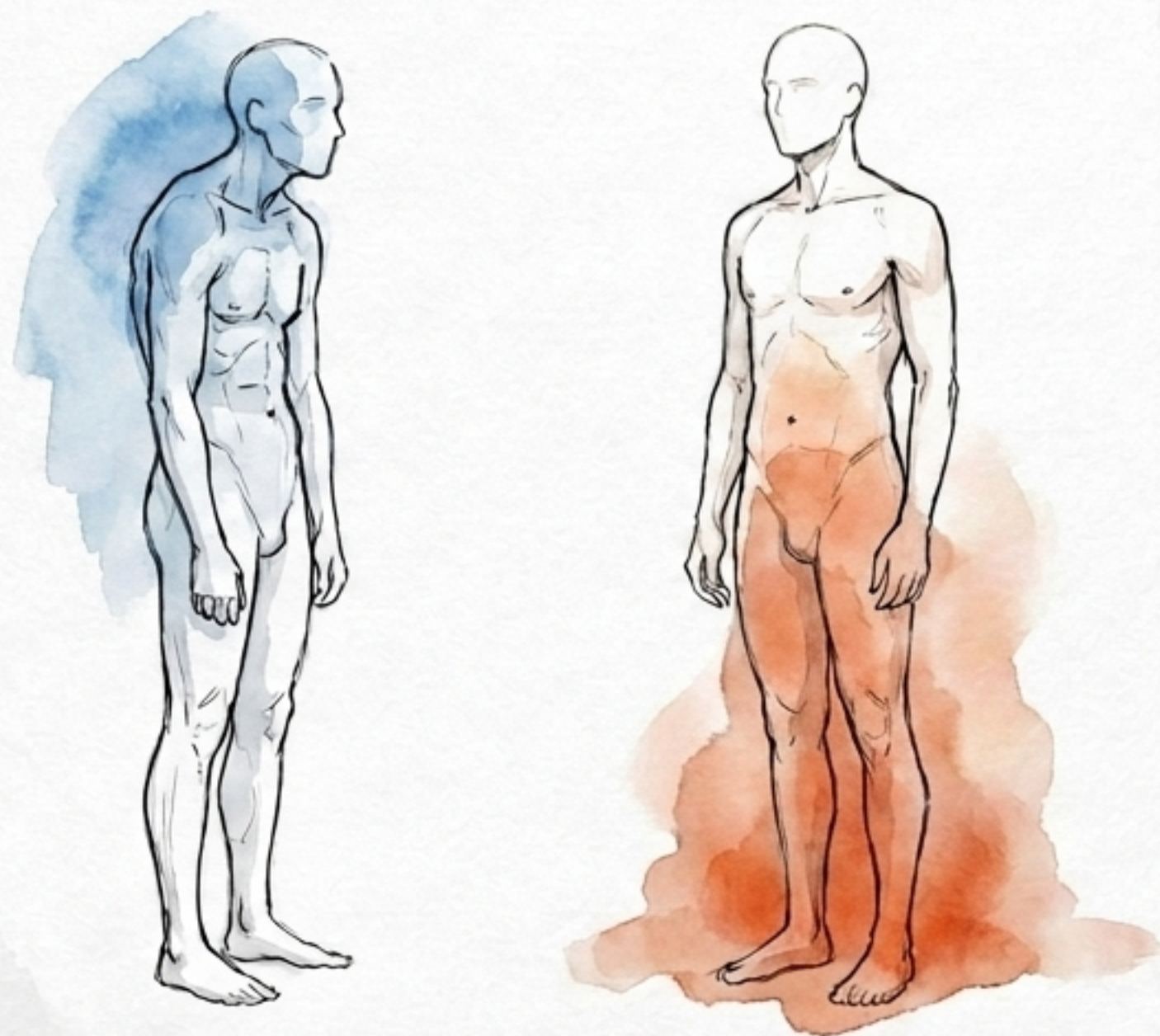
To change the unseen heart, simply  
change the visible form a little.

# To be still is the beginning of movement.



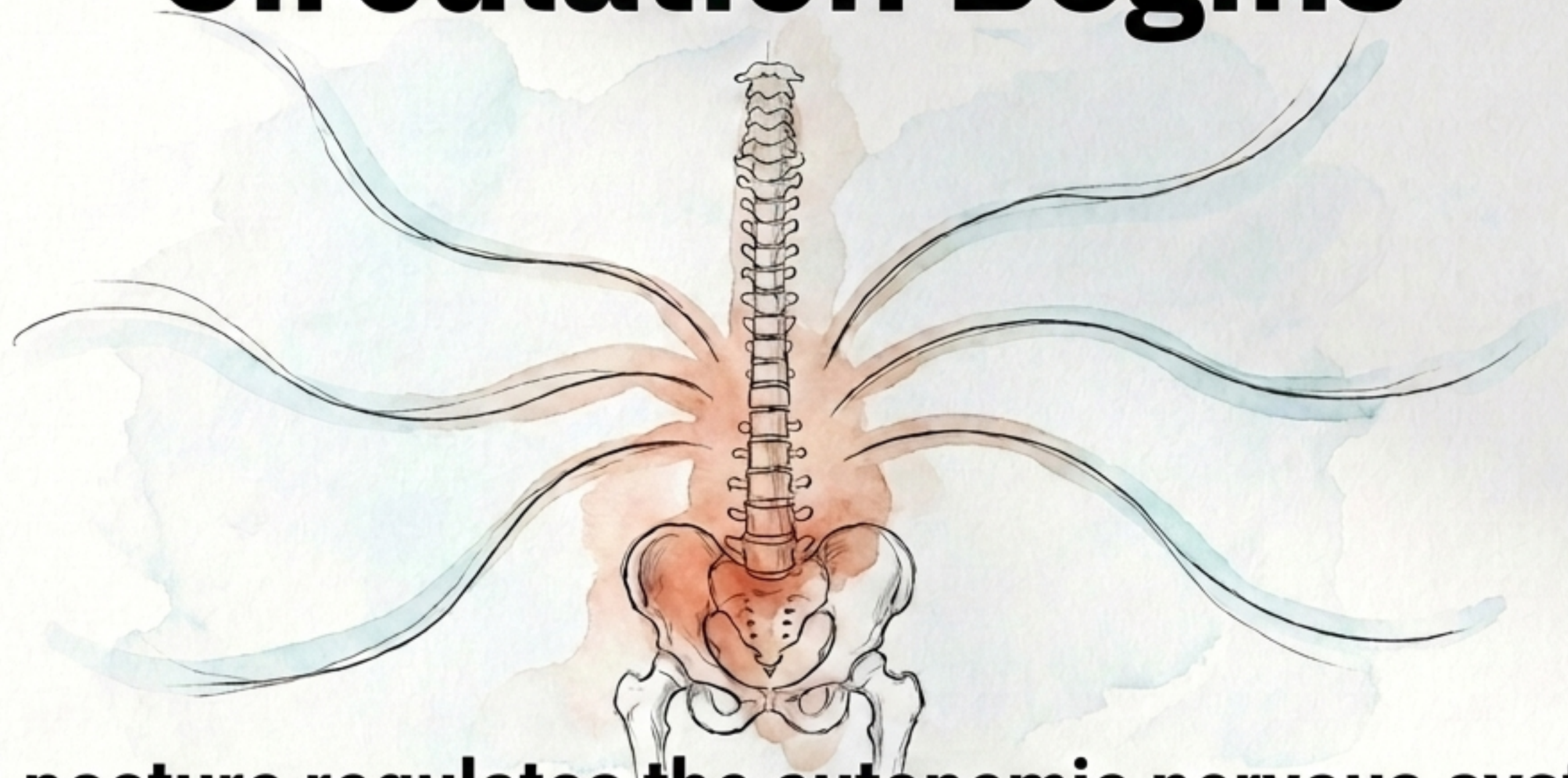
The first stage is to find your own axis within the still, standing posture. The second stage is to Hold that axis within movement. In the third stage, you will finally be able to sense your inner space.

# Lighten the Head and fill the Base



**Release excess tension from the upper body and lower your weight to your feet. Breathing becomes deeper, creating a natural state where you can move for long periods without fatigue.**

# When the Axis is Aligned, Circulation Begins



**Good posture regulates the autonomic nervous system, promoting smooth circulation of qi and blood. By regaining bodily sensations, the brain returns to the present moment.**

# The Essence is Unseen

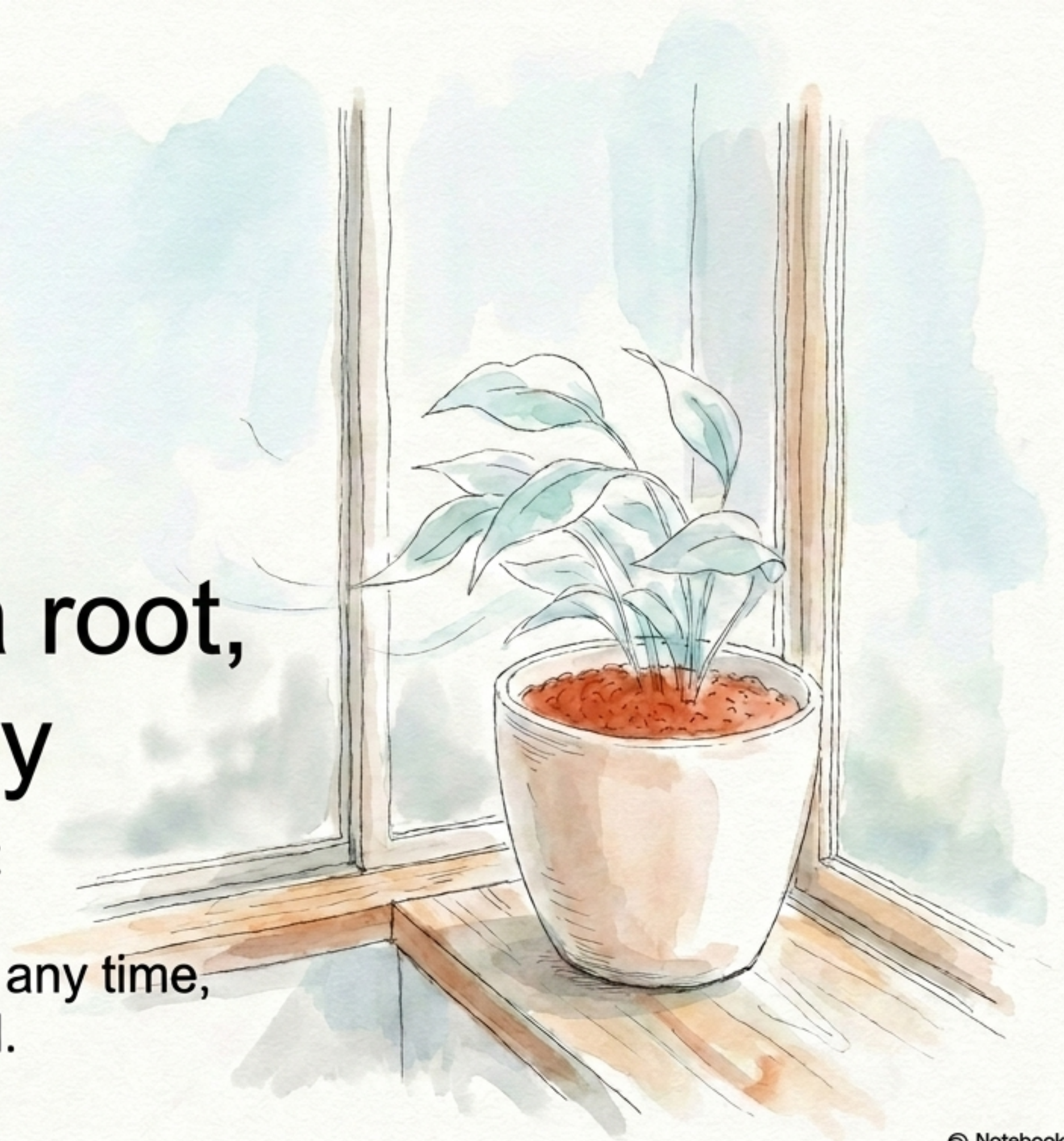
**Gently feel the floor with the soles of your feet, as if quietly breathing.  
A sense of center and release becomes an unseen root, supporting you.**

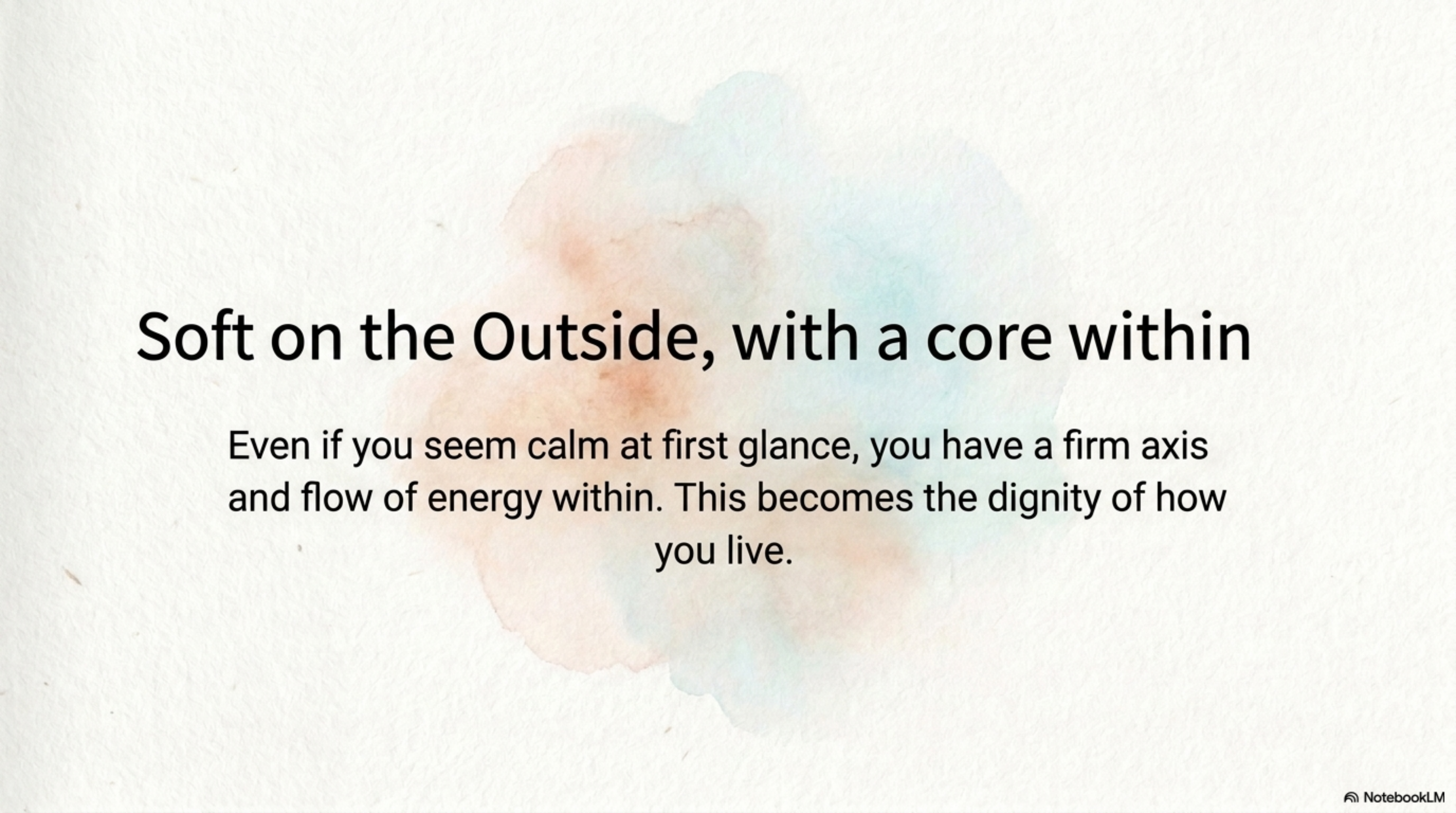


# Because there is a root, we are free to sway

Building an unshakable body does not mean becoming rigid.

It means having a place to return to at any time, so you can change with peace of mind.





# Soft on the Outside, with a core within

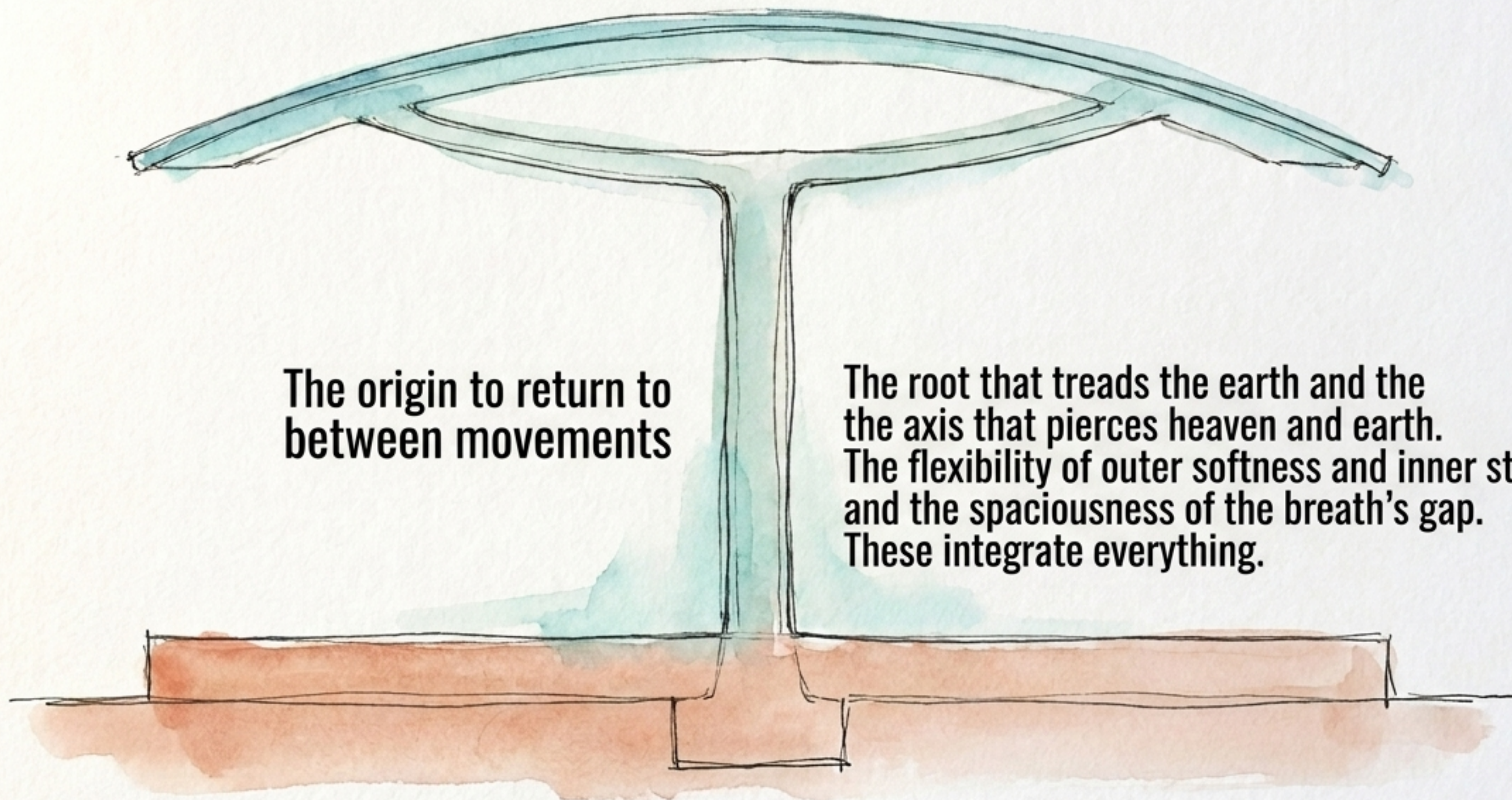
Even if you seem calm at first glance, you have a firm axis and flow of energy within. This becomes the dignity of how you live.

# **Your personal axis becomes a source of security for those riend you.**

**When your body's axis is stable, your sords and grze become naturnly softer.  
Aligning your body is also about aligning your form of existence within society.**



# Five Senses Connecting Stillness and Motion



The origin to return to  
between movements

The root that treads the earth and the  
the axis that pierces heaven and earth.  
The flexibility of outer softness and inner strength,  
and the spaciousness of the breath's gap.  
These integrate everything.

# **The way you stand is the way you live.**

- **From today, try to feel the weight on the soles of your feet just a little.**
- **Just by standing naturally, you are ready to move forward.**

