

# cycles.

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soundtrack by Leo Zarucký  
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chasing brainless focus  
artificial energy - prescribed cleverly  
(focus)

on. clarity. wired. easy. uneased.  
fire. burn out. fire. freeze.  
(focus)

i seek my rhythm  
in mind  
in s o u l

(focus)  
follow flow - a simple decision  
for natural rhythm

harnessing turbulence in this conscious  
experience.

through this work I have explored my recent ADHD  
diagnosis  
how it's led to holding myself back with self doubt,  
rooted in a fear of non performance

medication giving space to unpack why I'm so afraid  
all the time  
the angst over whether this is just legal drug  
addiction  
the battle with dismissing comments like "everyone  
has ADHD now"  
the apprehension... is this just to fit into a  
societal mold, to function how I'm 'supposed' to?

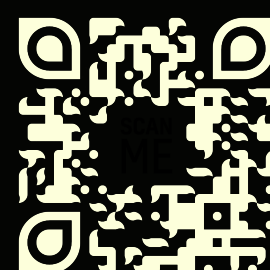
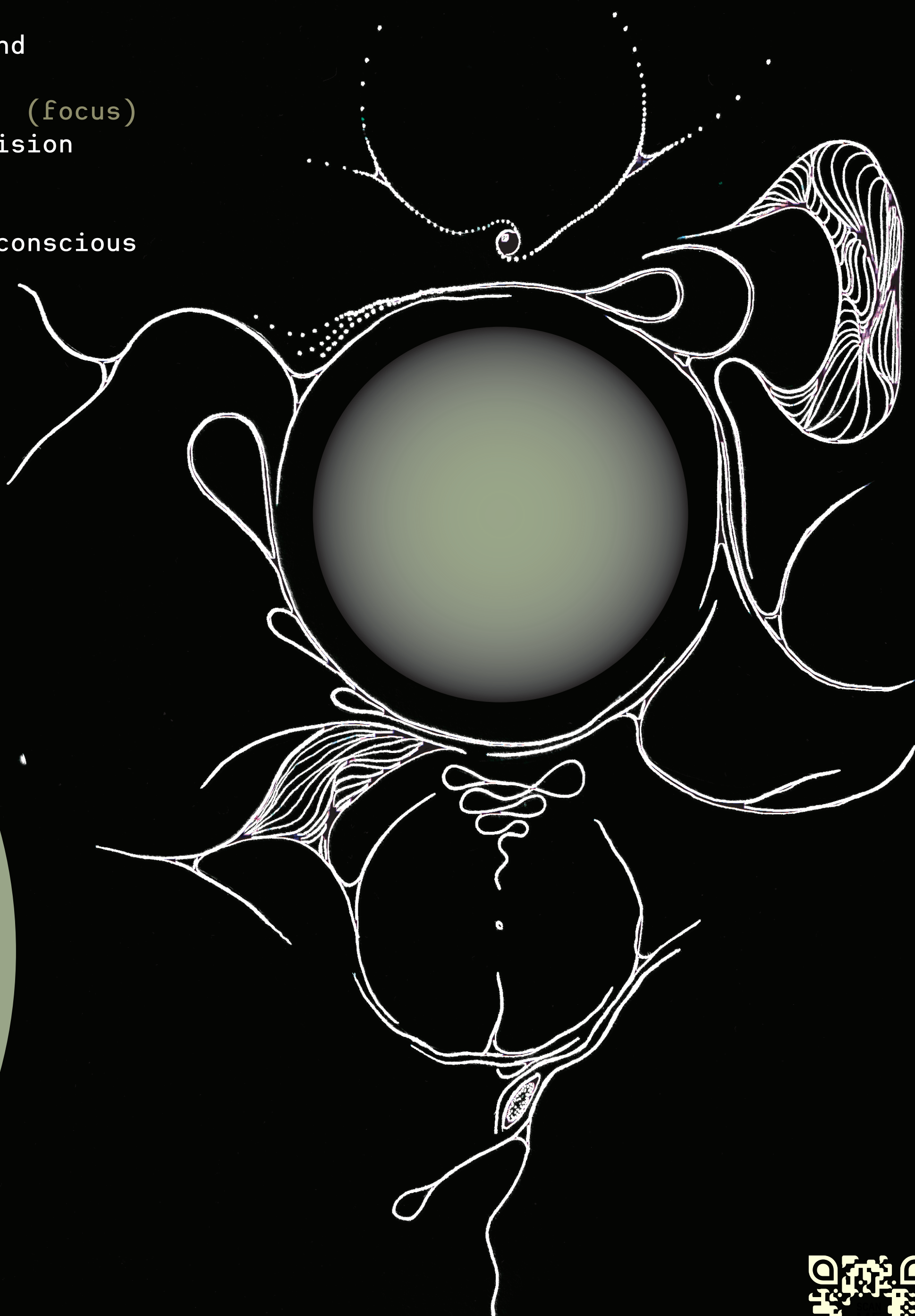
or is it just helping to even my playing field

grieving my past self  
reflecting and learning more about him  
questioning life ahead of me with newfound confidence  
and enthusiasm  
the prospect of exploring life outside of 9-5

seeking a stronger bond with my natural cycles,  
interests, attention, sleep, body, energy...  
and I have faith that this can lead to a more  
content mind, body and soul

please immerse yourself in this work's presence  
witness the transitions, the cycles  
what do you feel?  
why do you feel?

made using 317 milk bottles and 5000 LEDs



Follow, get in touch,  
tell me what you think!