

Descriptive Essay on A Place

Everyone has some imaginary place where he or she hides from the real-world troubles and worries. Some go back to that place before they go to sleep just to dream about something pleasant and release their mind from stress. Others visit that place when they meditate – exercise their mind by consciously controlling feelings and emotions. I like meditating as well and find this practice extremely helpful for my emotional well-being. One of the exercises I typically perform is going to my imaginary place where I feel calm, relaxed, and comfortable and where I can get rid of negative emotions and obtrusive thoughts. I would like to describe this place to you in detail.

I have enjoyed nature since my childhood, so my imaginary place is the wildlife located far away from cities and people. It has everything I like – high mountains with snow peaks, green hills, meadows, and woods. It resembles the Yosemite national park, Swiss Alps, and English countryside at the same time. My imaginary place has much fresh air that is filled with rich smells of wood and flowers. It is always sunny there, so one does not need to wear jackets and hats. There is no one else except for me and wild animals and birds in this perfect place of peace and calm.

When I come to this place, I walk different paths. One day, I like climbing the hill to reach the cliff from which I can see the whole plane at my feet. The air in this place is especially fresh and cool, but it is not cold here since the sun always shines at me from the deep blue sky. I like this place because I can watch the clouds come and go, but they never bother me because they are small and puffy like cream. I like to imagine that these are my thoughts that I can control when I need to or simply watch them passing by when I want to let my mind be completely free. This place is good to visit when I feel stressed and need to escape negative emotions and thoughts that bother me.

Another place I like to visit is the riverbank with green grass, flowers, and large wide-branching trees where I can sit and watch the water flowing calmly. This place is for a long, relaxed meditation. Here, I can walk barefoot on the warm grass, lie in it and watch the sky above, or stroll along the river bank. Sometimes, I go to my favorite tree that grows on the meadow nearby. It has many leaves that shuffle when the mild wind touches them, and this sound is extremely relaxing. The tree has a large dark brown body with strong roots on which I love to seat. I like watching the shades on the grass and listen to the birds singing above my head. I am not alone in this place, as there is also a horse eating grass on the meadow. When I need to clear my head, I ride that horse fast. I love this experience because when I imagine myself to be an experienced rider, I feel confident and free.

Finally, there is a location in my imaginary place that I visit only on special occasions. I love feeling comfortable and warm, but sometimes, I need to step out of my comfort zone and try something challenging. So, I climb high to the mountains and snow peaks, leaving behind the calm and peace of sunny forests and meadows. This place is both spectacular and dangerous at

the same time. It has steep cliffs and sheer drops, so I should be focused and attentive. When I reach the snow peak, there is nothing except the blue sky, blinding sunlight, and snow. Being in such a place allows me to remember that challenges are an integral part of my life and that I should embrace them to develop personally and emotionally. To summarize, my imaginary place reflects the diversity of wildlife and my emotional experience. It is a place where a man can live in harmony with nature and where the setting can be an inseparable part of self.