**Chrysalism**

*The amniotic tranquility of being indoors during a thunderstorm, listening to waves of rain pattering against the roof like an argument upstairs, whose muffled words are unintelligible but whose crackling release of built-up tension you understand perfectly.*

* Thunderstorm; a storm with thunder and lightning and typically also heavy rain or hail.

- Loud noises

- Sound of rain hitting against an object, puddle, lake etc.

- bright flashes (could use cold lighting)

* Indoors; The area or space inside a building.

- "the rain makes indoors feel so warm and safe"

* What does it mean to be indoors?

- Situated, conducted, or used within a building or under cover.

- Safe.

- Removed from the wide open world and entered into a small space.

- A place where you can relax and be yourself. (If it's your own personal indoors e.g. your house/appartment).

- Hiding?

* Amniotic; relating to amnion - The inner most membrane for example the fluid around a baby still in the womb. Is present within reptiles, birds and mammals.

- A protective barrier of sorts, the feeling of a safe place, maybe muffled sounds, warmth and serenity.

* Tranquility; The state of calm and relaxation.

- Being calm and relaxed, can be achived through the use of meditation.

- Is thought to be achieved by imagining yourself in another place, removing yourself from the current situation and filling your thoughts with positive emotions.

- Can be brought upon by sounds and emotions, sitting and listening to a waterfall in the middle of a forrest for example.