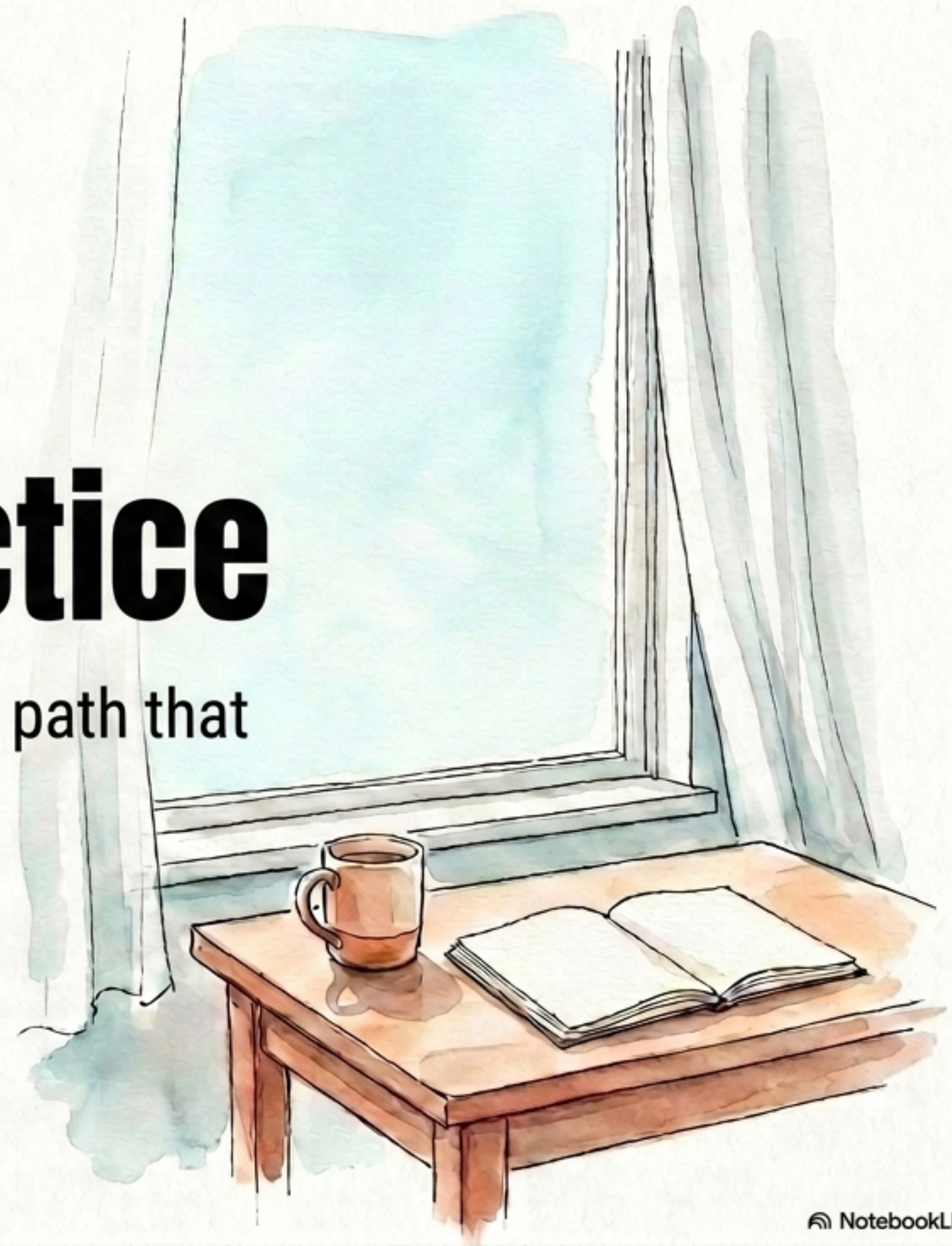


# Seven Stars - Practice

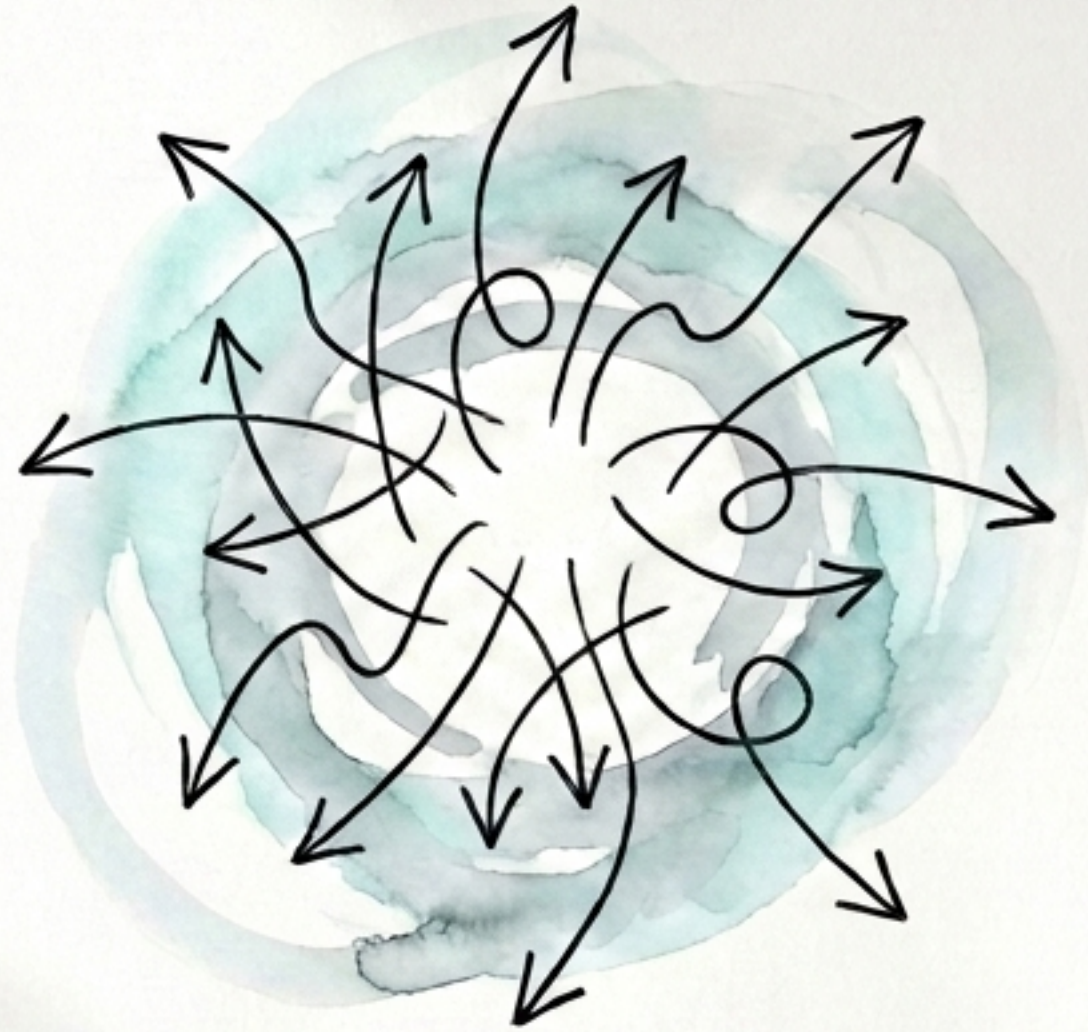
Small daily accumulations become, in time, a path that is yours alone.



# **Your True Self Blurs Amidst Others' Voices and Information Overload.**

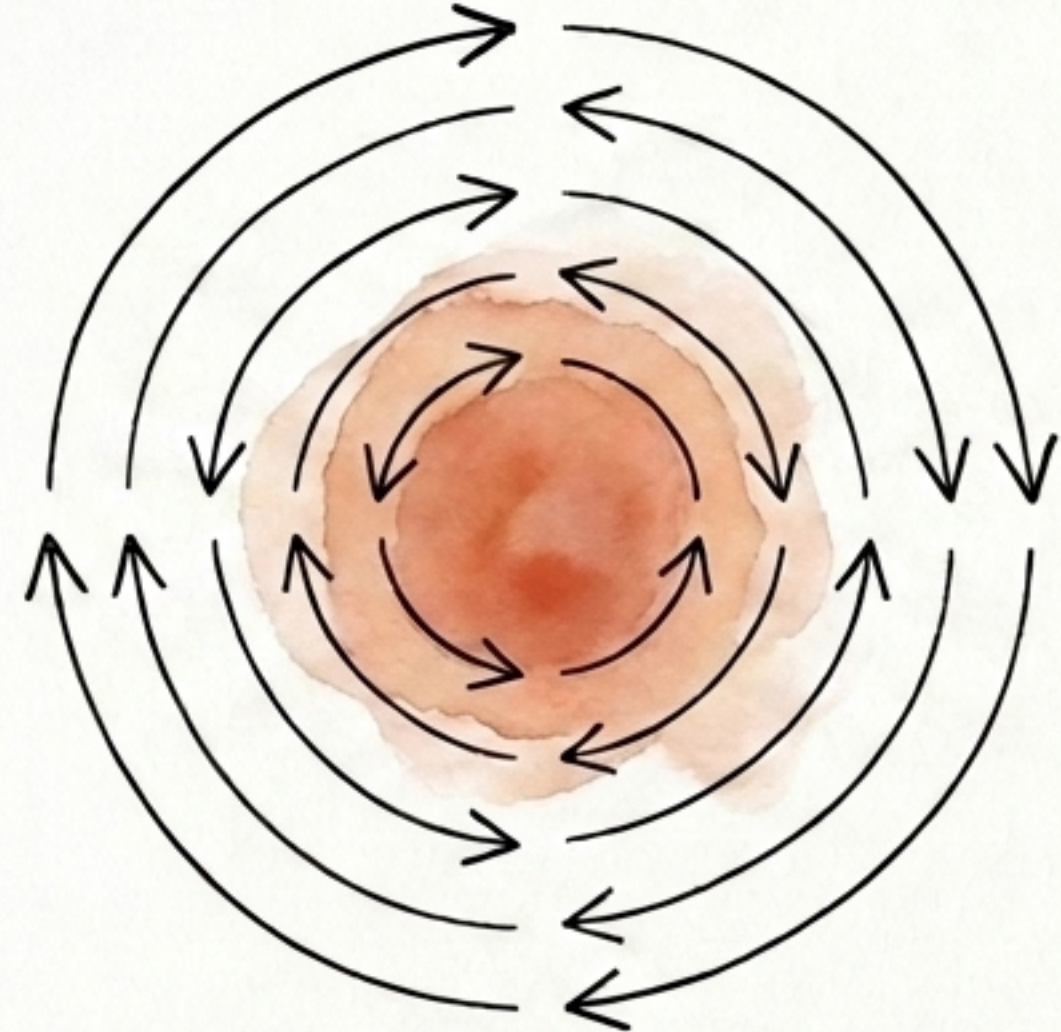
As we constantly react to the external world, we gradually drift away from who we truly are.

Shallowness is being swayed by the outside.



Shallow state. Reacting to external noise, forever lost by others' standards.

Depth is being close to your inner self.



Deep state. Facing yourself, trusting your innate senses, returning to the center.

The search for answers outside is over. Let's begin the journey of reconnecting with who you are.

# At YISHUIKONG, we deliberately choose an approach of “KNEADING” over simply learning.

Instead of adding knowledge from the outside, we take the time to transform your quality from the inside out.



# Density Transforms. It Will Not Betray You.

Knowledge and technique grow old. But quality cultivated from within—like kneading clay or qi—lasts a lifetime.



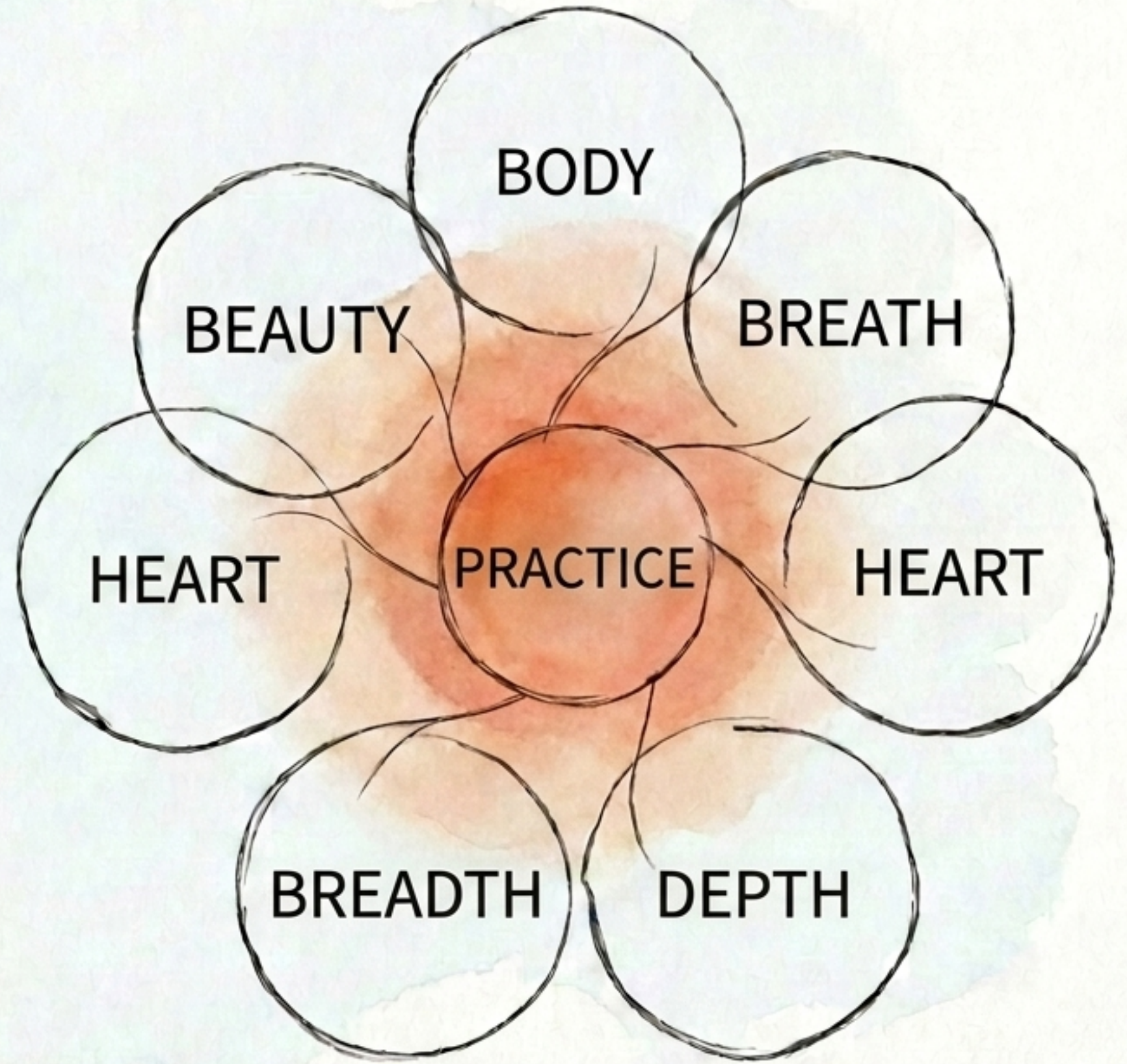
Stage 1


Stage 2

Stage 3

**The body and mind  
are inseparable.  
Knead everything  
toward the core.**

Align your body, flow your  
breath, clear your mind. Do  
not treat them separately, but  
as a single, unifying force.



A watercolor illustration of a human brain in profile, facing right. The brain is rendered in soft, light blue and white washes. From the base of the brain, a circular area is colored in a warm, reddish-brown hue. From this base, several thin, black, wavy lines rise upwards, resembling smoke or steam, symbolizing thought, creativity, or internal power.

# The power to act is not bestowed by others.

Cultivate that which quietly rises from within your own consciousness, senses, and originality.

**Not enduring through force,  
but a flexible strength  
aligned from within.**

**It is a state of having a strong core,  
a resilience that never breaks.  
Leading one to a noble quality.**



# What is needed is a consistent rhythm and a clear direction.

Even if the final form is not immediately visible, and progress is hard to see, simply continue without giving up.



Quiet accumulation eventually becomes your unwavering path.