

OCEAN

The Ocean is deep, blue and serene.

It is full of beautiful and unknown creatures.

It is a place overflowing with mystery and adventure.

It's not about how you see it, but how it makes you feel and which
memories it brings back.

Hear the waves crashing onto the shore.

Let the distant sound of seagulls fill your ears.

Think about things that fill your heart with happiness,
as you lie there on the sand, as if your life depended on it.