



















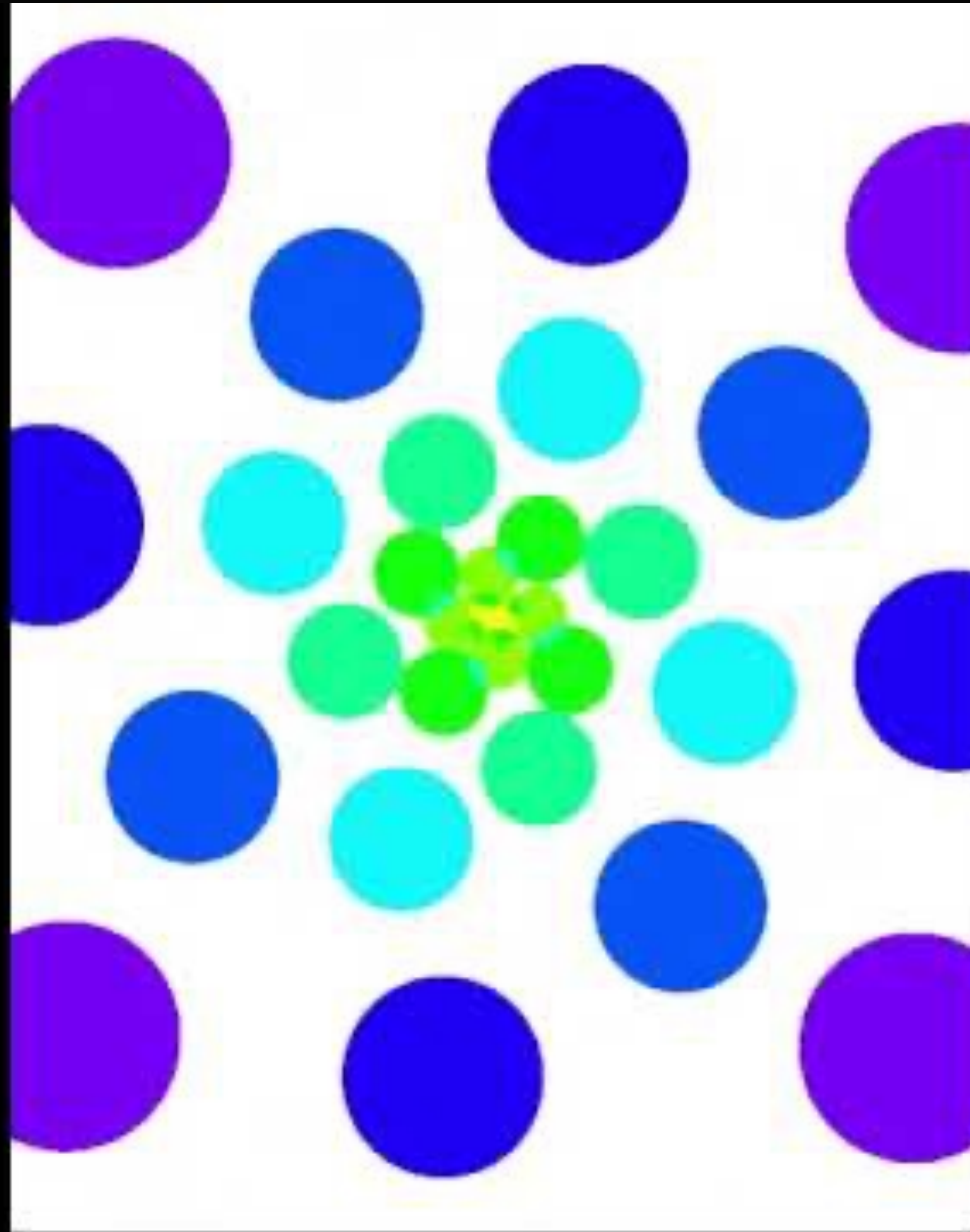




this never



happened



What happens if we close our eyes for a second and let your mind do it's thing? Usually, a tumult of thoughts takes up the empty space with a speed faster than light. We cannot face them all in the same time, sometimes not even one by one. This can lead to us feeling worried or overwhelmed.



Once we open our eyes though, we get distracted by something else and we forget for a moment. It was just in our mind, it never actually happened, did it?



arşaluis negrişan

just be



What stands at the base of everything? Of you, of the people, plants and objects around you? At a tiny level we are all made of atoms with subatomic particles orbiting around its centre. So let's just be.