

Where it all lies

Zen. Peace. Where do you find your nirvana? Let's go back to where it all began...

"Hey, mom, where are we?" I asked, as I gazed at the beautiful flowers and greenery through the gates. "It is a place that you will love and never forget." She responded, in a calm, strong voice. "Ok," I replied, slightly confused by what she meant.

As if reading my mind, my mom said, "Just wait and you'll see. Trust me on that." Little did I know how close this place would remain to my heart.

I pushed open the black wrought iron gates and stepped into the lovely garden with my mom. The calming sound of waves in the ocean greeted my ears. Birds chirped in the distance, forming a melody. Colorful flowers, green trees, and cobblestone paths were to be seen. A wave of zen washed over me, gently cleansing me of stress and worry.

"This is it. The Swami Gardens." my mom whispered to me, a smile forming on her face. "Let me take you to a place to meditate. It is one like no other."

I followed her through the beautiful garden, seeing people sit in stillness and meditate. Before I knew it, we were at a clearing and we stopped walking. A large tree was planted in the middle, surrounded by benches. Plants bordered the clearing, and people sat in mindfulness.

I made my way to a bench and sat down. It was as if an aura of calmness was radiating from the tree.

I felt all my thoughts leaving me.

I focused on my breathing, and my eyelids grew heavier and heavier. I gently closed them, and felt my breath steady.

This was it.

Calm...

Peaceful...

Zen.

Relaxation flooded through every fiber of my body. I felt more tranquil than I ever had in my whole life.

All I heard was the rustling of leaves.

All I felt was a wave of tranquility.

All I smelled was the salty sea air.

And yes, all I knew then was peace.

I sat there, meditating, letting time pass. Before I knew it, I felt a soft hand on my shoulder. "It is time to go." my mom said in a hushed voice. I wanted to say no, stay here forever in this peaceful world...

But I knew my mom was right. I rubbed my eyes and slowly opened them. I was back in reality.

"That-t..." I stammered, "That was just lovely! I have never felt so peaceful or calm in my whole life."

"And that was why I brought you here." my mom replied. "This has always been a place of calm for me. When I need to unwind, this is the place."

I got up from the bench, and walked out of the clearing with my mom. "Thank you so much for bringing me here." I smiled up at my mom.

I knew, at that moment, that something had changed in me forever. I felt as if I was seeing things in a new light. Calm resonated through my body.

Slowly, we made our way to the entrance of the garden to leave. Colorful fish swam by in beautiful ponds bordered by majestic plants. The sun streamed in, giving a golden look to everything. The black gates finally came into view, and we swung the gates open and walked out. I craned my neck to get one last look at the Swami Gardens.

At that moment, something had changed in me forever. I had realized, to find peace, you just need to look inside.