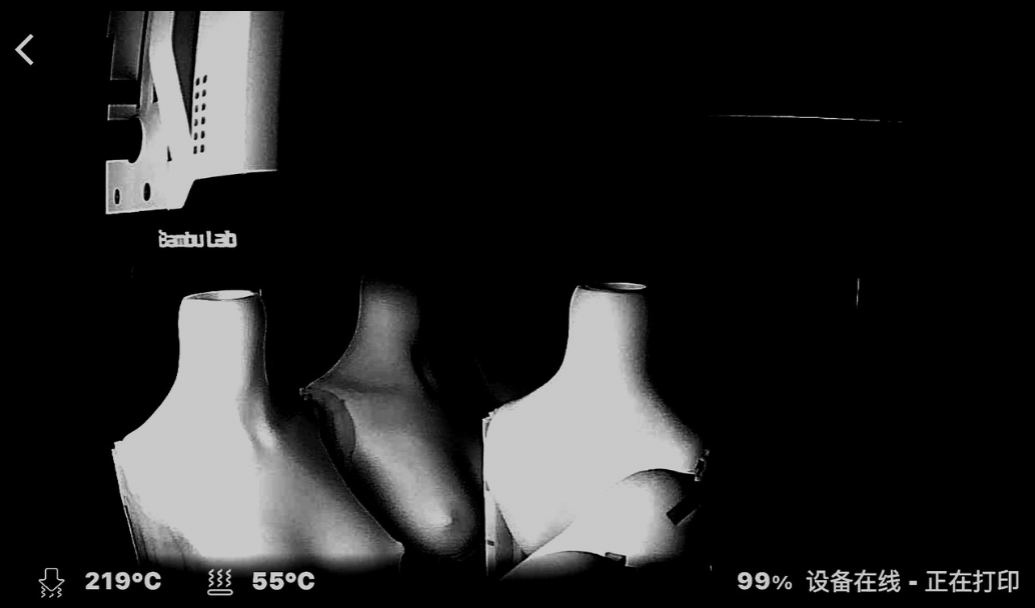
FINAL PROJECT

REPEAT IT UNTIL IT GETS NUMB

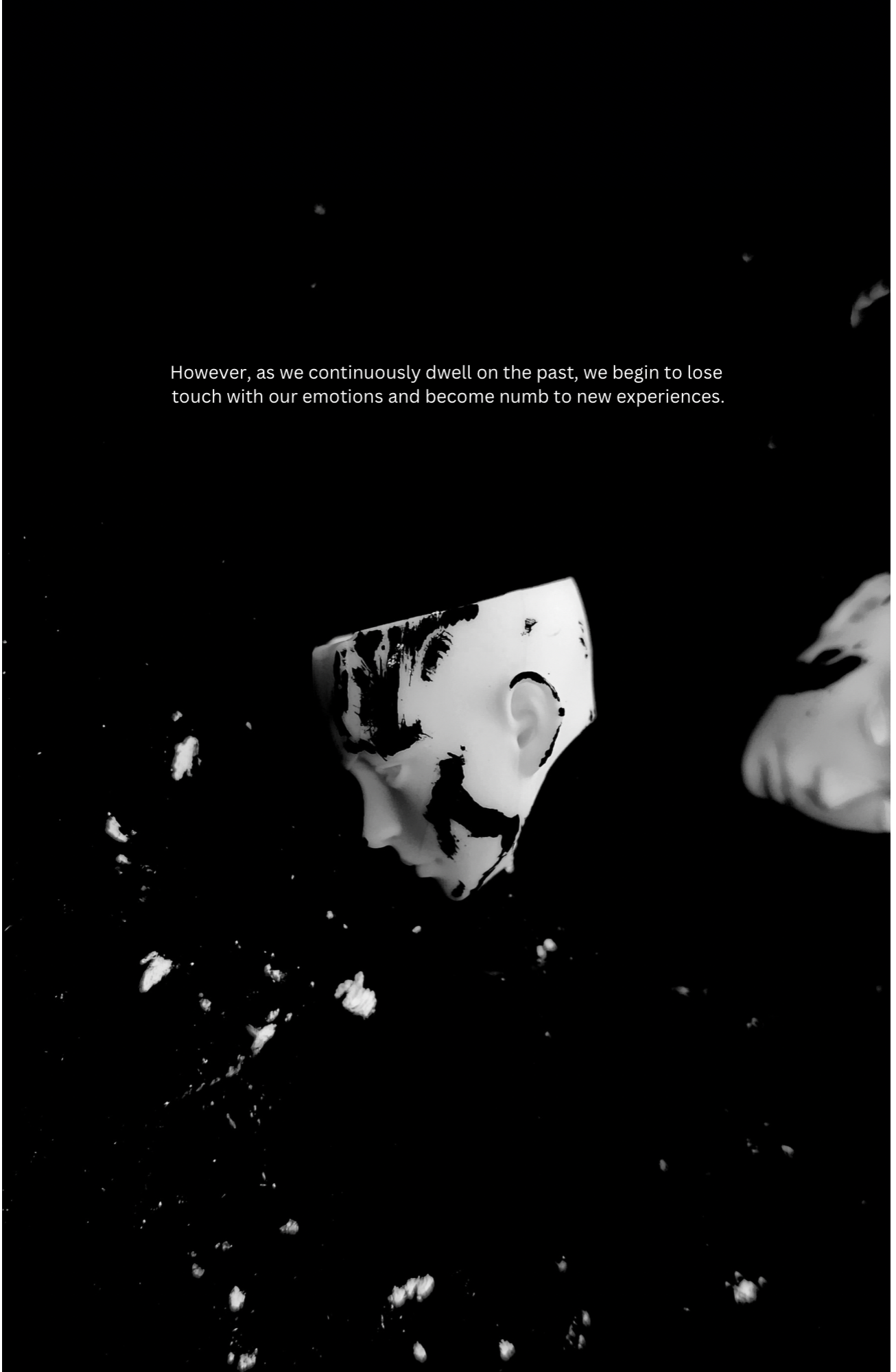
BY: LINRAN ZENG

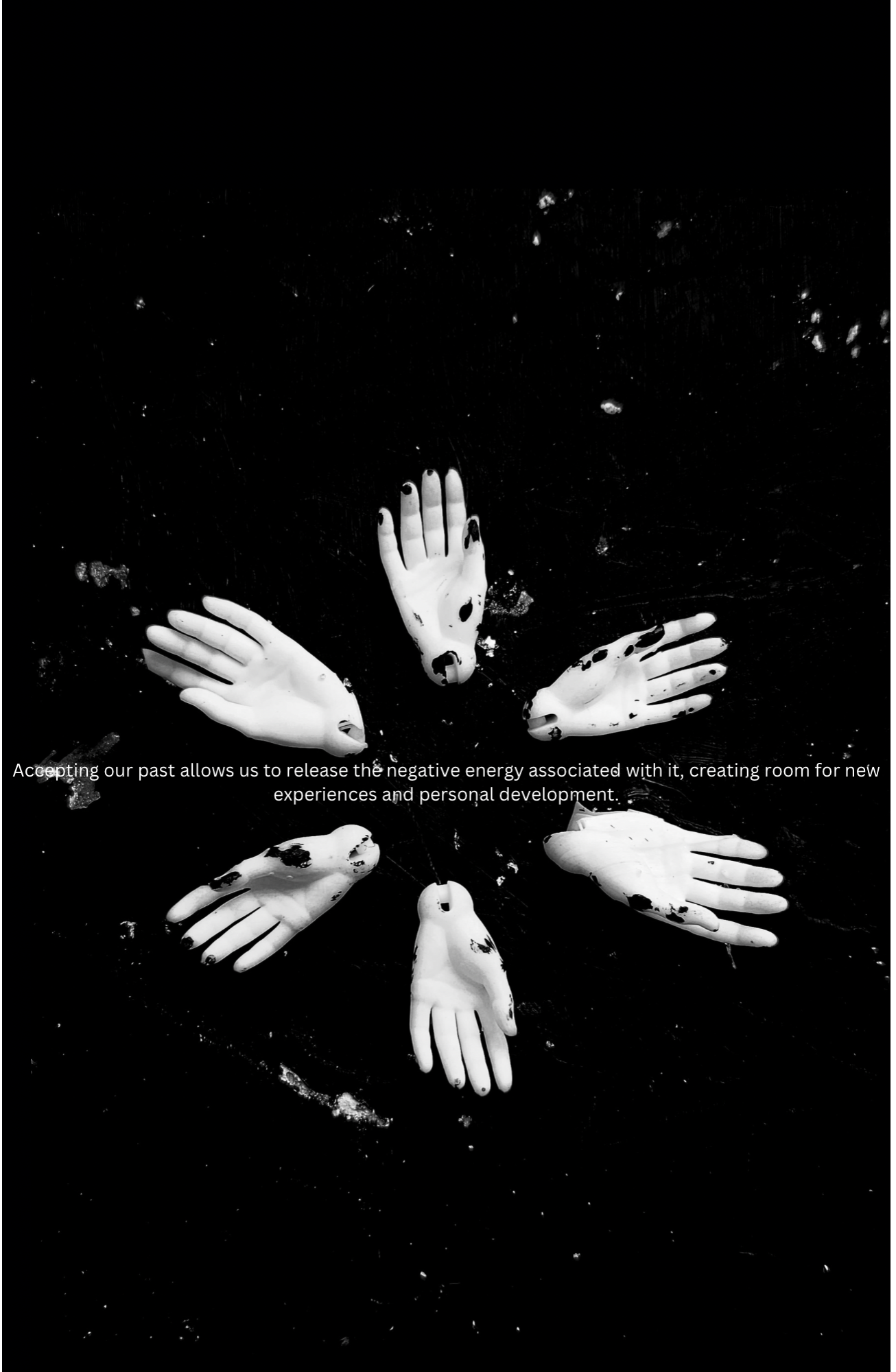


In the cycle of life, we often find ourselves revisiting memories
over and over again, seeking solace or closure.

Th is repetitive process is lik e a self-defense mechanism,
designed to protect us from further pain.

However, as we continuously dwell on the past, we begin to lose touch with our emotions and become numb to new experiences.





Accepting our past allows us to release the negative energy associated with it, creating room for new experiences and personal development.

Like molding a figurine from clay,
we can mold our own lives by actively engaging with the present and embracing new opportunities.

By letting go of the past, we can free ourselves from the weight of regrets and missed opportunities.

Just as a 3D printer brings imagination to life,
we too have the power to shape our own narratives and create a brighter future.

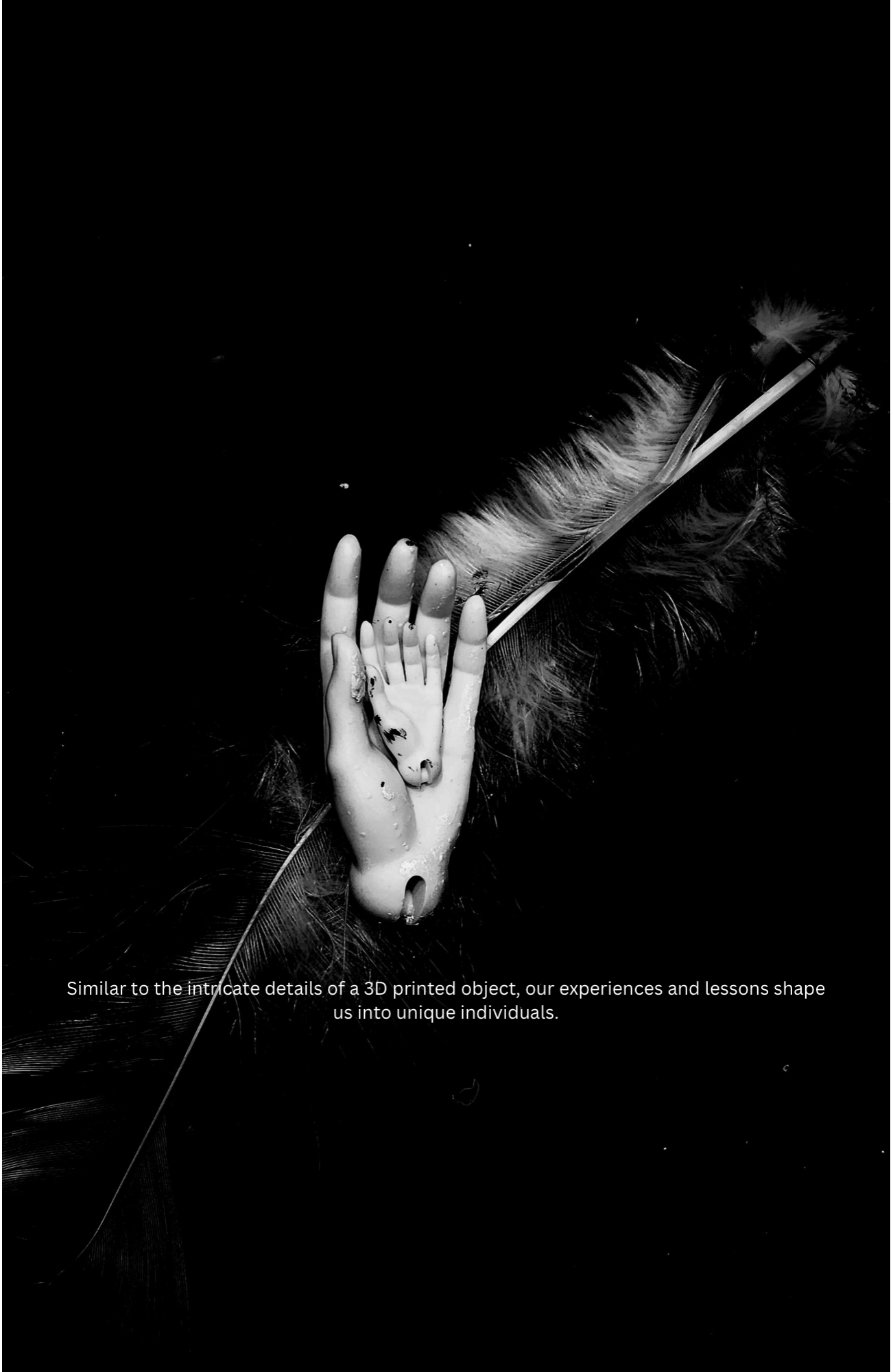
Much like assembling a doll, we can piece together our jo-
urney and create a version of ourselves that is stronger and more resilient.

The process of self-reflection is akin to fine-tuning a 3D printer, adjusting our mindset and outlook to align with our goals.

Just as a doll serves as a representation of our desires and aspirations, we can manifest our dreams by actively working towards them.

Embracing new experiences is like giving life to a doll, breathing vitality and excitement into our everyday existence.

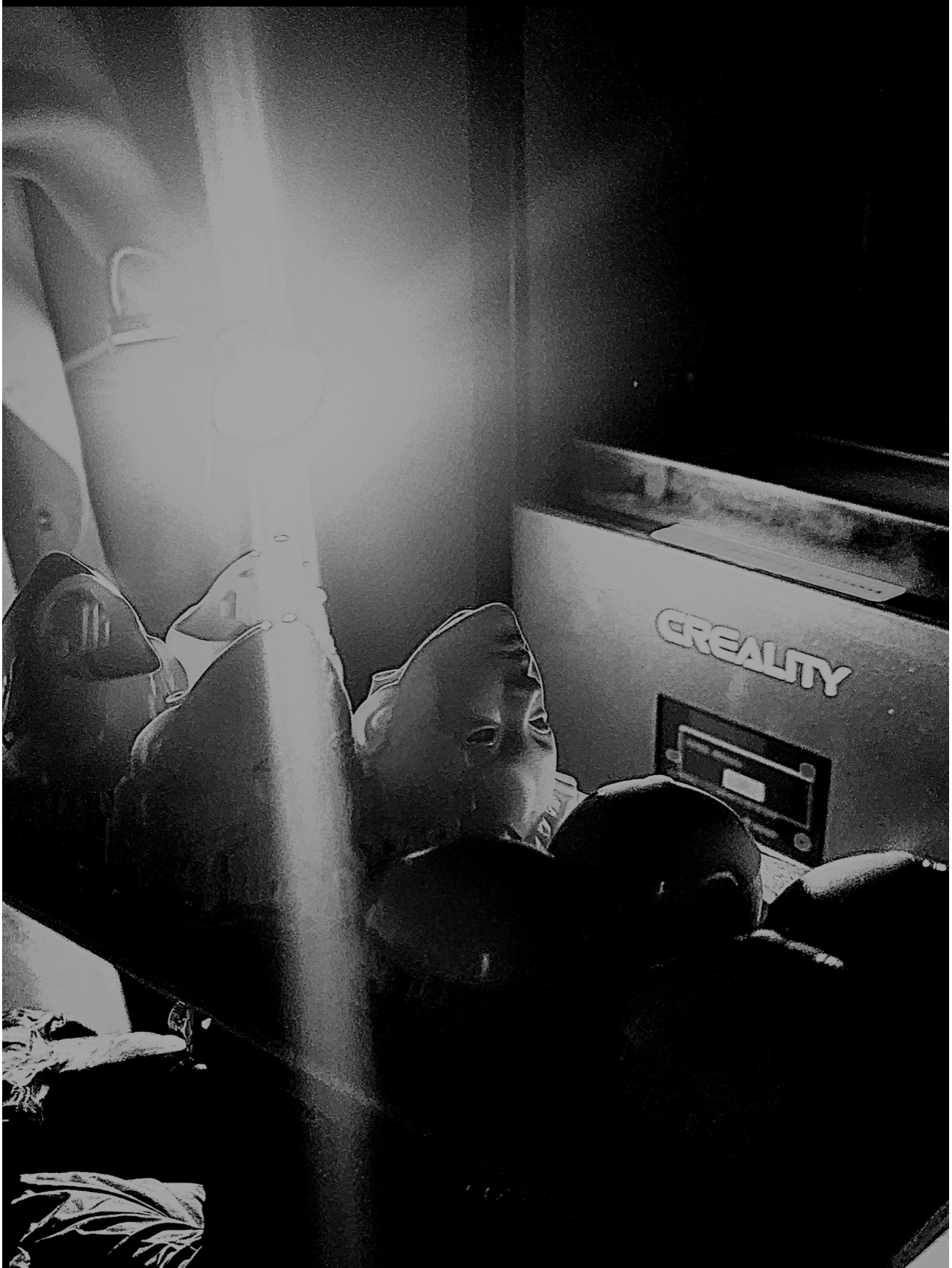
As we venture into uncharted territory, we may encounter setbacks or challenges, but these are simply opportunitie s for growth and learning.



Similar to the intricate details of a 3D printed object, our experiences and lessons shape us into unique individuals.

By embracing both the joys and pains of life, we can create a beautiful tapestry of memories, much like an intricately designed doll.

Ultimately, it is through the process of confronting, accepting, and releasing our past that we can find true growth and freedom in the present and future.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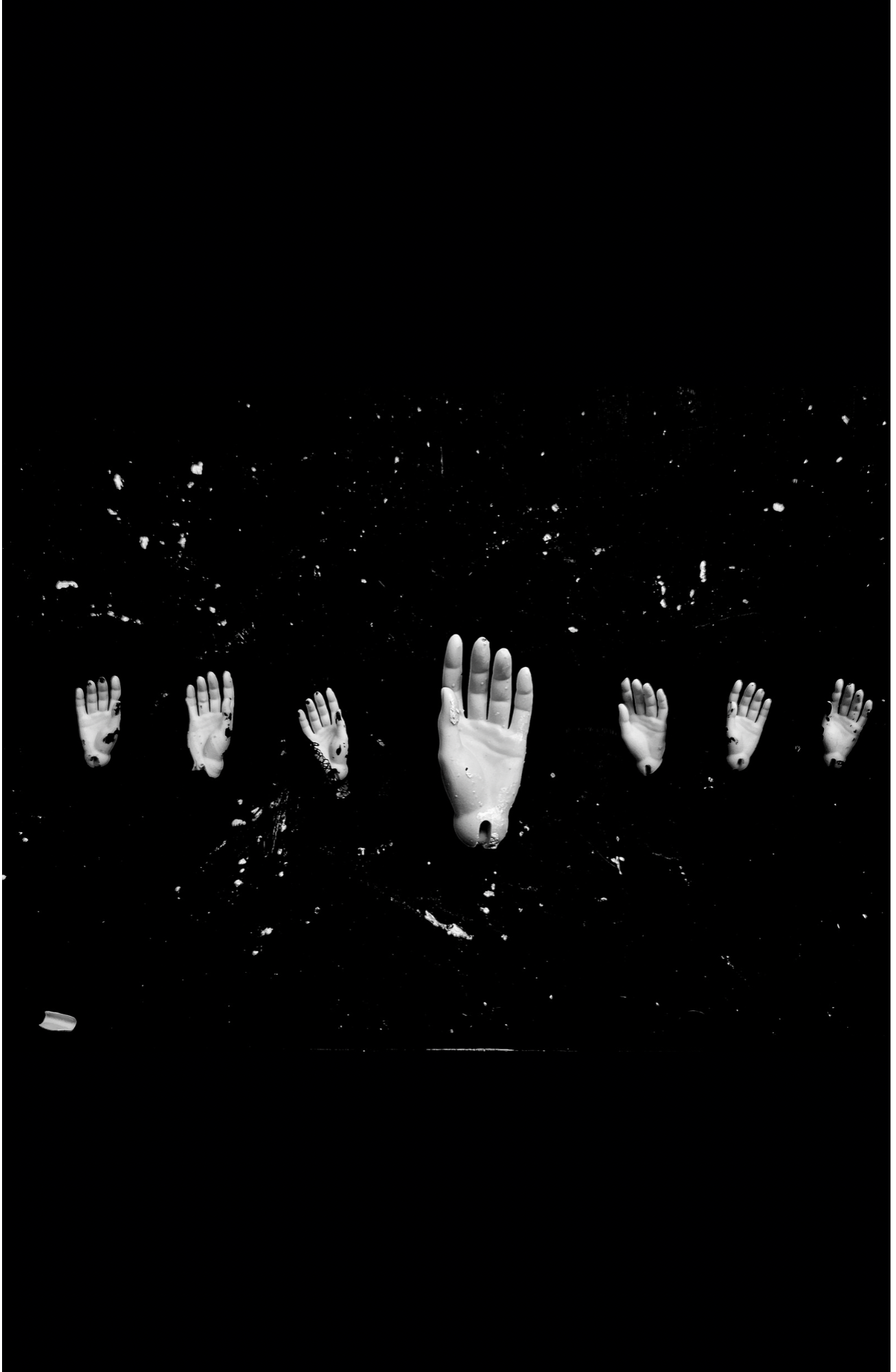

In the cycle of life, repeatedly reliving memories until numbness sets in is a self-defense mechanism rooted deep within us. It attempts to solidify past pains, but it also hinders our progress. Therefore, let us bravely confront, accept, and release them, so that we may truly find growth and freedom in new experiences.

CONTACT

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