



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?

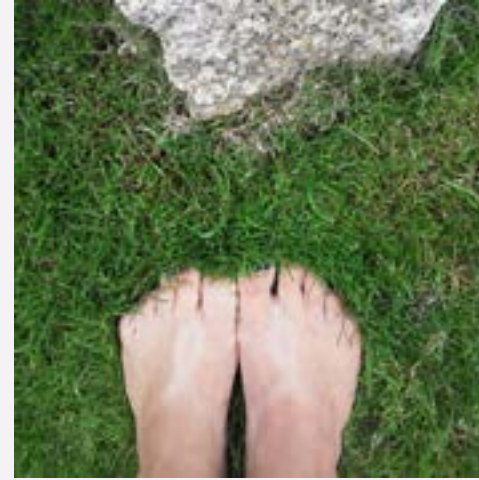
Where will they send
me next?

Where is home?





Step
outside



Take
a
breath

Feet
on
the
ground

Feel the breeze

Finding
solace



Find
yourself
in
the
roots
of
the
trees



You
are
held.





Searching for myself
in the rubble

Where am I?
Who am I now?

I followed you
And I lost myself

Crumbling

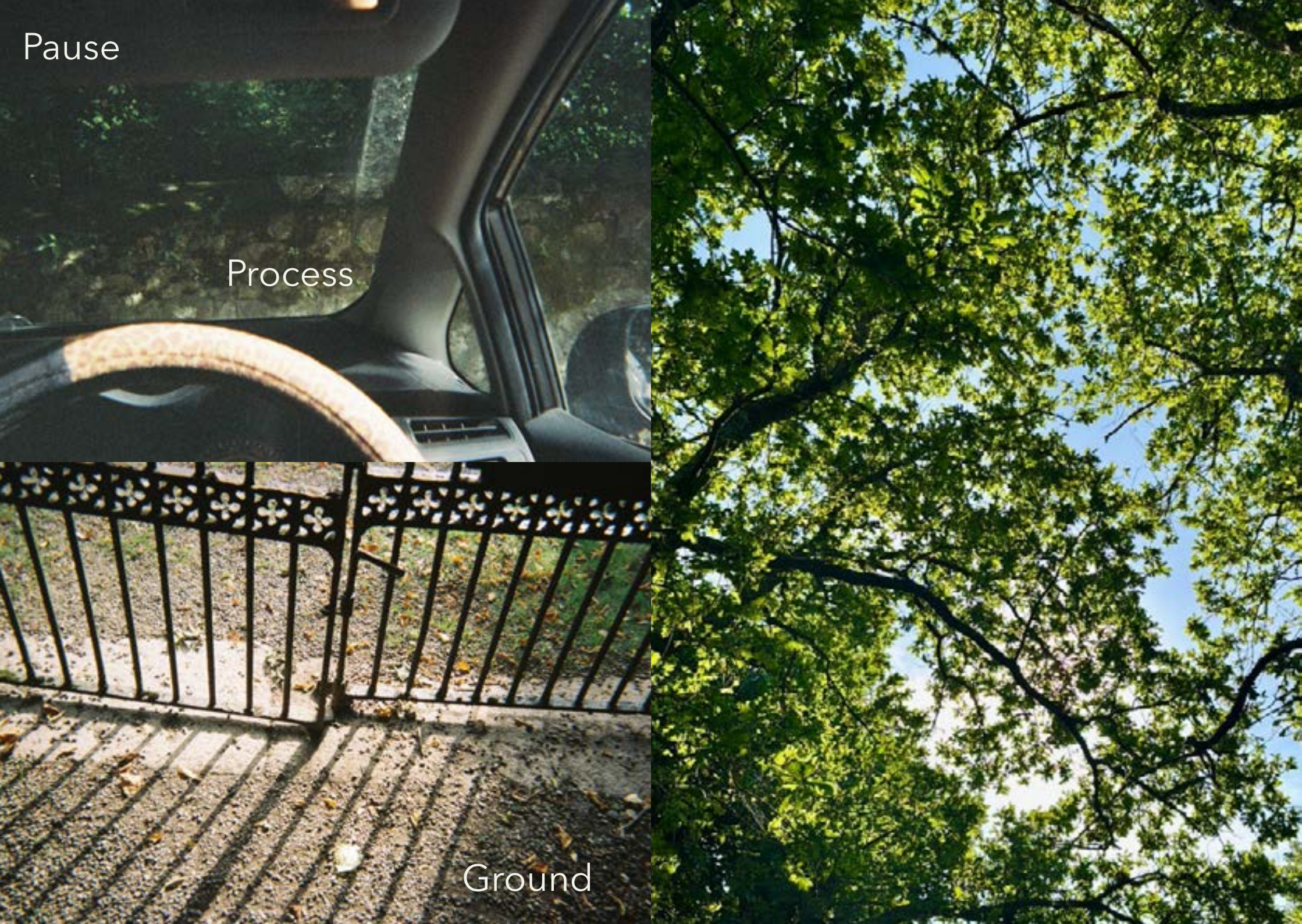
Falling

Now I search for what is left.

Pause

Process

Ground





You
built
your
armour
to
protect
yourself

Layers
upon
layers
you
lost
yourself



A close-up photograph of a person's hand holding a small, white, heart-shaped seashell. The background is a blurred beach scene at sunset, with waves breaking on the shore and a warm, orange glow on the horizon. The text "Peace", "Solitude", "Healing", and "just for a moment" is overlaid on the image.

Peace

Solitude

Healing

just for a moment

A new space



An
empty
space





A
new
beginning



Where
is
home?

