

How to Become an Ocean

How to become an ocean.

Number one,

first learn to swallow your tears until they become a sea inside of you.

As long as you make sure the ocean looks beautiful from its surface,

Nobody will know what's really happening with the toppling waves below.

Appear on the surface with calm waves and succulent pigments of bright colours,

Sparkling in the bright gazing sun.

Act as if though beneath the ocean's surface isn't a dance of waves

lashing against the coastline in a constant battle with your own mind.

Nobody gets to choose the way the ocean roars and neither do you.

Number two,

move back and forth like the tide,

scattering emotions like debris across the sea floor.

As long as you keep them below the surface,

there will be no lifeguards needing to swim out and save you.

Ensure your feelings stay compressed beneath weathered rocks and shells,

without coming up to see if anyone's noticed you.

If a rip breaks you free,

tell them it's nothing to worry about,

and the ocean will return to its former beauty soon.

Number three,

measure the depths of your despair,

and learn to swim deep to the bottom of the ocean floor,

where everything stays dark and quiet.

Never let anyone know just how big the waves are,

after all there isn't anything anyone can do to break the coming storm.

Number four,

realise that no matter how fierce the roar of the waves seem,

there is always serenity beyond the horizon.

Have patience, remember that your heart of the ocean will arise to the surface soon.