

Infinite Spectrum

I am a kaleidoscope of colours, an infinite spectrum
that glows and pulsates with a vibrant rhythm.
My mind races with a million thoughts and ideas,
as I navigate through life with ADHD and Autism.

Sometimes it feels like I'm living in a different world,
where the rules are different and the colours swirl.
I struggle to make sense of the sounds and sights,
as I try to find my place in a world that feels too bright.

But within me, there's a brilliance that shines,
a creativity and passion that cannot be confined.
I see things that others don't, and I dream big,
as I dance to the beat of my own music.

My quirks and idiosyncrasies may seem strange,
but they're a part of me and they're here to stay.
I embrace them, and I hope others will too,
as they see the world through my unique point of view.

So let us celebrate neurodiversity,
and all the different colours of humanity.
Let us embrace our differences, and let them shine,
as we create a world that's inclusive and kind.

Shah Tarfarosh