

GO DEEP

Most of us think too much, especially about events and people, local and global, famous and not so famous. When we are always thinking about what is happening on the surface of life, the visible, then it is as if we are living a superficial life. And when two people who both live on the surface meet, the exchange, the conversation, is superficial, sometimes totally bereft of meaning. Often it leaves us totally unsatisfied. And as we share news of our surface observations, we come to know our own superficiality, but we are not strong enough to resist it. Deep down inside there is a voice, a longing, a calling to depth. It's our heart, reminding us to visit, explore and express the depths of our ourselves. Everyone has depth but we confuse the heart with emotion, and forget that emotion is the result of getting too close to events on the surface. So one of our deepest needs, which is to go in deep, is seldom satisfied. Going deep and being deep requires time spent in solitude, some periods of introversion and a conversation with ourselves. We only know what is at the bottom of the ocean by going there, diving deep and switching on a light and looking through the lens of a camera. The results are images of depth. How on earth will we ever see what is in our heart unless we dive deep inside, switch on the light and look. Those who do will tell you it changes everything. What do they see? Simple, only beauty and truth. They are always there, waiting for us to return. Waiting to welcome us and to introduce ourselves to ourself.

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