

G R I P

G A R A

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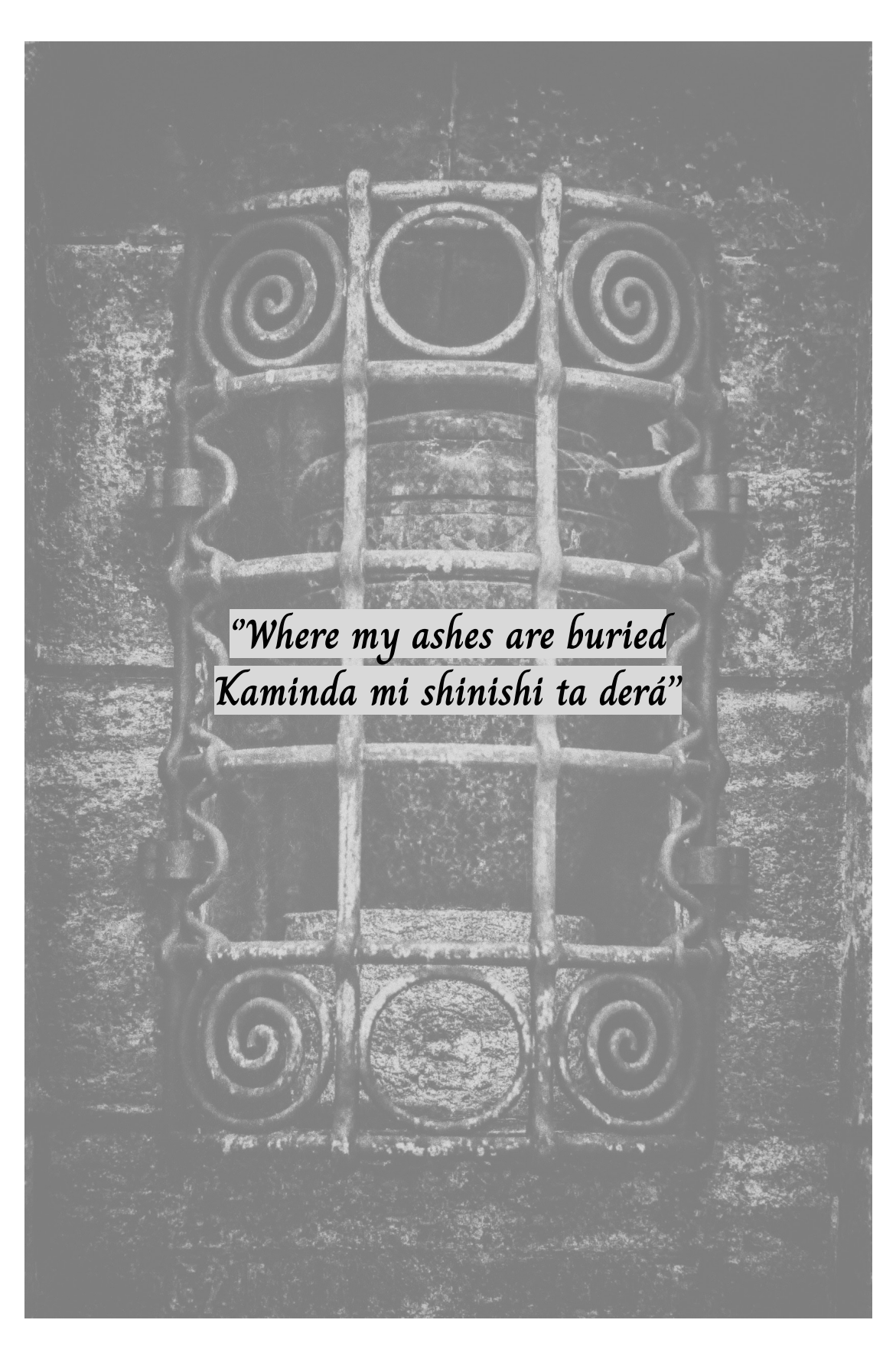
Enter

Orenta

My old House

Mi kas bieu





*“Where my ashes are buried
Kaminda mi shinishi ta derá”*

Dedicated to:
My younger self

Dedicá na:
Mi mes komo hóben

About this expressive book form

Tókante di e buki forma ekspresivo aki

About this *expressive* book form

This form of *expression* is, an abstract reflective, poetic inflection, in dealing with depression, religion and significant events (both in English and Papiamentu). As a Social Worker, I want to support those with a lesser view of their own habits, to make use of their own *strength*, your *internal* strength. Within this work, you can view some of my own dilemmas. My personal dilemmas as when a teenager between the year 1994 - 2000 (from my 12th to my 18th,) did turn into larger, significant *vibration* and is still useful through this moment.

Below you can see what steps I have taken, through my own strength. If you are unable to get out of your problems, make this discussion with professionals in your area.

Do I feel less good?

I grab a pen and paper and write down my thoughts.

Am I experiencing a black day?

I have a body, relocating myself to a low-stimulus location outside of my room.

Am I full of negative emotions?

I opened my mouth and shout it out of my body.

Do I want to brighten up myself?

Breathe in through my nose, exhale through my mouth and I put a smile.

Tokante di e buki forma *ekspresivo* aki

E forma *ekspresivo* aki, ta un apstrakto reflektivo poétiko dekliná, den tratamentu ku depreshon, religion i susesonan signifkativo (den Ingles i Papiamentu). Komo Tradó Social mi ke apoyá e personanan ku menos bista riba nan propio hábitonan, pa hasi uzo di nan propio *forsa*, bo *forsa interno*. Denter e esfuerso aki, boso por aberiquá un parti di mi dilemanan. Mi dilemanan di tempu, ku mi tabata un hóben entre aña 1994 - 2000 (desde mi 12 aña te ku mi 18 aña,) ku a transformá den, *vibrashon* grandi, signifkante í positivo ku ta usabel awendia.

Aki bou bo por mira pasonan, ku mi a tuma pa medio di, mi mes *forsa*. Si bo no por sali for di bo problemanan, papia esaki ku profeshonalnan den bo area.

Mi no ta sinti mi bon?

Mi ta gara un pèn, papel i skibi mi pensamentunan.

Mi ta eksperensia un dia pretu?

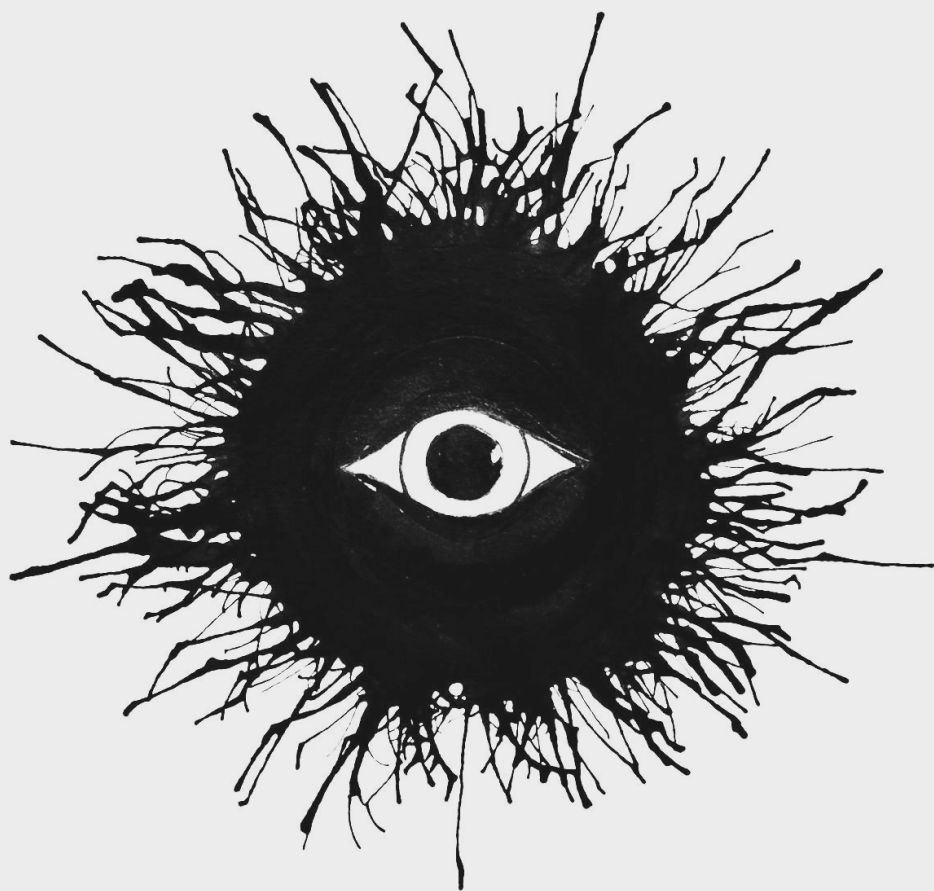
Mi tin un kurpa, Transportá mi mes na un lugá ku menos iratashon.

Mi ta yen di emoshonnan negativo?

Mi ta habri mi boka i grité pafó di mi kurpa.

Mi ke animá mi mes?

Inhalá rosea pa medio di nanishi, ekshalá rosea pa medio di boka i mi ta pone un sonrisa riba mi kara.



Drawing by Ewell Juliana

My internal eye

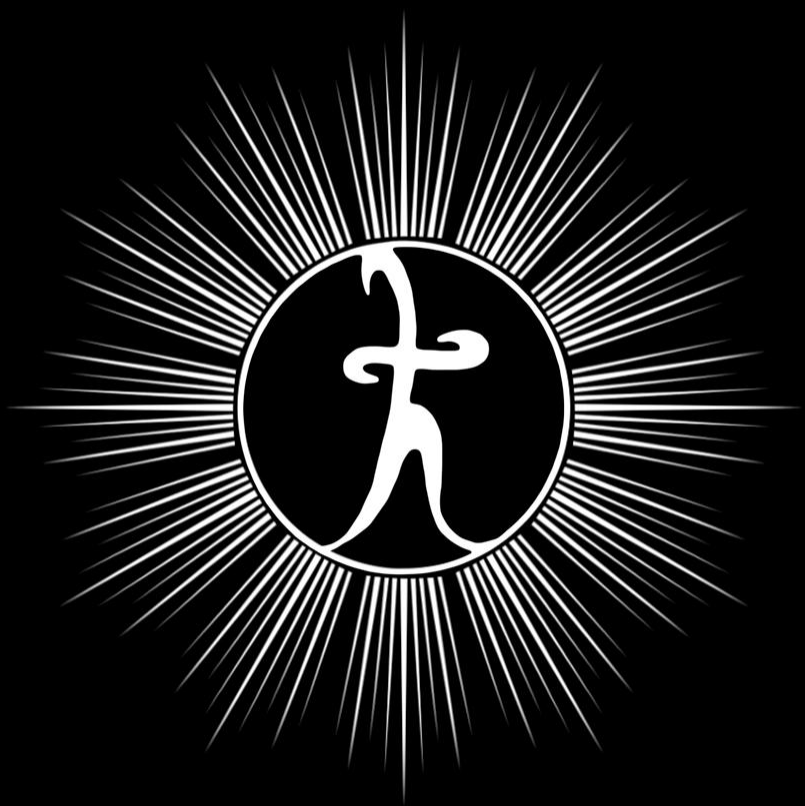
Mi wowo interno

When I can
No longer see a way out
I look inside again
In which my strength
Will **always** be *present*

Ora mi no por
Mira un **salida**
Mi lo wak paden atrobe
Den kua mi forsa
Pa **semper** lo ta *presente*

03:03

03:04



The Internal Black Star

The Art of C.O.S

Create . Obtain . Sustain

