

He, made of time

A visual narrative towards **embodied truth**.

Presence, courage, restraint, clarity, accumulation, and *freedom*.

Medellín, 2025

Each piece — a chapter in lived *truth*

a quiet study of the unseen power of
abundance, permission, inevitability,
ambition, memory and surrender
without loss.

Valeria Camacho



He, made of kindness

Before lunch, his father butters a big loaf of bread. Winking, he offers to split it.

“Cut it in half, don’t cheat me!” jokes the little boy.

But his father duly tricks him: cutting the bread into uneven slices, **He always gives him the bigger one.**

Remember what is most important.

//

Kindness is the abundance that doesn't need to be seen.

Kindness as quiet generosity.

[Video](#)

1



He, made of secrets

He doesn't want to unveil his feelings.

He covers his mouth with his hands to keep the secret.

When she leaves for a faraway place, he can't do it anymore.

His cry of love breaks his fingers and can be heard all over the city.

Write down all the ideas you get.

//

Secrets are truths searching for an exit.

Love as inevitability.

[Video](#)

3



He, made of minutes

He gathers time. He takes minutes and turns them into small spherical bullets. These are instants that have already passed which throb in thin space.

When he fires them you can hear an entire minute exploding in thin air.

It is the number of memories. **It summarises everything.**

Extrapolate the concept.

//

Memory is time returning to itself.

Memory as summation.

5



He, made of courage

Indecisiveness is eating away at him, he walks back and forth in trepidation.

Full of energy, he could try his hand at anything, whether good or bad.

He is intoxicated by this feeling of power.

Try to make mistakes.

//

Courage is letting yourself be wrong on purpose.

Courage as permission.

[Video](#)

2

4

He, made of rest

In order to complete two jobs he is forced to run from one side of town to the other.

Halfway along there is a coffee shop where he stops to get his coffee.

He is tired from this running, to the point of no longer knowing which of his two jobs is the most important.

But he doesn't worry about it because the halfway coffee is so good.

Question what you've done up until now.

//

Rest is the truth that interrupts ambition.

Rest as clarity.

6

He, made of freedom

They come to take his armchair and without flinching, he sits on the floor.

They come to take his house and without flinching, he sits on the grass in the garden.

They come to take the ground he stands on and he effortlessly gives into the void.

He lingers suspended in thin air, carelessly staying in a never ending dream, for no one will come and take the sky in which he dives.

Reinforce what you have. Don't focus on anything else.

//

Freedom is what remains when nothing is held.

Freedom as weightlessness.



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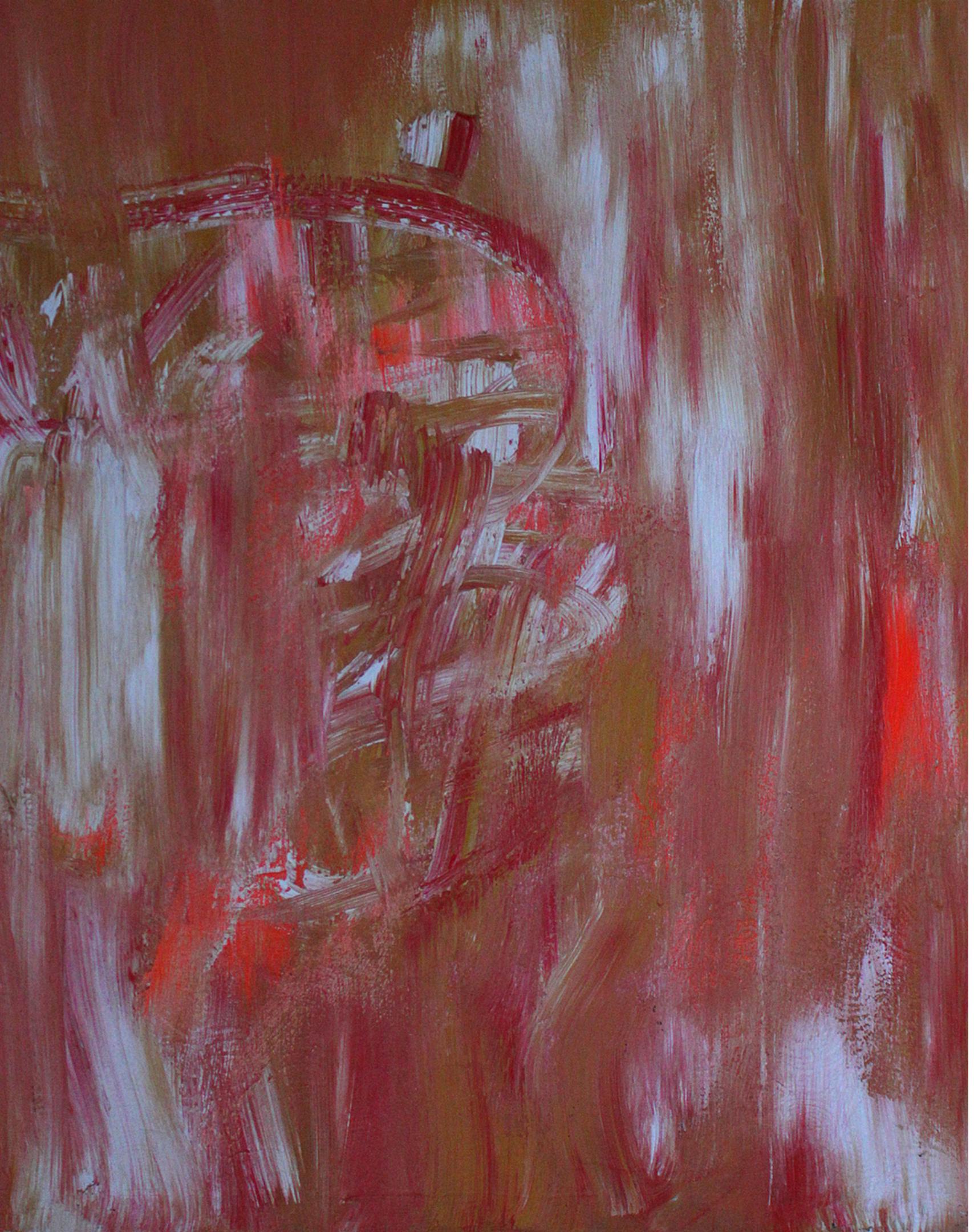
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[Video](#)

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Love as inevitability.***

[Video](#)



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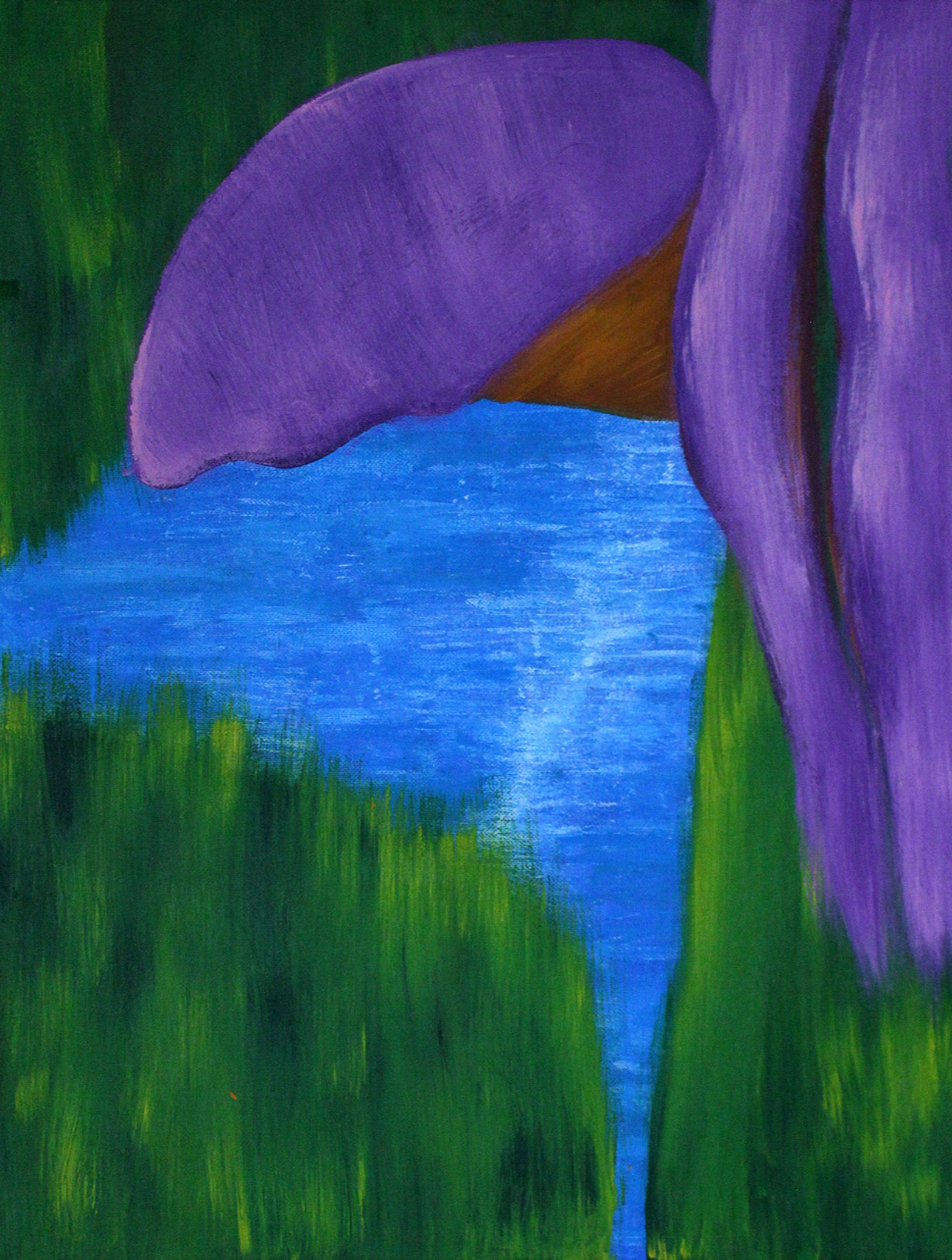
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He, made of time

He, made of...

reveals that freedom is not escape,
but the courage to stay.

Valeria Camacho

Medellín, 2025

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@

valeriacamacho.com/art