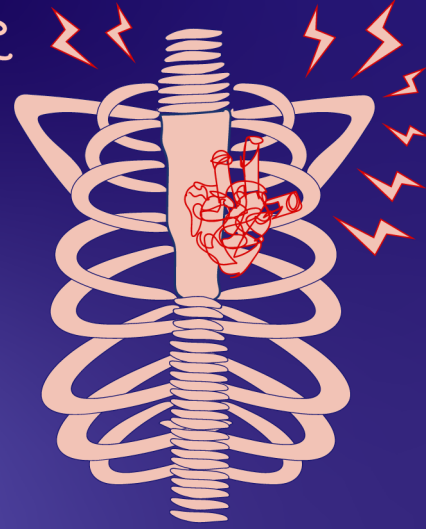




by neeks

With heart, not without

It is okay to have self doubt, to feel uncertain, to feel lost & weird. You're just a human being and we feel things, a lot. All you have to do is just be a human being.



You have the power to create your own existence and reality, your own flawed & honest inner world. Only you create your boundaries.

Being vulnerable is being whole-heatedly courageous enough to live sincerely and authentically; to STRUM your own heartstrings

The world can be harsh but there is beauty to be found within music, art, experiencing the small moments, and human connection

Your self worth is not measured by your achievements. We are here to cultivate compassion for ourselves, evolving & taking it day by day.



Your home is within your body; use your intuition & listen to your gut, it's all that you've got. What are your emotions trying to tell you?

