**The Lighthouse**

Every night when I put my head down to rest, I hear the birds singing their beautiful songs and the waves crashing against the rocks. Every so often a beam of light would come in through my bedroom window. That light would always make me smile. It would make me feel safe because then I knew that my dad was looking out over all of the ships and over me.

When I would start doing my meditation, my back would sink into my mattress and in the blink of an eye, I was in my wonderland. I was sinking through the big, pink and blue clouds. The clouds felt like they were big pieces of cotton candy. Colourful rainbows filled the sky and I thought to myself, “Life couldn’t be any better.”

All of a sudden, the dream started going very wrong and very fast. I started to fall through the cotton candy clouds. It felt like I was falling for eternity. Right before I was about to hit the floor, I woke up with a start. I started breathing very heavily and it felt like nothing could fix that dream I had just had. I tossed and turned but every time I was about to fall asleep, that rush of panic would come back.

I turned over one last time, trembling in fear and, in a few minutes, I saw the light seeping through my window once again. I felt that feeling of being safe. That safe feeling is one of the best feelings in the world.

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