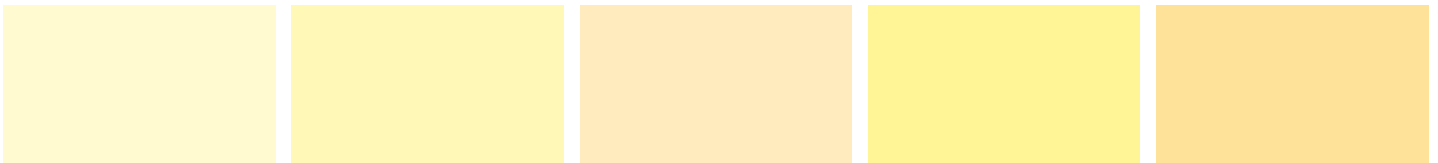
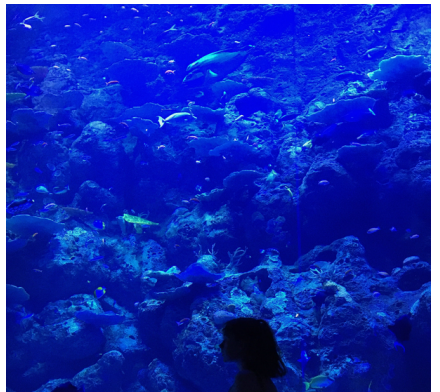


you can do hard things; but you do not have to do them alone



This collage is a product of a neurological condition known as synaesthesia.

Synaesthesia is a form of neurodivergence. It describes the strong, and immediate connection between sense that I experience. I experience multiple types of synaesthesia

For me, this is what healing feels like. The colours are drawn from the sound of 'healing'

I selected the pictures based on the textural feelings and emotional colours I connect to healing. For me this is the taste of hot cholate, summer breezes, soft fabrics and carrying a comfort item.



I have also included an artwork by Fiona Omeeny, an Aboriginal woman from Northern Queensland. Her work is entitled 'Big Family Gathering'

I chose to use her image as it beautifully conveys the acceptance and community connection that often accompanies healing.

