

Ocean (EXTEMPORE)

I love the ocean not just because it calms me down, the sound of waves blocks the noise and chaos in my mind, those relaxing and beautiful shores, and those shades of coconut trees. The main reason why I love the ocean is that I can relate to it as it symbolizes my personality, versatile, deep, mouldable, calming persona with extreme sides, and a lot more to add. Just like the ocean, I have all emotions in extreme. I am angry and emotionally hurt I hit those shores with all the what's going on inside me and at times I am most calm and relaxing. I have this depth in my thoughts and action which at times separate me from others and make others feel scared to approach me but I am friendly and welcoming, just as the ocean even after being so deep is home to so many creatures. I believe everyone has a deep connection with the ocean as we were evolved from a cell and had water as our surrounding and living space but as we evolved, we tend to lose our roots, the element of life which we are most connected keep us reminding what and who we are and provide us comfort.

There are different oceans one can relate to I relate to most of them each one reminding

one thing or the other to me. Oceans play a vital role in our life and are helping us survive too as they help maintain the temperature of the land, provide us food, revenue, nutrition and aid to diseases. I want each one of us to find and connect that one element they can relate to most as that is what can keep them going.

"Ocean is vast and has all shades and so does humankind, it depends on ~~at~~ you which shade you want to let your personality to be defined as."