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Sylvain ARBAUDIE · 2024□12□13□

PERSONAL STORYTELLING REFLECTION

MA MADELEINE DE PROUST

Involuntary memory — sensory anchors that transport us back in time

THE SMELL
Warm bread, butter
flour, sourdough
The sensory anchor

THE WALK
Slow steps, warm hand
never hurrying
Time given freely

THE CHOICE
"What do you feel like?"
A moment of autonomy
Small but precious

THE KITCHEN
Hot chocolate, radio
warm croissant
Everything was fine

GRATITUDE
For time given, attention paid, choices offered — ordinary mornings made extraordinary

Some memories are worth more than all the systems we will ever build

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