

Waterlily

Waterlilies resemble celebration, hope, rebirth, wellness, and peace. They also have a spiritual meaning of peace and serenity.

Other meanings are that the Waterlily is the flower of the underworld, the place of creation, and all that is true.

It resembles to me the awakening to a spiritual life following a period of darkness, sometimes called 'the dark night of the soul', the mud is the darkness and my image shows all of the emotions that were faced when coming out of addiction, the guilt, fear, shame, rage, sadness, pain, loss, rejection, other hurts and living from separation, not feeling a part of anything but instead lost and broken, destitute.

Each of the lotus petals represents the growth that came from being in recovery and not rejecting emotions of the mud but learning to deeply accept my experience which eventually turned all the muddy dark emotions into beautiful petals of self-knowledge.

To me self-knowledge has not just been about learning about my experiences of struggling with mental health and addiction to a process of recovery, it has also been about rejecting what is untrue of me. Living a life of addiction was a life untrue to myself, and others. It also created layers of conditioning whereby I doubted my self-worth, I felt helpless and stuck like the roots in the lotus mud. Recovery was the process of peeling back these layers that were covering and masking who I really was underneath.

The petals of the lotus resemble truth, a life of discovering dreams, acceptance, love, hope, faith, joy but also a life of being connected to others in a way I had never experienced before. I believe that people who have been through a recovery process, know themselves at a very deep level.

Bridie

'Never Let Me Go'

By Florence and The Machine

Looking up from underneath
Fractured moonlight on the sea
Reflections still look the same to me
As before I went under

And it's peaceful in the deep
'Cause either way you cannot breathe
No need to pray, no need to speak
Now I am under

Oh, and it's breaking over me
A thousand miles out to the sea- bed
Found the place to rest my head

(Never let me go, never let me go
Never let me go, never let me go)

And the arms of the ocean are carrying me
And all this devotion was rushing over me
And the questions I have for a sinner like me
But the arms of the ocean deliver me

Though the pressure's hard to take
It's the only way I can escape
It seems a heavy choice to make
But now I am under, oh

And it's breaking over me
A thousand miles down to the sea- bed
I found the place to rest my head

(Never let me go, never let me go
Never let me go, never let me go)

And the arms of the ocean are carrying me
(So cold and so sweet)
And all this devotion was rushing over me
And the questions I have for a sinner like me
But the arms the of the ocean
deliver me

And it's over and I'm going under
But I'm not giving up
I'm just giving in

Oh, slipping underneath
So cold and so sweet

In the arms of the ocean, so sweet and so cold
And all this devotion, well, I never knew at all
And the questions I have for a sinner
released

In the arms of the ocean deliver me

(Never let me go, never let me go
Never let me go, never let me go)

Deliver me

(Never let me go, never let me go
Never let me go, never let me go,
Never let me go, never let me go
Never let me go, never let me go)

Deliver me

(Never let me go, never let me go
Never let me go, never let me go)

Deliver me

Never let me go, never let me go

And it's over
I'm not going under
But I'm not giving up
I'm just giving in