

UNDERWATER

This is our effort to adjust to the new us.

So welcome to the journey of hidden mysteries and moments of desperation. Welcome to an adventure of pursuing shore while seeking rest amid the unknown. Welcome to swimming among waves in the deep. Welcome to firm rocks, unexpected shallow water, and a sight of unfamiliarity staring back.

Did You Know?

In America, epilepsy is as common as breast cancer and takes as many lives.

source: cureepilepsy.org/aboutepilepsy/facts.asp

Welcome to the cold—of numb hands and feet and faces. Welcome to inner questions of endurance or surrender. Welcome to turbulence of fatigue, exhaustion. Welcome to the existence of feeling worn out, swimming with an ongoing desire to be back in bed. Welcome to the overwork of the brain's functioning region that seeks to pick up the slack from the damaged portion's inability to do its tasks. Welcome to confessions of how the brain battles events like its own versions of tsunamis, ridges, valleys, slopes, trenches, shelves, seamounts, cliffs, caves, arches, stacks, terraces, currents, and lagoons. Welcome to coming ashore to an unknown beach. Welcome to the world of disease and disability, the world of encephalitis and epilepsy, the world of scar tissue, the world of seizures and medication, the world of an electrical system under construction until forever.

Welcome to life *Underwater*.