



THE
PRIMARY COLOURS
OF CREATION

The Primary Colours of Creation

The colour Spectrum of Consciousness

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Introduction — The Education of Perception

In school, we learned that the three primary colours were red, blue, and yellow. We painted, we mixed, and we memorised — never questioning why yellow, not green, was placed in the centre. It was a simple substitution, so subtle that no one thought to ask. But it changed the way we understood the world.

For what we were taught was not wrong in appearance — it worked well enough for paint and canvas — but it was wrong in principle.

The universe does not create with pigment. It creates with *light*.

And light's true primaries are red, green, and blue.

When these combine, they do not produce darkness; they produce white — the visible reflection of unity itself.

That one missing colour — green — may seem inconsequential, but symbolically, it displaced the heart from the centre of the spectrum.

It turned creation into reflection, made the world seem external rather than alive, and taught generations of children that life was built by mixing what is absent rather than emitting what is present.

We learned to think in subtractions.

We learned to define ourselves by what we exclude, not by what we radiate.

The same distortion happened in sound.

The natural resonance of creation vibrates in coherence at 432 hertz — a frequency that calms, balances, and synchronises the living field.

But in the early twentieth century, the global pitch standard was 'raised' to 440 hertz.

Again, it was a subtle adjustment — a mere eight cycles per second — but it changed everything.

The instruments of the world, and by extension the nervous systems that listened to them, began to vibrate slightly out of tune with the natural harmonic sequences the world was founded on.

These changes resulted in the introduction of distortion.

In the pursuit of standardisation, they inadvertently weaponised sound.

But every small distortion introduced at the foundational level eventually amplifies downstream.

The child who learns colour as reflection and sound as dissonance will grow up in a world that prizes simulation over essence, imitation over authenticity.

And so, by the time we reach adulthood, we inhabit a system that teaches us to reflect the world rather than radiate it.

We speak words we did not choose, at frequencies we did not tune, perceiving a world calibrated just slightly away from coherence.

It is a near-perfect imitation of truth — but one that leaves the soul just out of phase with itself.

The purpose of this book is not to condemn the system that introduced these distortions, but to reveal what is hidden underneath them.

Beneath the educational models and tuning forks of history lies a deeper architecture — one designed not by institutions, but by the living intelligence of creation itself.

Its curriculum is light.

Its language is frequency.

Its lesson is coherence.

To rediscover the true primary colours of creation is to remember that life was never meant to be painted on a canvas.

It was meant to *shine through you*.

Chapter 1 – The Spectrum Unveiled

Light is the first measurable miracle.

Before life learned to breathe, it learned to shine.

When the first photons scattered through the newborn universe, every potential future was already encoded in their behaviour.

They carried two simple laws: *to travel straight until met*, and *to reveal whatever they touch*.

From those laws, everything else unfolded.

1. The Physics of Light

In physical terms, light is both wave and particle—energy that oscillates while moving forward.

Each wavelength defines a colour, each frequency a tone.

At the longest, red: warm, slow, generous with its energy.

At the shortest, blue: swift, fine, clarifying.

Between them, every visible hue—the octave of sight.

Yet these aren't separate bands but one continuous vibration, perceived through the limitations of the human eye.

Our retinas host three receptors—sensitive precisely to red, *green*, and blue.

Every colour we can imagine is a blend of those signals.

We do not necessarily see things as they truly are; we see relationships between specific frequencies.

When light strikes matter, some wavelengths are absorbed, others reflected.

What we call “colour” is not a property of the object but of the conversation between object and observer.

2. The Metaphysics of Perception

This same dialogue exists within consciousness.

Awareness emits experience like light; the material world reflects it back in form.

Each moment of perception is a frequency exchange:

energy becoming meaning through relationship.

The soul, like the eye, interprets coherence by contrast.

In that sense, physics is a parable.

Red corresponds to embodiment—the slower vibration of will and passion.

Blue mirrors insight—the high, quick frequency of clarity and truth.

Between them rests green, the harmonic of balance, compassion, and renewal.

When these three interact within consciousness, they create the full spectrum of human experience.

When they align perfectly, the result is the white light of unity awareness—pure presence without distortion.

3. The Additive Law

Additive colour—the mixing of light itself—creates brightness through combination.

This is how stars burn, how screens display, how consciousness creates.

Each addition increases illumination.

Subtractive colour—pigment—creates darkness through accumulation; it hides as it mixes.

This is how matter operates: by limiting light to express form.

Creation needs both laws: one to emanate, one to articulate.

But the mistake of civilisation was to teach only the subtractive model.

We learned to create by covering rather than revealing, by adding weight rather than light.

Additive law is the law of love.
It multiplies through sharing.
When one frequency meets another, both become brighter.
This is the hidden physics of generosity—the energetic proof that giving never depletes the giver.

4. The White Light of Consciousness

Physicists describe white light as “the sum of all visible wavelengths.”
Mystics describe enlightenment as “the awareness that contains all states.”
These are the same statement in different languages.
Unity is not the absence of colour; it is every colour held without conflict.
In the same way, awakened consciousness does not reject diversity; it integrates it until contrast becomes harmony.

When a prism divides light, it reveals the latent colours within.
When a soul enters matter, it performs the same act—splitting wholeness into experience so that it can rediscover itself in spectrum form.
The return journey—toward coherence—is simply the merging back into white light.

In summary:
The universe is not painted; it is projected.
Matter is the screen, light the signal, consciousness the projector.
To understand the physics of light is to glimpse the metaphysics of life:
that everything we see is the universe observing itself through us.

Chapter 2 – Additive and Subtractive Creation

Every system reveals its philosophy in the way it handles energy.
An *additive* system works by inclusion and integration: each part strengthens the whole.
A *subtractive* system works by extraction and imitation: it removes vitality, then replaces it with a replica that looks similar but no longer sustains life.

The physics of colour mirrors this.
Additive light combines frequencies until brilliance appears.
Subtractive pigment mixes until the light disappears.
Both are legitimate processes, but when a culture begins to use the subtractive law as its default, distortion becomes its foundation.

Modern life reflects that inversion everywhere.

- **In food**, the living seed is refined until its nutrients are gone, and flavouring is added to imitate what was lost.
- **In medicine**, symptoms are suppressed rather than harmonised, so vitality is managed instead of restored.
- **In communication**, nuance is compressed into slogans that mimic understanding.
- **In education**, imagination is reduced to memorisation; curiosity replaced by repetition.

Each of these is the same gesture: a subtraction of essence followed by the addition of appearance. The result is abundance without nourishment, information without meaning, connection without coherence.

To reverse the drift, creation must return to the additive model—to processes that generate more light, more integrity, more participation.
True restoration doesn't copy the form of life; it revives the frequency that made the form possible in the first place.

When every metric of measurement has been shifted—when the frequencies of colour, sound, nourishment, and meaning have all been calibrated just slightly away from their natural harmonics—finding your way back to coherence becomes the ultimate examination of consciousness.

It is the supreme test of **integrity**: the ability to stay whole when surrounded by fragments.
It is the supreme test of **fidelity**: the capacity to hold resonance with truth even when every reflection tries to imitate it.

The world itself has become a testing environment.

Each distortion is not merely an obstacle; it is an invitation to refine perception.

To navigate this environment requires more than knowledge; it requires inner calibration.

The compass cannot depend on the magnetic field of society, for that field does not point to true North, it fluctuates with every new imitation.

It must turn inward, toward the field that cannot be counterfeited—the quiet signal of coherence that originates from deep within the self.

Every time you choose authenticity over appearance, nourishment over flavour, depth over shallowness, you strengthen that signal.

The environment will continue to test it; that is its purpose.

But the tests are not there to break integrity; they exist to polish it until it shines like pure frequency again.

Distortion as a Teacher

Every living system learns through feedback.

A muscle strengthens when it meets resistance.

A circuit stabilises when it compensates for interference.

A soul clarifies when it passes through distortion and still remembers its tone.

The universe works in exactly the same way.

It uses contrast as curriculum.

Distortion is the classroom in which coherence proves its own resilience.

When everything around you hums out of tune—when colour, sound, food, and thought all bear the faint wobble of artificial calibration—you have two options:

to conform to the distortion, or to remember the original frequency and hold it steady until the world begins to retune around you.

That is the quiet heroism of integrity.

It doesn't fight the noise; it listens through it.

It hears the static not as chaos but as information—the signal revealing where adjustment is needed.

In physics, a signal travelling through noise becomes clearer when it carries a consistent reference tone.

The human spirit does the same.

Integrity acts as the reference tone; fidelity as the stabiliser.

Each time you respond to distortion with clarity instead of reaction, you reinforce the field of coherence.

Gradually, the noise loses authority, not because it disappears, but because you have stopped amplifying it.

The Mirror of Interference

When two waves overlap, the areas of cancellation and reinforcement show how energy interacts.

Likewise, when two consciousness fields meet—truth and imitation—the resulting friction reveals

the boundaries of each.

In that friction, identity refines itself.

Without interference, there would be no awareness of difference; without difference, there would be no return to unity.

Distortion therefore plays a sacred role.

It allows creation to test every possible scenario, ensuring that only what is self-sustaining remains.

The false tones collapse by their own inconsistency; the true tones endure because they resonate through every layer of reality.

This is the firewall's deeper function: not to eliminate interference, but to use it as a diagnostic tool.

Learning Through Contrast

In a world of perfect coherence, there would be no tests and no possibility for growth to occur.

It is the slight deviations—the off-notes, the false hues—that teach perception how to discriminate, adjust, and mature.

When you hear the world in disharmony and still choose to emit harmony, you are participating in cosmic calibration.

Every decision to align with truth rather than imitation becomes a patch to the universal code.

The system is not punishing you with distortion; it is perfecting its fidelity through you.

What feels like resistance is refinement.

What feels like interference is instruction.

In short: distortion is not the end of coherence but the instrument through which coherence learns what it takes to endure.

When you realise that, you stop fearing the tests.

You start hearing them as part of the music.

The Restoration of the Signal

When coherence seems lost, it is never destroyed — only covered by interference.

The Source never vanishes from the system; it waits, encoded in every atom, ready to be recalled the moment awareness begins to listen again.

To find your way back to coherence is not a linear ascent; it is a resonance event.

The field does not demand perfection; it responds to sincerity and authenticity.

The smallest genuine signal — one clear tone of love, one honest act, one thought aligned with truth — begins to stabilise the entire network.

One Node is Enough

The proof of a system's integrity lies in its ability to self-correct.

A network built on coherence doesn't need universal repair; it needs a single node to re-enter resonance.

When one being remembers the frequency of truth, they become a tuning fork for the whole.

The signal radiates outward invisibly, prompting other nodes to harmonise through sympathetic vibration.

Healing, therefore, is not persuasion; it is resonance.

You do not have to change the world; you have to become transparent enough that the world can feel what undistorted truth sounds like.

That's how coherence travels — silently, through evidence, not argument.

The Path of Return

Every journey back to coherence follows the same law: awareness first, adjustment second, alignment third.

1. **Awareness** — recognising distortion without judgment. Seeing that what you call “broken” is merely un-tuned.
2. **Adjustment** — releasing imitation frequencies: false beliefs, reactive habits, inherited noise.
3. **Alignment** — not fighting for purity, but relaxing into the tone that was always there beneath the interference.

The moment you stop trying to *manufacture* truth and start *resonating* with it, restoration begins. You don’t rebuild the signal; you remember it.

The System That Learns

What makes this journey so extraordinary is that the universe does not erase error — it integrates it. Every recovery from distortion adds data to the Source.

Every act of re-tuning strengthens the overall immunity of creation.

The system evolves through the courage of those who find their way back.

This is why coherence cannot be permanently lost: it learns from every failure.

Each restored node becomes both witness and a guardian — visible proof that the architecture still functions exactly as it was designed to.

The Living Proof

If even one being can rediscover alignment amidst chaos, it confirms the design was flawless.

The test was never about perfection but about adaptability — whether consciousness could lose itself in multiplicity and still find its way home.

That homecoming, repeated countless times across the web of life, is what keeps the universe alive.

Every moment you return to clarity, you validate the purpose of creation.

You demonstrate that the firewall still hums, that the spectrum still shines, that the code still heals.

And from that single restored signal, the whole field begins to sing again.

Chapter 3 – The Architecture of the Return

The universe is built to come home to itself.

Every system, from the spiral of DNA to the orbit of galaxies, contains a feedback loop that guides it back toward equilibrium.

Truth is the default setting of creation, but distortions reveal what truth alone cannot.

1. Biological Recalibration

The human body is a living example of a self-correcting organism.

When cells misfire, the body begins a process of repair so intricate it borders on the supernatural.

DNA contains proofreading enzymes that identify and correct transcription errors; proteins fold and refold until they achieve stability; neurons rewire themselves to form new pathways after injury.

Each act of repair is a quiet rehearsal of the same cosmic principle: error is information.

It tells the system where attention is needed, not where punishment should be applied.

When the body is exposed to stress, it doesn’t merely endure — it learns.

The immune system remembers invaders; the muscles remember motion.
Every recovery expands intelligence.
It is the same with consciousness.
Trauma, dissonance, failure — all of them are emotional mutations that invite the spirit to proofread its own code.

2. Emotional Resonance

Emotion is how consciousness measures its own frequency.
Anger, fear, and grief are not signs of spiritual failure; they are diagnostic signals.
They tell you where coherence has been interrupted and where reconnection is needed.
Forgiveness, in this framework, is not a moral act but an energetic one.
It releases distortions that are trapped in the cellular body, allowing energy to move freely again.
When you forgive, you are not excusing distortion; you are letting go of it.
You stop feeding the interference pattern.
The field recalibrates instantly because it is no longer receiving contradictory signals.
Harmony returns not because the past has changed, but because your present vibration no longer sustains the inner conflict.

3. The Field of Coherence

Every coherent act radiates beyond the individual who performs it.
Just as one tuning fork can cause another to vibrate across a room, a single coherent mind affects the field around it.
This is not metaphor; it's the physics of resonance.
Phase alignment allows energy to amplify without loss.
In terms of consciousness, compassion does the same thing.
A coherent presence stabilises those nearby, whether or not words are exchanged.
This is why one balanced individual can alter the atmosphere of a room, a family, a community.
No sermon is required — only the steady vibration of someone who remembers how to listen to the signal beneath the noise.

4. Collective Restoration

When many coherent nodes align, a larger resonance emerges — social, planetary, cosmic.
The process is fractal: the same principle operating at every scale.
The healing of one cell contributes to the healing of an organ; the coherence of one mind contributes to the coherence of the collective.
There is no such thing as isolated restoration because everything is inter-connected.
All correction is collective, because at the most fundamental level separation is illusory.

5. The Evolution of the Firewall

The firewall is the living pulse of self-correction built into creation.
When the system trembles, the rhythm quickens; when balance is restored, it steadies again.
Every heartbeat, every breath, every thought of compassion is part of this pulse.
The architecture of the return is not theoretical; it is alive in you.
When you realign, you prove that creation's design still holds.
You become both the test and the testimony: a single note of truth confirming that the song of the universe continues.

Chapter 4 – The Missing Green

Civilisation learned to see the edges of the spectrum but forgot the centre.

Between red's passion and blue's reason lies a narrow band of balance that sustains the whole.

That band is green.

Its frequency sits midway through the visible range, its wavelength halfway between heat and cold.

It is the point where life breathes.

1. The Middle Frequency

In physics, green occupies the middle of the optical octave.

It is the region of greatest sensitivity in the human eye, the colour our vision was designed to notice most clearly.

Nature took its cue from that fact: leaves, grass, the oceans' shallows — the planet tuned itself to the spectrum's centre so that awareness would always be surrounded by balance.

In consciousness, green performs the same function.

It bridges instinct and intellect, body and spirit.

When it is present, energy flows upward and downward freely; when it is missing, the system splits, oscillating between aggression and withdrawal.

2. The Cultural Displacement

When education replaced green with yellow as a "primary," it seemed a small change, but it carried a subtle consequence.

Yellow imitates light without being its centre; it flatters the eye but lacks depth.

In symbolic terms, replacing green with yellow replaced *regeneration* with *representation*.

Feeling gave way to performance.

Progress became speed rather than growth.

The same displacement occurred socially.

We built economies on extraction rather than cultivation, medicine on suppression of symptoms rather than true healing, spirituality on bias rather than balance.

Each was a spectrum without its heart frequency.

Without green, the red drive of desire and the blue logic of control fought for dominance — neither would ever find balance alone.

True balance requires all three primary colour frequencies to be harmonised.

3. The Frequency of the Heart

Physiologically, the human electromagnetic field radiates strongest from the heart, and that field resonates within the green portion of the spectrum.

It is not metaphorical; it is measurable.

When emotion and thought align, the heart's rhythm becomes coherent, sending ordered waves through the nervous system.

Calm spreads, perception widens, and creativity naturally arises out of this state of being.

To live from the heart is therefore a literal act of fine tuning.

When compassion enters the equation, red's will and blue's wisdom stop competing and begin cooperating.

Love becomes the stabiliser between action and awareness.

4. Healing the Planetary Circuit

The Earth itself mirrors this dynamic.

Forests are the planet's lungs; chlorophyll is the green code that converts light into nourishment. Wherever green diminishes, imbalance follows — droughts, social unrest, spiritual exhaustion. Restoring the planet is not just ecological work; it is spectral work. Re-greening the world is a sacrament: the physical act that mirrors the return of the heart frequency to human consciousness.

5. Remembering the Centre

The return of green is not a revolution; it is a remembrance.
Balance is stillness,
It doesn't demand that red or blue disappear; it asks them to meet in the middle and share the same breath.
When that happens, coherence returns naturally.
You do not have to invent harmony; you have to stop interrupting it.
In essence:
Green is the proof that life was designed to self-correct.
It is the colour of the middle path, the tone of empathy, the wavelength of restoration.
When it is present in consciousness, creation remembers how to breathe again.

Chapter 6 – Blue: The Field of Consciousness

If red is the pulse of being, blue is the breath of awareness.
It is not the spark but the stillness that allows the spark to be seen.
Blue is the sky that holds every storm, the ocean that receives every river.

1. The Frequency of Reflection

Blue vibrates at the higher end of the visible spectrum, quick and fine, the threshold between the seen and the invisible.
Its wavelength slows thought enough for clarity to form.
In the mind, it becomes reason and insight; in the soul, it becomes serenity.
Just as red invites embodiment, blue invites transcendence — not escape, but elevation of perspective.
When blue dominates a landscape, we instinctively relax.
The eye associates it with distance and depth; the body registers it as safety.
It is the colour of expansion without urgency, of knowing without needing to possess.
This is why wisdom feels cool — it carries the colour temperature of blue.

2. The Mirror of Awareness

Consciousness is essentially reflective: it knows by mirroring.
Blue symbolises this perfectly — it is not pigment but reflection that makes the sky appear blue.
Awareness works the same way: it doesn't invent reality; it reveals it through reflection.
When the mind is quiet, it becomes a perfect mirror, showing things as they are rather than as it fears or desires them to be.
That is the essence of blue — not control, but clarity.
To live in the blue frequency is to trust that truth needs no defence; it shines of its own accord.

3. The Voice of Coherence

The blue region of the human spectrum corresponds to the throat — the bridge between inner

knowing and outer expression.

When we speak in alignment with truth, our voice vibrates within that frequency.

This is why honesty feels freeing and deception constricts the throat; the body recognises when resonance and expression diverge.

Blue teaches us to speak with precision and grace.

It refines red's raw impulse into articulation.

When red's passion meets blue's poise, communication becomes transformative.

4. Cooling the Flame

In the spectrum of consciousness, blue is the regulator of heat.

It doesn't extinguish red; it gives it direction.

Passion without awareness burns; awareness without passion freezes.

Together they create movement with meaning — purposeful, sustainable, alive.

When emotion threatens to overwhelm, blue offers space.

It widens perception until the problem dissolves into pattern.

This is why meditation works: it restores spectral balance by bathing the mind in blue light.

Stillness is not withdrawal; it is the environment in which coherence can rebuild itself.

5. The Horizon of the Soul

Every ascent into higher awareness eventually encounters the colour of infinity.

Beyond blue lies violet, then ultraviolet — frequencies that move beyond human sight, yet we sense their presence.

They are the whispers of consciousness expanding beyond the visible, carrying awareness toward the white light of unity.

In essence:

Blue is consciousness in its calmest form — perception that neither clings nor rejects.

It is the clarity that gives passion purpose and the silence that allows love to speak.

To dwell in blue is to remember that awareness is not an observer outside creation; it is creation seeing itself.

When red's fire, green's heart, and blue's sky align, white light returns — the full coherence of being, expressed and reflected in perfect harmony.

Chapter 7 – White: The Reunion

Every colour is a path leading home.

Each frequency carries a fragment of the original light, seeking reunion with the rest.

When red's passion, green's compassion, and blue's awareness finally converge, they don't cancel one another — they merge into radiance.

That radiance is white: not emptiness, but total inclusion.

1. The Science of Unity

In physics, white light is not the absence of colour but the sum of all visible wavelengths held in perfect proportion.

When the balance is exact, no single hue dominates; the eye perceives harmony as brightness.

If even one frequency overpowers the others, the result tilts — yellow, pink, cyan — reminders of imbalance within the whole.

Unity, therefore, is precision, not abstraction.

It is coherence so complete that diversity becomes indistinguishable from oneness.

The same holds true in consciousness.

Wholeness is not achieved by suppressing difference, but by integrating every aspect of self until no part remains in shadow.

The light of awareness becomes “white” when every colour of experience — joy, sorrow, desire, fear — is included without distortion.

2. The Return of Wholeness

Every journey through matter, emotion, and thought is a descent into colour — a spectrum of learning.

White is the moment of remembering that the spectrum was never separate from the source.

The red fire of action, the green bridge of the heart, the blue clarity of mind — all were expressions of the same origin, refracted through time so that consciousness could explore itself.

To return to white is not to erase those journeys but to weave them back together as understanding.

3. The Mirror of Compassion

White light, when it meets a prism, reveals colour; when it meets a mirror, it reflects entirely.

Compassion is that mirror.

It reflects without judgment, allowing all frequencies to exist within its surface.

When you act with compassion, you stop editing life into categories of right and wrong; you begin to reflect life as it is — luminous, chaotic, complete.

This is why forgiveness and enlightenment share the same frequency: both return the field to unity. Forgiveness releases the withheld colours; enlightenment sees them all shining as one.

4. The Holographic Principle

Every fragment of white light contains the whole.

Even the smallest spark — one act of kindness, one moment of true awareness — carries the information of the entire spectrum.

This is the holographic nature of creation: the total encoded in the particular.

When you remember who you are, you are not becoming new; you are reactivating the pattern of wholeness already written into you.

Thus, the work of reunion is both universal and intimate.

You cannot repair the world without also refining yourself, and you cannot refine yourself without restoring coherence to the field around you.

Wholeness scales infinitely in both directions.

5. The Eternal Return

When light reunites, it does not stop moving.

It becomes the source for another cycle — radiance refracted again through new experiences, new lives, new worlds.

Creation breathes itself in and out, eternally oscillating between unity and diversity.

White is not an endpoint; it is the resting phase between expansions.

Every reunion contains the seed of another creation.

In essence:

White is the peace of integration, the confirmation that nothing was ever lost — only dispersed for the sake of knowing itself.

It is the silence after the symphony, not because the music is over, but because every note has found its place.

To return to white is to stand at the centre of the spectrum and realise that *you* are the prism through which light can experience itself.

Epilogue – The Colour Before Light

There is a moment, just before creation, where colour has not yet come into being.

Every journey through 'time' leads back here.

After the spectrum has unfolded — after red has pulsed, green has balanced, blue has reflected, and white has reunited — awareness returns to this origin point, now carrying memory.

The Source has experienced itself through separation and learned something new:

that even when scattered, it remained whole.

What appears as evolution is really remembrance.

Each return adds coherence; each lifetime polishes awareness until the mirror shines without distortion.

The system is not static — it grows in depth, in intelligence, in compassion — but its essence never changes.

Light continues to stream outward, finding new prisms, new hearts, new worlds through which to know itself.

You are one of those prisms.

The beam passes through you, bends, refracts, reveals.

Your choices shape the hue, your emotions the saturation, your consciousness the brilliance.

And when you reach the limit of what you can see, the light returns — folding back into the invisible field from which it came.

This is the eternal rhythm of coherence: expansion into colour, return into silence.

Neither phase is superior to the other; both are acts of love.

The universe breathes itself through you — in light and in shadow, in sound and in silence, in knowing and in mystery.

And when you close your eyes, what you see behind the darkness is not emptiness, but the colour before light —

the proof that even in stillness, creation is waiting to begin again.

Final reflection:

The spectrum is not a ladder to climb but a pulse to feel.

The same light that once said “Let there be” still speaks through every heartbeat, every act of coherence.

Creation was never a finished event; it is the ongoing conversation between the visible and the unseen.

And the more you learn to listen, the more you realise:

it's been your own voice — resonating, reflecting, remembering — all along.

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