

RIVERS OF LIFE

FATIMA FORD



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THE LETHE

- Greek Mythology River
- Flows through the underworld
- Drinking from The Lethe was believed to erase memories of previous life, allowing the soul to start new



OUR INTERPRETATION

TO US, IT'S NOT JUST ABOUT FORGETTING — IT'S MORE LIKE HEALING. LIKE WHEN YOU'RE HOLDING ON TO SOMETHING THAT HURT YOU, AND ONE DAY YOU FINALLY DECIDE TO LET IT GO. THAT'S WHAT LETHE FEELS LIKE TO ME. A RIVER THAT WASHES ALL THAT WEIGHT OFF YOUR SHOULDERS

FORGETTING THE PAST TO HELP YOU START NEW

'THE CLOCK, HEARTS
AND LETTER IN THE
WATER REPRESENT PAIN
OR MEMORIES PEOPLE
CARRY. AS THE RIVER
MOVES, THOSE THINGS
DRIFT AWAY. SOMETIMES
HEALING ISN'T ABOUT
REMEMBERING — IT'S
ABOUT FINALLY BEING
ABLE TO MOVE ON.'
-FATIMA



SOURCE:

**CARTWRIGHT, M. (2019). LETHE. WORLD HISTORY ENCYCLOPEDIA.
[HTTPS://WWW.WORLDBISTORY.ORG/LETHE/](https://www.worldhistory.org/lethe/)**