

be Still

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Enlightenment

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In my painting titled "Enlightenment", I aim to capture the journey towards selfawareness and self-growth, which is often chaotic and filled with struggles.

The painting portrays the internal turmoil that we experience during this journey through a spectrum of colors. Each color represents a different phase of the journey, and the chaos and struggle are evident in the mixture of colors. However, as the journey progresses, the colors gradually shift towards a serene blue and blue hues, representing the final phase of enlightenment. This transformation is depicted in a pair of eyes that reflect a sense of clarity and understanding.

For me, "The Teacher" in my life has been my personal journey towards selfawareness and self-improvement. This journey has not been easy, and there have been times when I have felt lost and uncertain. However, as I have learned to embrace the chaos and see it as a necessary step towards achieving enlightenment, I have experienced a sense of peace and clarity that I never thought was possible.

ENLIGHTENMENT



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