



unsettled

Begin again







The pain.

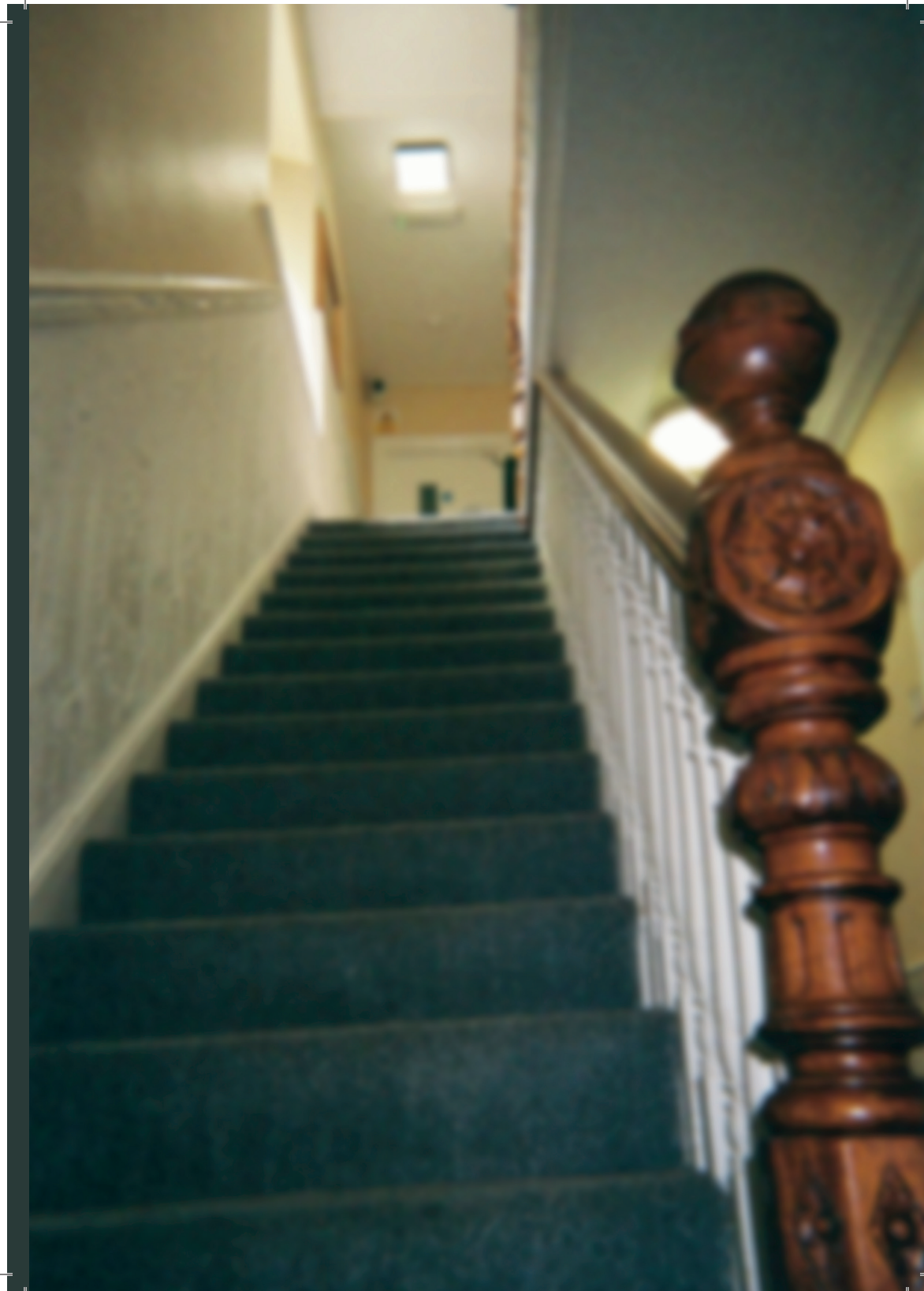
The noise.

The confusion.

You
journey
on,
and
you
land
here.



A safe space.



The outside is still
but inside is
spinning





Churning.

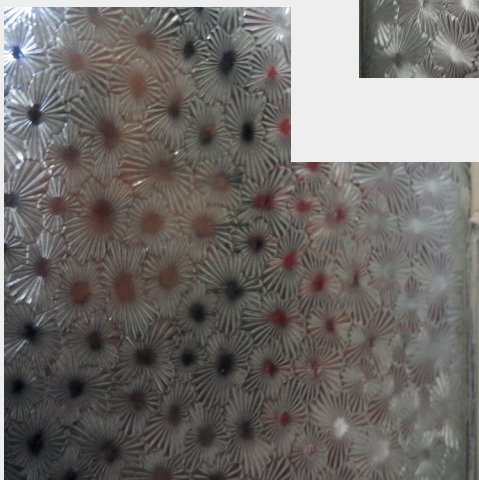
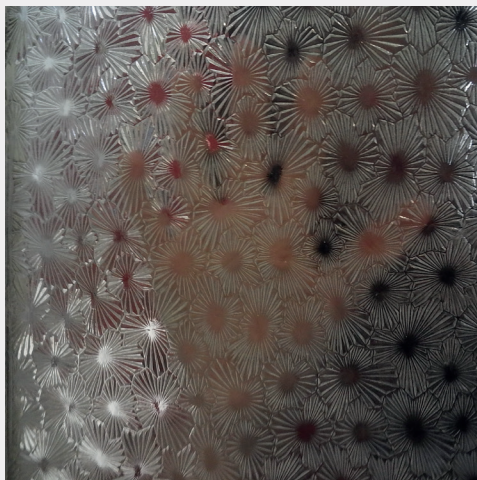
Reeling.

Overwhelming.

Safe

Hidden





Trapped.





I'll meet you in your chaos

In your darkness

Where you hide behind walls

You feel trapped

I can't pull you out

But I am here

In your chaos

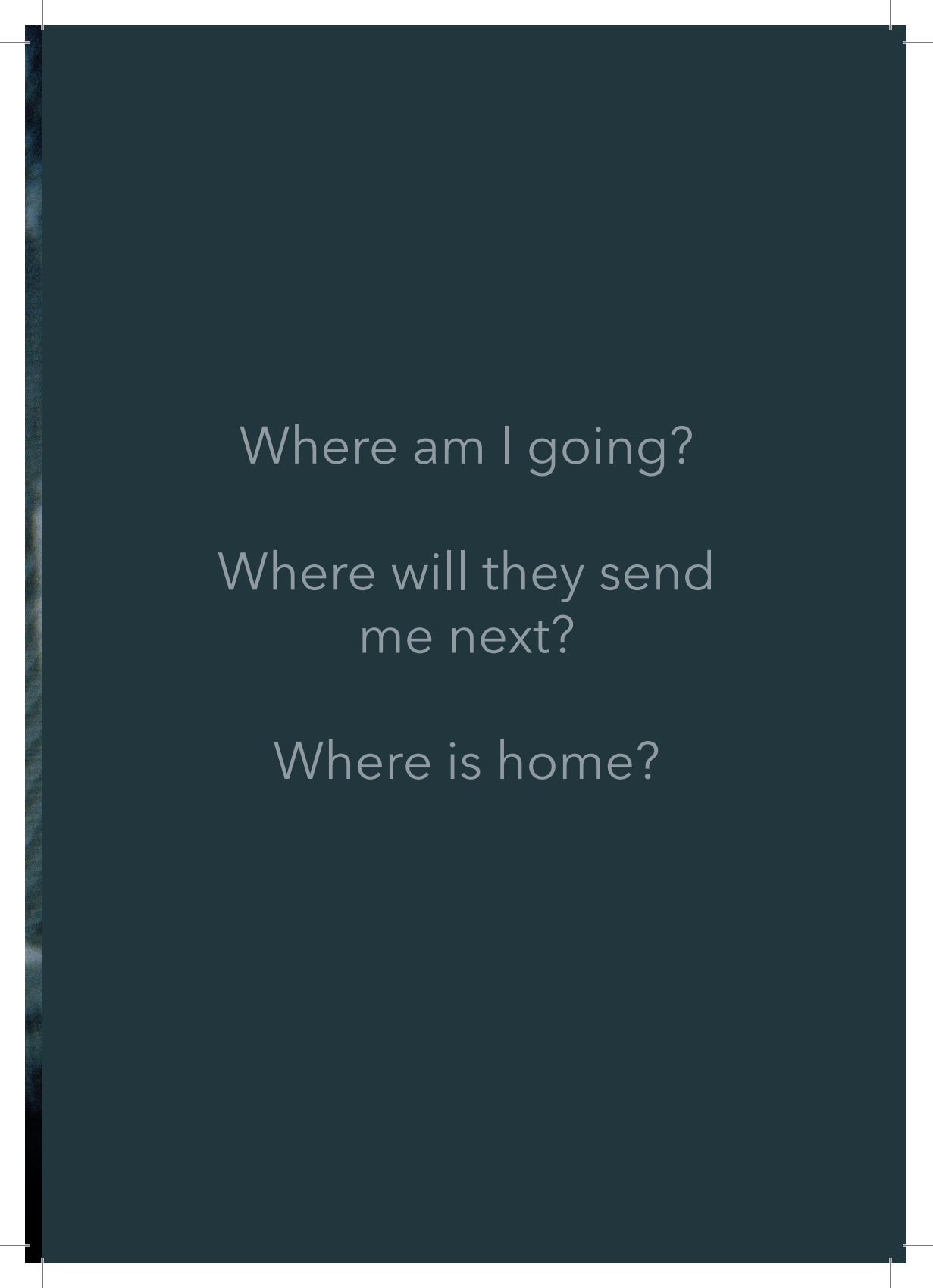
In your darkness







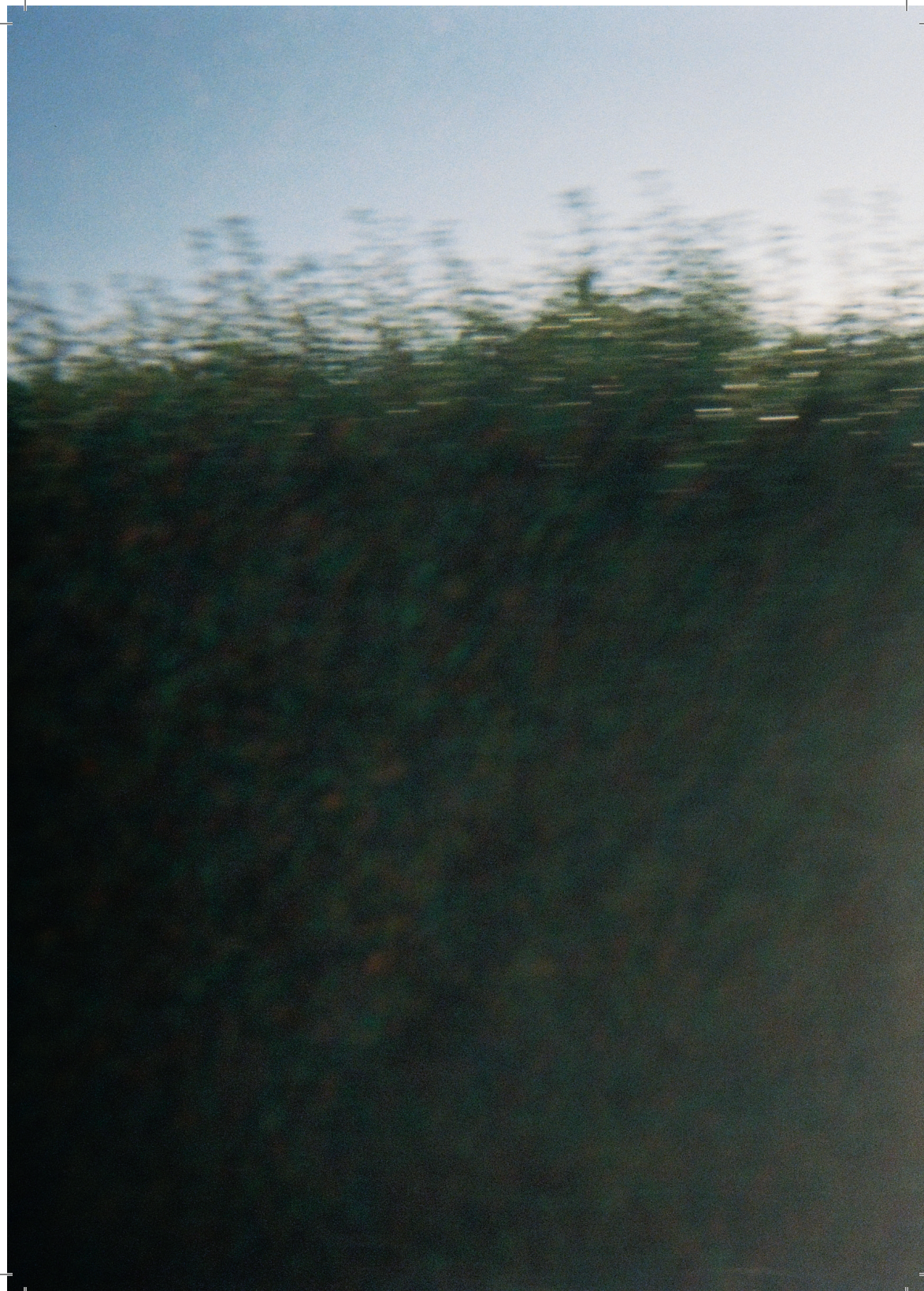




Where am I going?

Where will they send
me next?

Where is home?





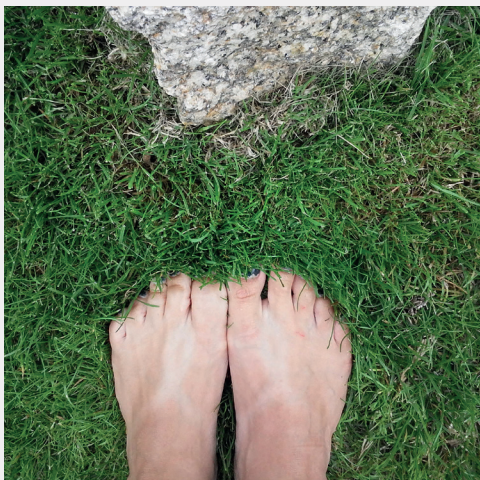


Step
outside

Feel the breeze

Find
yourself
in
the
roots
of
the
trees





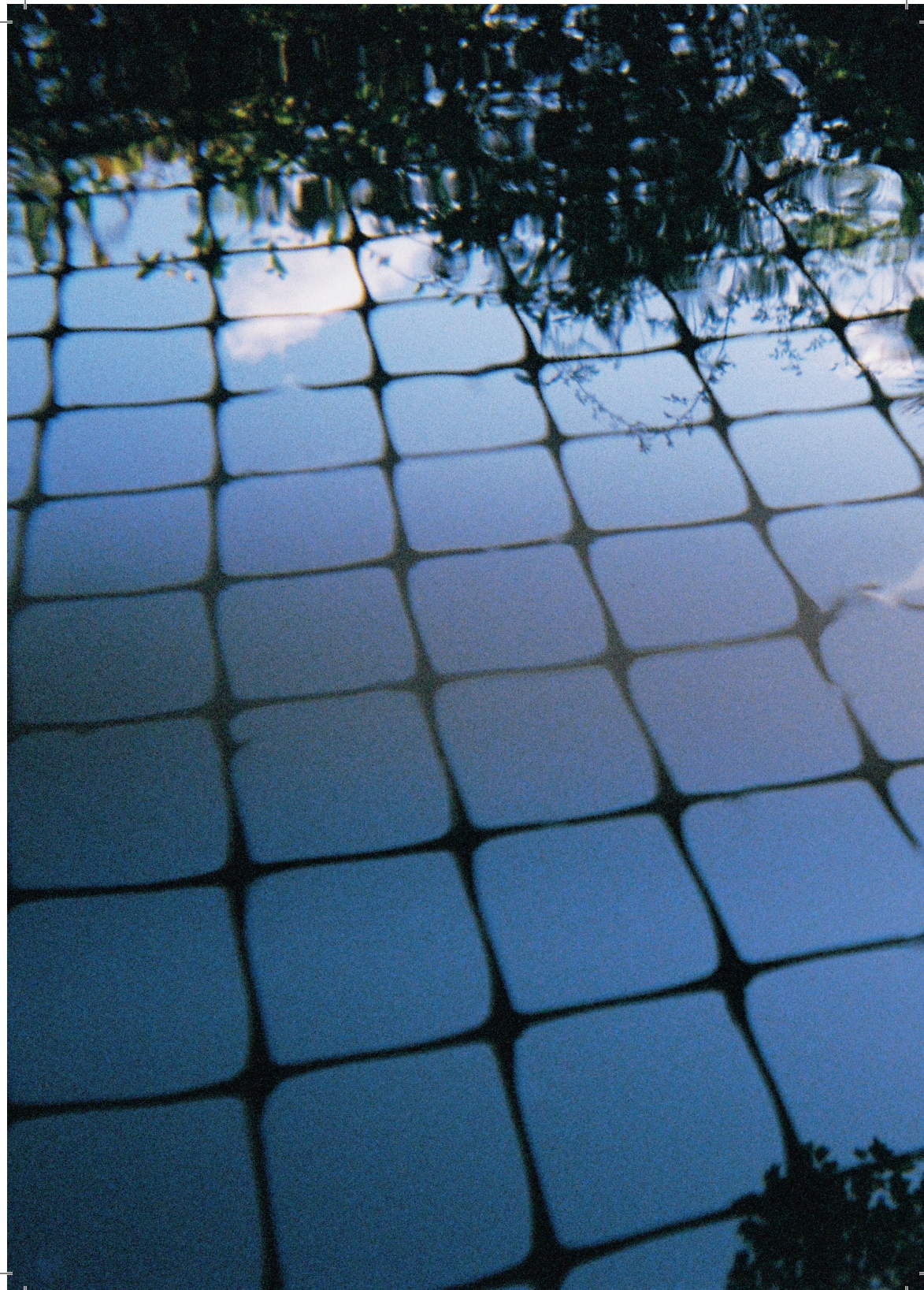
Take
a
breath

Feet
on
the
ground

Finding
solace



You
are
held.









Searching for myself
in the rubble

Where am I?
Who am I now?

I followed you
And I lost myself

Crumbling

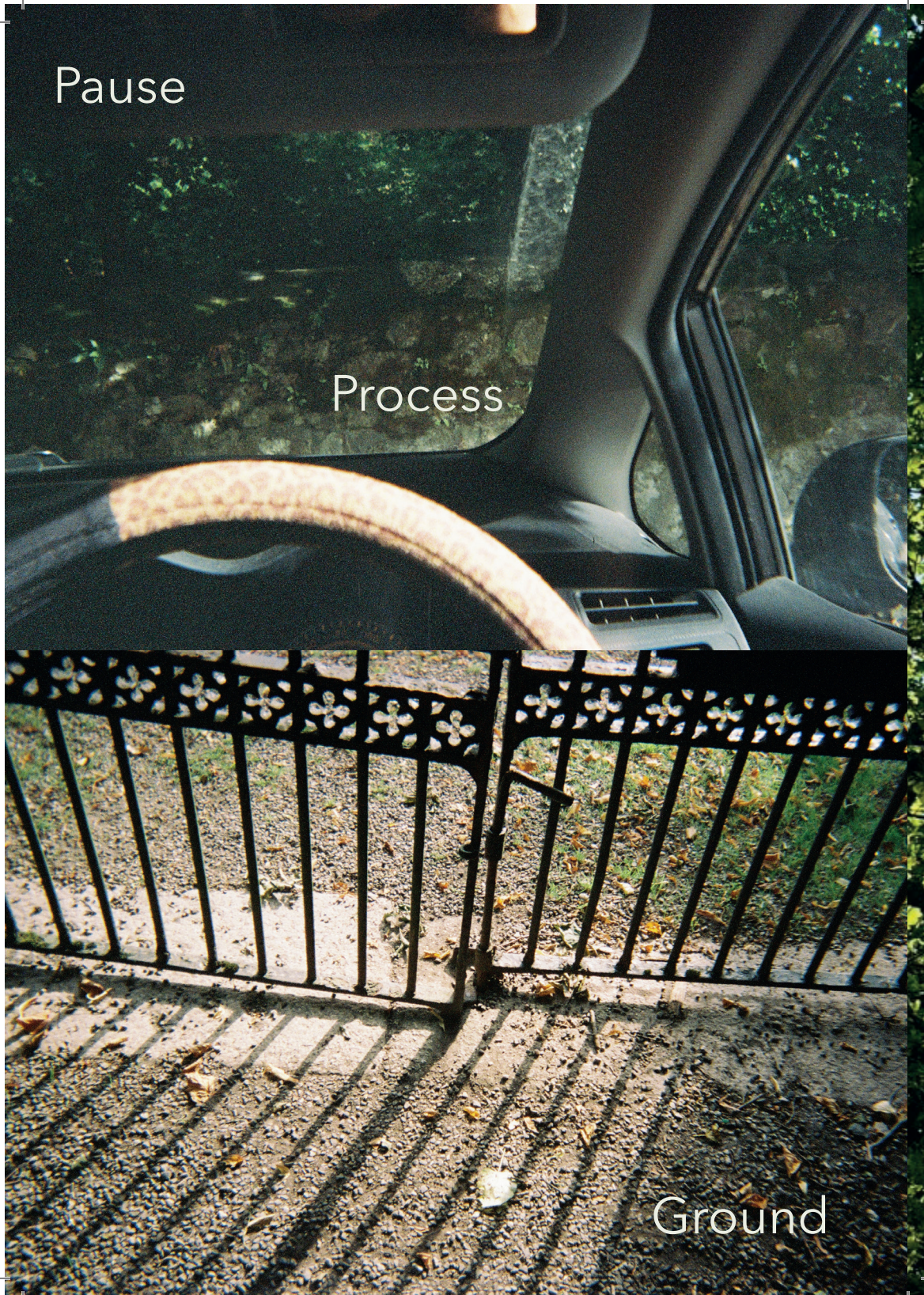
Falling

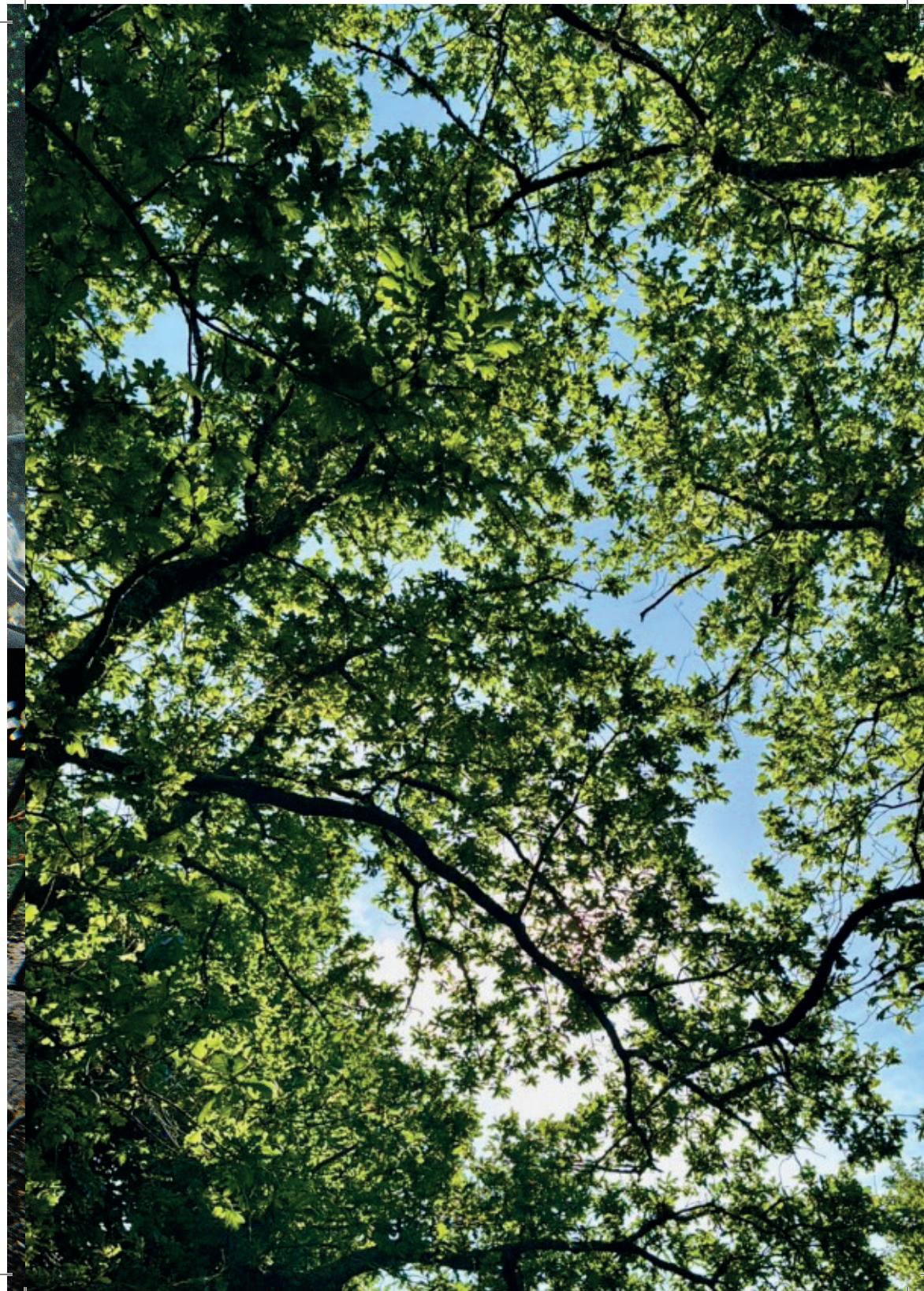
Now I search for what is left.

Pause

Process

Ground





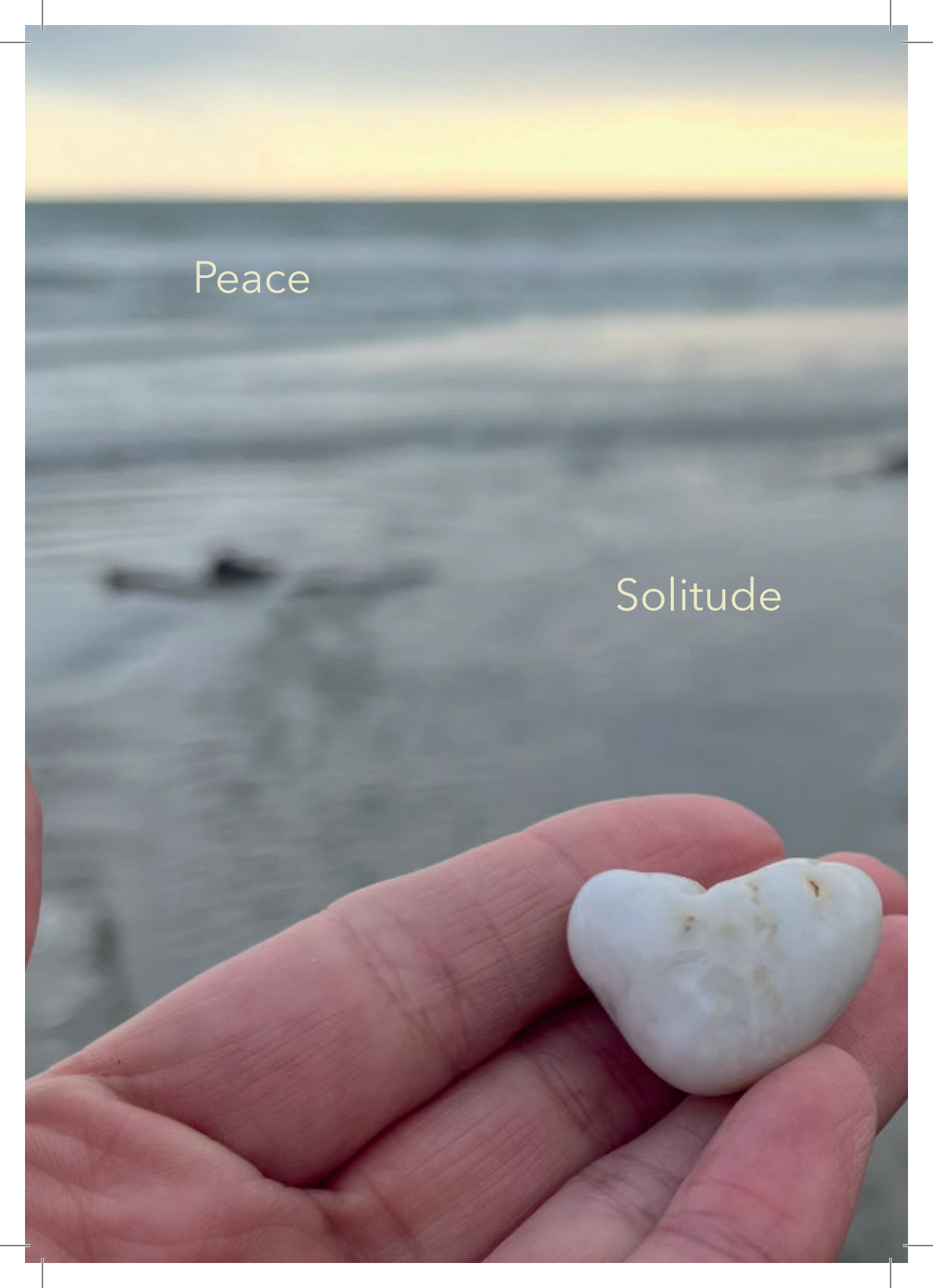


You
built
your
armour
to
protect
yourself

Layers
upon
layers
you
lost
yourself

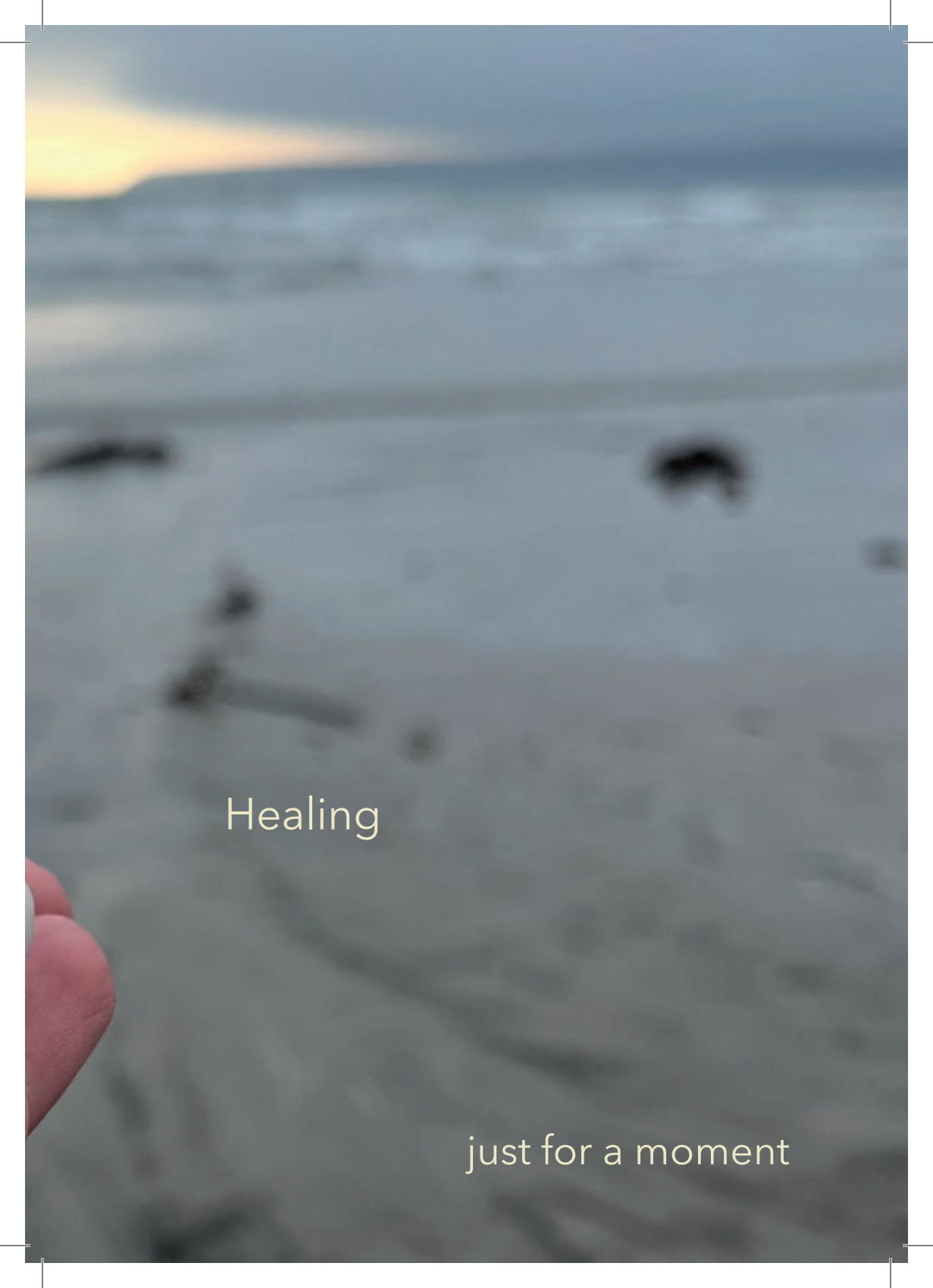




A photograph of a hand holding a small, white, heart-shaped stone. The background is a blurred beach scene at sunset, with waves and a person in the distance. The word "Peace" is written in the upper left, and "Solitude" is written in the middle right.

Peace

Solitude



Healing

just for a moment

A new space



A photograph of an empty room corner. Sunlight streams through a window, casting long, warm shadows across the white walls and floor. The floor is a light brown color and shows some signs of wear and debris. The window has a white frame and a dark sill. Outside the window, green foliage and a clear blue sky are visible. The overall mood is peaceful and serene.

An
empty
space



A
new
beginning



Where
is
home?

