



**The  
Perfect  
Feeling?**

**Imagine the perfect feeling.**

**Not being defined by your past.  
or your current demons.**

**What decisions would you make  
if you could feel like that for a day?**

**Where would you go?  
What would you say?**

**to yourself  
to another**

**or would you just play?**

**Maybe there's one perfect feeling  
or maybe there are five?**

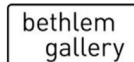
**There may be nothing happening  
and... that's how we survive.**

**It's not about structure  
nor is it discipline  
to play a small game from none  
to a few times a day.**

**I tell myself some things  
written here on these cards.**

**Now what about you?**

**What to yourself would you  
like to say?**



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**The  
Perfect  
Feeling?**

**With clear intent.  
I shall move towards  
serenity and agency.**

**I am not my  
flashbacks.**

**I welcome my  
emotions and try  
to listen beyond  
the pain.**

**I will make  
decisions that are  
for my benefit  
and nobody else's,  
because sometimes  
that is necessary.**

**It is helpful to find  
my own way, and  
to move forward  
with others, sharing  
in multiple and  
magical lanes.**