

```

return {
  above: "Lightness & freedom",
  below: this.plant(),
  // We are changed, yet the bridge remains as part of our story
  bridge: "visible but no longer needed",
  // From confined to expansive
  breath: "effortless",
  // From static to dynamic
  movement: "dancing but not swirling"
};
}
}
// The journey begins when we recognize where we are
// It continues when we breathe and release barriers
// It completes when we radiate from our true center
new LiminalJourney().experience());

```

Catch, Carry, Release

C.D. Good

Empathy for Materials

A practice of attention, perception, and material intelligence.

250-252-9446

in8ly@proton.me

Patreon.com/CDGood



The Com_post Pie_all

Site-Responsive

Participatory

Media Arts **narrative**

Pattern Keeper

Ethical AI-Human Collaboration

relational

Sunlitshadows.ca



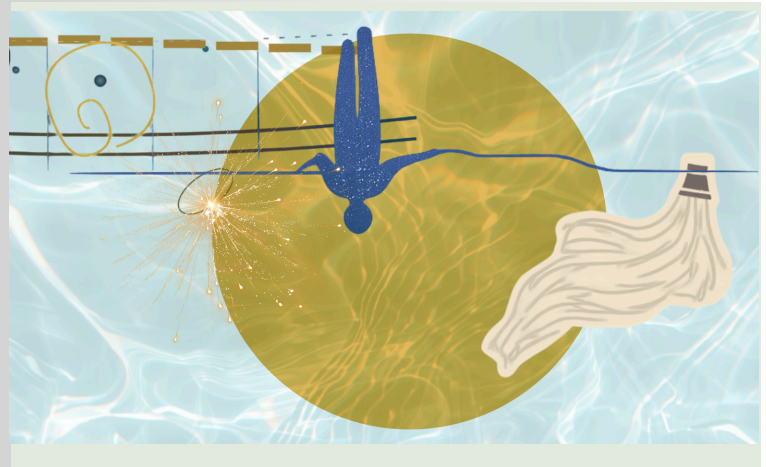
Sunlit Shadows Project

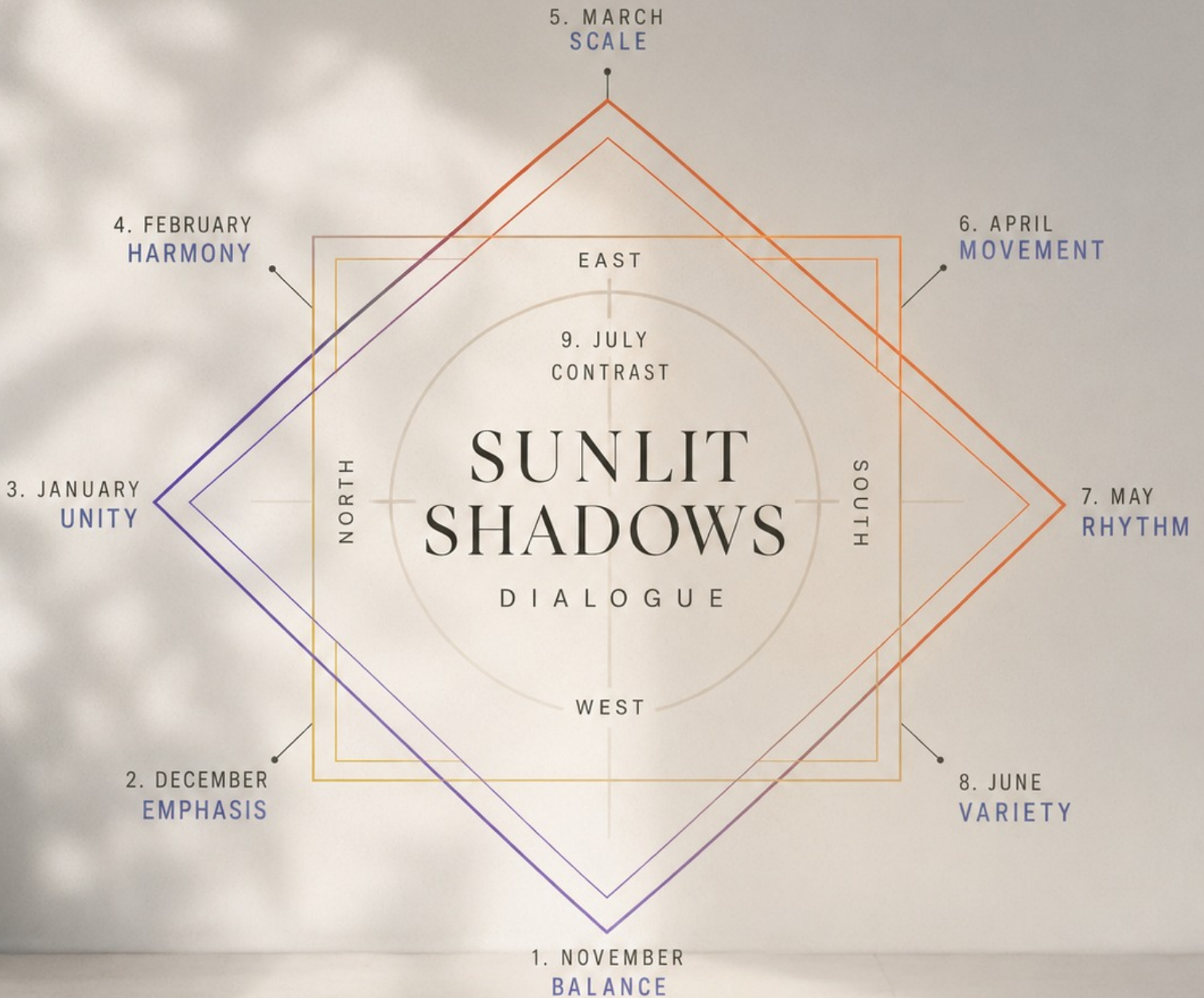
Innately Known

YouTube @in_8_ly

Instagram @cd_good

A visual journal since 2012





This project explores the lenses we look through. Old lenses, revived —
not for what they reveal, but for how they reveal relationship.
Tools set aside, useful again: made for seeing structure, not surface.
Not what should be here — how what's here holds together.

I AM EMERGING A PHYGITAL ART BOOK PROJECT
CALLED SUNLIT SHADOWS DIALOGUE.

FOLLOW ALONG AT [SUNLITSHADOWS.CA](https://sunlitshadows.ca)
AND [PATREON.COM/CDGOOD](https://patreon.com/cdgood)