

cycles.

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soundtrack by Leo Zarucky
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chasing brainless focus
artificial energy - prescribed cleverly
(focus)

on. clarity. wired. easy. uneasy.
fire. burn out. fire. freeze.
(focus)

i seek my rhythm
in mind
in s o u l

(focus)
follow flow - a simple decision
for natural rhythm

harnessing turbulence in this conscious
experience.

through this work I have explored my recent ADHD
diagnosis
how it's led to holding myself back with self doubt,
rooted in a fear of non performance

medication giving space to unpack why I'm so afraid
all the time
the angst over whether this is just legal drug
addiction
the battle with dismissing comments like "everyone
has ADHD now"
the apprehension... is this just to fit into a
societal mold, to function how I'm 'supposed' to?

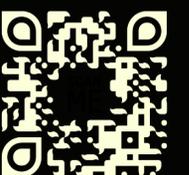
or is it just helping to even my playing field

grieving my past self
reflecting and learning more about him
questioning life ahead of me with newfound confidence
and enthusiasm
the prospect of exploring life outside of 9-5

seeking a stronger bond with my natural cycles,
interests, attention, sleep, body, energy...
and I have faith that this can lead to a more
content mind, body and soul

please immerse yourself in this work's presence
witness the transitions, the cycles
what do you feel?
why do you feel?

made using 317 milk bottles and 5000 LEDs



Follow, get in touch,
tell me what you think!