

As she lay on the white sand on the beach, she felt the Sun's gentle glow upon her. She could feel her skin changing colour from pale to a dimmer shade of orange as she tasted the saltiness around her when she yawned. Suddenly, she ran into her thoughts. What had her life become after all this time? She didn't miss her old ways. They were more of an addiction than a lifestyle. 'Hmmm, those days... I can't believe I was comfortable back then', she thought to herself. 'Being happy with who you are, even if you are not.'; she recollected. As she went along her way into that realm, she felt her toes tingling with a soft and familiar touch. She once again breathed in that atmosphere as she looked up at the beautiful crescent. Though this time it was different. She felt as though she was drowning in serotonin. Now the breaths that she took gave her a distinctly different flavour. She tasted sweetness at the back of her mouth. She got up, her feet wet; began walking. Slowly she went, deeper and deeper... smiling, feeling the warmth and love of the touch. Finally she was in completely. Her feet were no longer able to touch the ground. She lay on her back, and let the rest flow. She was in memory lane. She kept thinking, without realising that she had drifted further than she had ever before. By the time she opened her eyes, she just saw the horizon, along with the sound of the ripples around her. Beautiful shades of dark blue everywhere, with the crowd of light spread out unevenly above.

At first she was scared, though then she felt her subconscious reaching out to her, giving her confidence and reassurance. She knew there was no way out. She couldn't make head or tail of her situation. So there she was, and she retook her calm and oblivious position, and let herself drift away into her own self; only to climb over the highest mountains and to be around those that make her feel happy, something she was feeling at this moment. She had left all her negativity behind. There was only beauty that she saw both around and inside herself. She knew that she was going to survive, as she had every other time in her life. There used to be a time when all she felt in such situations was fear. Though not this time. Never again was she to let fear conquer her thoughts.

Slowly she descended, and as she continued breathing, she felt the blue penetrating her head. She felt the pain, and for those couple of seconds she almost shuddered with fear, until she stopped moving, only to open her eyes to an unfamiliar bright, white and seemingly infinite sight... along with a familiar voice calling out her name.