

# My favorite retreat essay



**ASSIGN  
BUSTER**

I have always felt at peace, or whole, if you will, when I am surrounded by or very close to water. I have heard this is something related to the feeling of being in the womb as a fetus, and that is why people get so much comfort from the water. While this may in fact be true at some level subconsciously, consciously, I am very aware of the reasons why being near water, one place specifically, makes me feel so wonderful. My favorite spot on the beach is very secluded. The beach consists of rocks, so there is no easy path to get to my spot. It takes some very careful walking and patience as well as a good pair of sturdy shoes.

I can't take much with me when I go to my spot because I have to use my arms to help guide me across, above, down, and around the jagged and obscure large rocks that line the water where I feel most at home. Indeed, my fortress is a guarded one. It is also surrounded by trees behind the rocks and water on each side. When the water level is lower, I can walk about 20 feet into the lake getting only my ankles wet before there is a huge drop off, which I have not braved to test. The water, even at this small edged retreat, can be quite violent. The white lathery foam that tops the small waves bubbles violent passion.

The cloudy water staves off the most daring souls who on a clear day would be tempted to take a swim in the beautiful blue welcoming water. However, even on the most peaceful and welcoming day, I have not allowed myself to fall prey to the water's welcoming haven. I know that it is much stronger than I, and given my seclusion, I would drown in her warm embrace without a trace. My retreat offers not only a beautiful view of the water and its

natural surroundings such as the sky and the trees that hide it from society, it also offers a plethora of sounds that only nature can afford.

The soft swirling of the water laps on the rocks, gently soothing my soul to rest. The birds as they call to each other remind me of the love that I share with my friends and family and the love that I have for nature. The absolute silence that I can often hear allows me time to do my soul searching and to forget everything in my life that needs to be cleansed and forgotten. The wind sweeps down and takes away the bad, sending it far into the lake, drowning it forever. I feel uplifted and free from all of the daily things in life that have been bringing me down or draining my energy.

Nothing is eating away at my soul or my mind. I am refreshed and ready to return to life with a sparkle in my eye and a spring in my step. The secluded spot on the beach that I call my own is the very place that I go to relax and to bring myself back together after something happens. I also just go there because I love it and I can be alone and feel free. I can look however I want, I can scream if I want, I can stare into the abyss if I want; whatever I want here, it is mine. It is my own personal retreat.