Scrolling through my social media I find many posts about discovering who you truly are are that finding upwelf in by doing the unexpected. I came across of pictorie of a palloon pulling back a brick wall to show an expected senery. This gets me think about all the posts on also finding yourself and how by just unueiling yourself from they brand plant wall that blocks you that you can experience all that like has to offer.

After thinking of this for a few minutes I shut my lappop and supprofessions been problemant some around my bedroom at now plain and boring it is with my white was walls, wooden floor baract and white furniture of a bed desk and draws. I wanter

I sump off my bed and put my shoel on a set offaut of the house. I make my way down to a department stone. When entering Habe in Its size and mays of all the different section, it has to other.

After wondering around fer abit I make my way to the how while nome ware section. Once there I find a set of Yellow candeds as bright or the not sun on a summer day.

They may I smelt man and quelity a remainster they

Remind Me of a day my family hood at the beach and the smell of the account scented sunscreen. Deciding that they were nice a got them in my basket and moved on to the next osile there I found nows a opon rows of antevent coloured and textore of pillows. Scanning through the pillows I come again that pillows I come again the blue. I pull them and win my finger through the Soft forg fabric, and I squeeze the pillow to faith the softness of its sentine. I then put the pink and oraggne pillows into my pasket.

After wondering through a few more alse I care accordance one much bigger than the rest which was filled with different colours of paint, and any colour you could ever which was in this asie. Scanning the different colours I come amend a vibrant tool work and quickly place it in my baskel.

After purchasing the Hem! I neturn nome and place them on the few in Front of me: Taking out the yellow candles I don't hem, when I have seent of coconuts quickly fills my room. In I then more on to the pillow and proper place them on my nealty made whill bed sheets; giving that make the oxagne

## and pink pillous pop with colour.

After being pleased with that I move on to the paint. Iset down an old bed sneet in front of the wall I want to point can to reven the vibrant bright colour within memorized by the colour laip my hand and and cascade down back into the can once only the exsess paint has soft I then move to the wall and place my hand on it feeling satisfied I regarded this again and ogain until my whole wall is till of leal colour hand prints.

Hake a step how and etempet and admire the work I have down on the old hed sneet on the faber and look of all the wall. To think this all started with that one picture and on few posts about Anoling yourself and I unexpectingly found me.

as the paint on my body Started to dry I get to p and lordy made my self to the pathwarh. I slip into the not shower and water a paint begins to become strecked with real paint.

101.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1
1 Stew under the water water until there is not
more dirops of feat in the water around my feet and
1 step out into the steam filled bothroom.
Interported a fecul proceed me I walk truning the
mirror and wipe away the condensation of the
Steam to pevel my bright alone eyes, glowing
steam to revol my bright alone eyes, glowing skin and asmile on my face. The person staring
made at the is the person that e person in
it all because of that unexpected finding of
that one photo that has impacted me and
mulife son much this has shaped me into uno 10 mg
mulite son much this has shaped me into uno lame and took away the boring cover I had integent of me
and reveiled a lifeful giv1. I've found what makes
me pole.
- 11 -