

A fortress of tranquility

Psychology



**ASSIGN
BUSTER**

Water always had tranquilizing and soothing effect on me. Spending time near the ocean was often like a pure meditation watching the mighty natural force in a calm state made me think of a human being as of something small and powerless but this feeling was not unpleasant. On the contrary, being a small part of something bigger and more majestic filled me with cheerful agitation. That is why trying to find my perfect place for escape from mundane problems I imagined an ocean beach. When I entered there from my dark elevator I saw a wide beach lit with a morning light. For me it is extremely important to arrange the right light at my tranquility place that is why this silver early-in-the-morning sunshine makes everything look glittering. This place contrasts with my usual black-and-white environment lacking natural light. So the beach with almost white sand is completely empty and what is more important it is closed from two sides with huge red cliffs. There are no palm trees on this beach and it does not look like paradise from advertisement. It is the beach somewhere in a deserted region and the vegetation is scarce there. There in this place I can be completely alone thinking that I came alone to this world and I will leave it by myself. There on this beach lit by warm silver sunlight sitting on the sand I can feel how waves touch my feet gently and how my feet leave footprints on the wet sand. Watching how water sparkles and washes off my footprints fills me with deep inner peace. I am thinking of changes that are inevitable in this life and of how everything in its right place.