

# 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

1

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

*Remember what is most important.*

//

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

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

*Kindness as quiet generosity.*

[Video](#)

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



## He, made of courage

2

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

*Try to make mistakes.*

//

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

**Courage is letting yourself be wrong on purpose.**  
*Courage as permission.*

[Video](#)

**He is intoxicated by this feeling of power.**



## He, made of secrets

3

He doesn’t want to unveil his feelings. He covers his mouth with his hands to keep the secret.

*Write down all the ideas you get.*

//

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

**Secrets are truths searching for an exit.**  
*Love as inevitability.*

[Video](#)

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



## He, made of rest

4

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

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

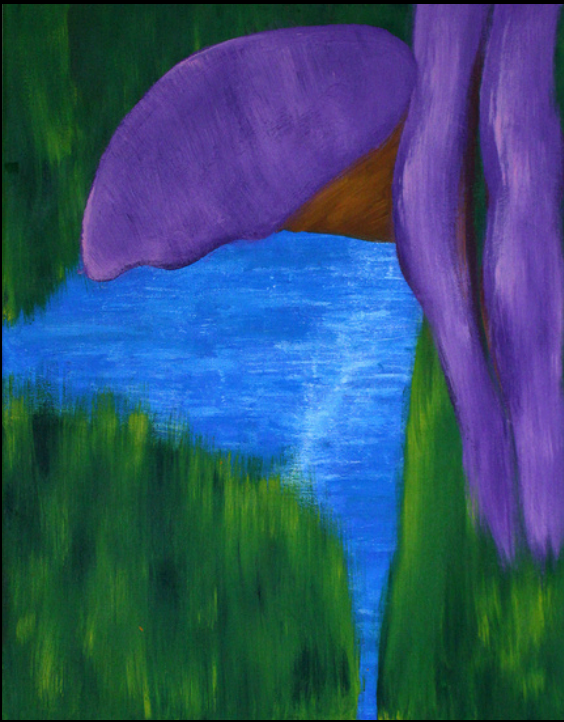
Halfway along there is a coffee shop where he stops to get his coffee.

*Question what you’ve done up until now.*

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

//

**Rest is the truth that interrupts ambition.**  
*Rest as clarity.*



## He, made of minutes

5

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.

*Extrapolate the concept.*

//

When he fires them you can hear an entire minute exploding in thin air. It is the number of memories. **It summarises everything.**

**Memory is time returning to itself.**  
*Memory as summation.*



## He, made of freedom

6

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

**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.**

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

*Reinforce what you have. Don’t focus on anything else.*

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

//

**Freedom is what remains when nothing is held.**  
*Freedom as weightlessness.*

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[Video](#)



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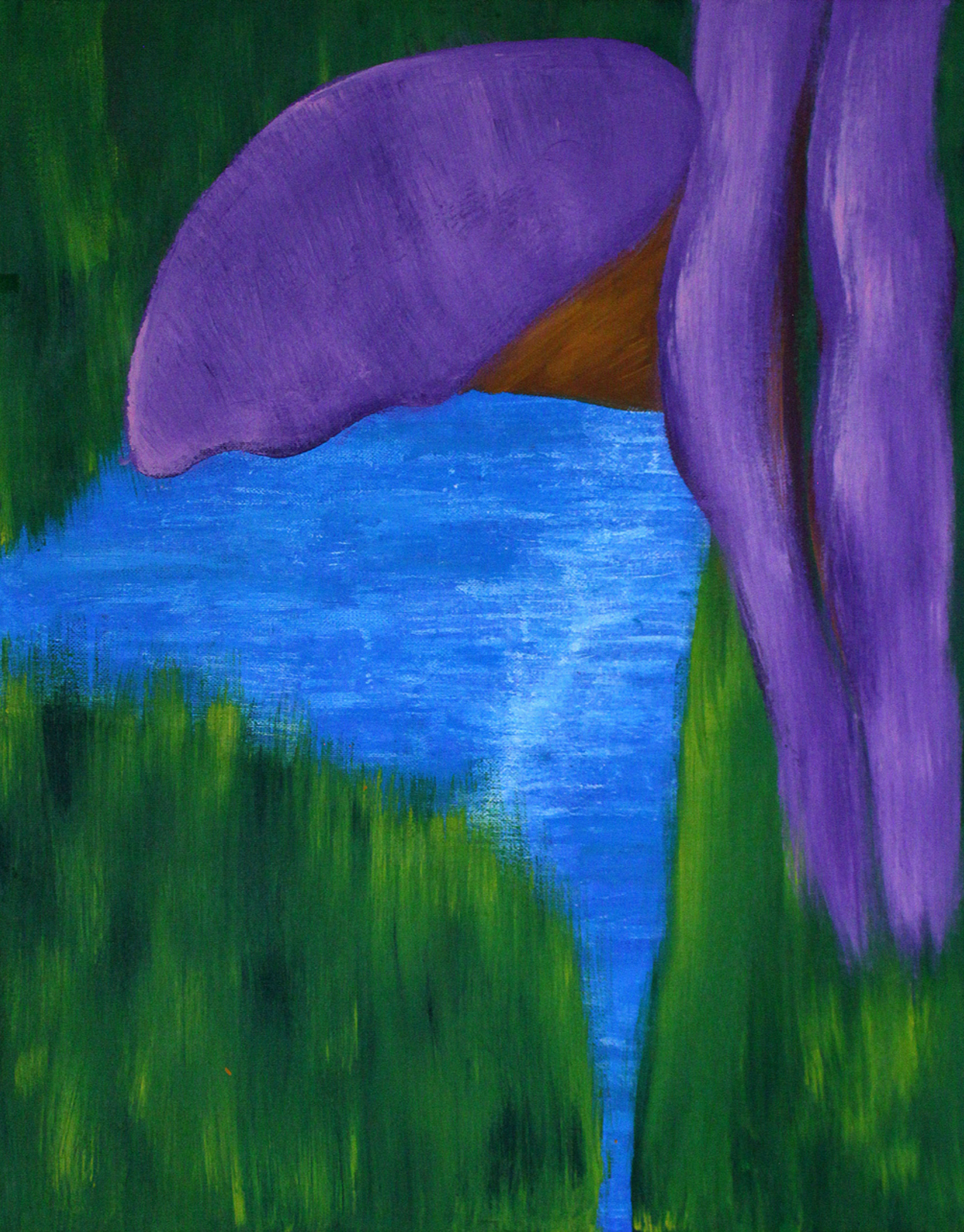
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He, made of time

**He, made of...**

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

Valeria Camacho

Medellín, 2025

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