

Autumn

I am stood still, heart-pounding, feet-trembling, and the everlasting breeze sends an overwhelming shiver down my spine. I feel nauseous, numb, my head is spinning with never-ending questions and I cannot breathe. I am petrified. Where am I? Why do I feel like this? My whole body is flooded with an overwhelming sensation of fear, nervousness, anxiety. I am lost, confused and unsure of where to look or where to turn.

Suddenly, my focus shifts to the alluring skies and landscape. The autumn leaves crackle and pop as I walk down the leafy pathway. The noise soothes my aggravated soul, the symphony of the sound of the rustling leaves make my heart come to a reasonable pace and my trembles to stop.

The orchestrated sound overwhelms me with pure relief. ‘What? An epiphany?’ I repeat under my breath as I can see the frosty landscape in the distance. Pure and utter naturalistic beauty surrounds me. The sunset is beautiful, although I know I should go home, the view is so dazzling, I want to be here forever. The autumnal leaves and the calming frosty breeze, and the hills of forests in the distance. A relieving sigh is released, and I am calm now, complete tranquillity and harmony. It is the little things, the small details that takes me into happiness: it is the skies, the moon, the scenery. What a beautiful setting. If only I could forever be in this moment.