

Cold Water

There is an Island in the tropics. On most of the island, the wholesome sun pierces through foliage and pushes away darkness, illuminating an environment teeming with life and energy, positivity. A tropical paradise with beaches that kiss your feet as you walk across it. At the center of this island is a lagoon, situated within a cave, with pockets of sunlight losing battle against ominous tides of shadow, every bit containing infinite shades of chaos and darkness.

You find yourself floating in the water, with a beam of sunlight shining through the rocky ceiling like a spotlight. The stage spreads across your vision, and the darkness, like crowds of people, judges you with its threatening gaze, the sound of water almost like murmurs, weighing your heart down into the bottomless lagoon. What are they saying? Could be curses, could be booing. You see a light-the exit to this cagelike cave, but your heart feels like fetters and your soul like the chain that wants to descend as you desperately swim towards the light. The sounds slowly mutate into taunting and eerie noises, and anxiety takes hold of you, your control over your body fades and you slowly sink, letting everything go. Lights dim, darkness takes over.

Gasping for air, you realize you are alive, despite being submerged. More alive than ever, in fact. These breaths feel as real as when you jolt awake from a nightmare, but instead, this time you are descending further down one. Further down the bottomless dread pit you sink, anything could be down there, the unknown. You feel like your life is being drained, and the sole fact that you are breathing and alive barely holds your mind from being ripped to shreds by chaos. It feels like there is something down there, something important, but also cold. It feels like any moment, you will be able to get out of this mess, and go back to paradise, but that moment never comes.

Then, as uneventfully as you appeared on the island, you emerge in a new place, and it's neither paradise nor limbo. You're in a shower. It is quite cold, but not unbearable, you turn off the water and get out of the shower because you have shit to do.