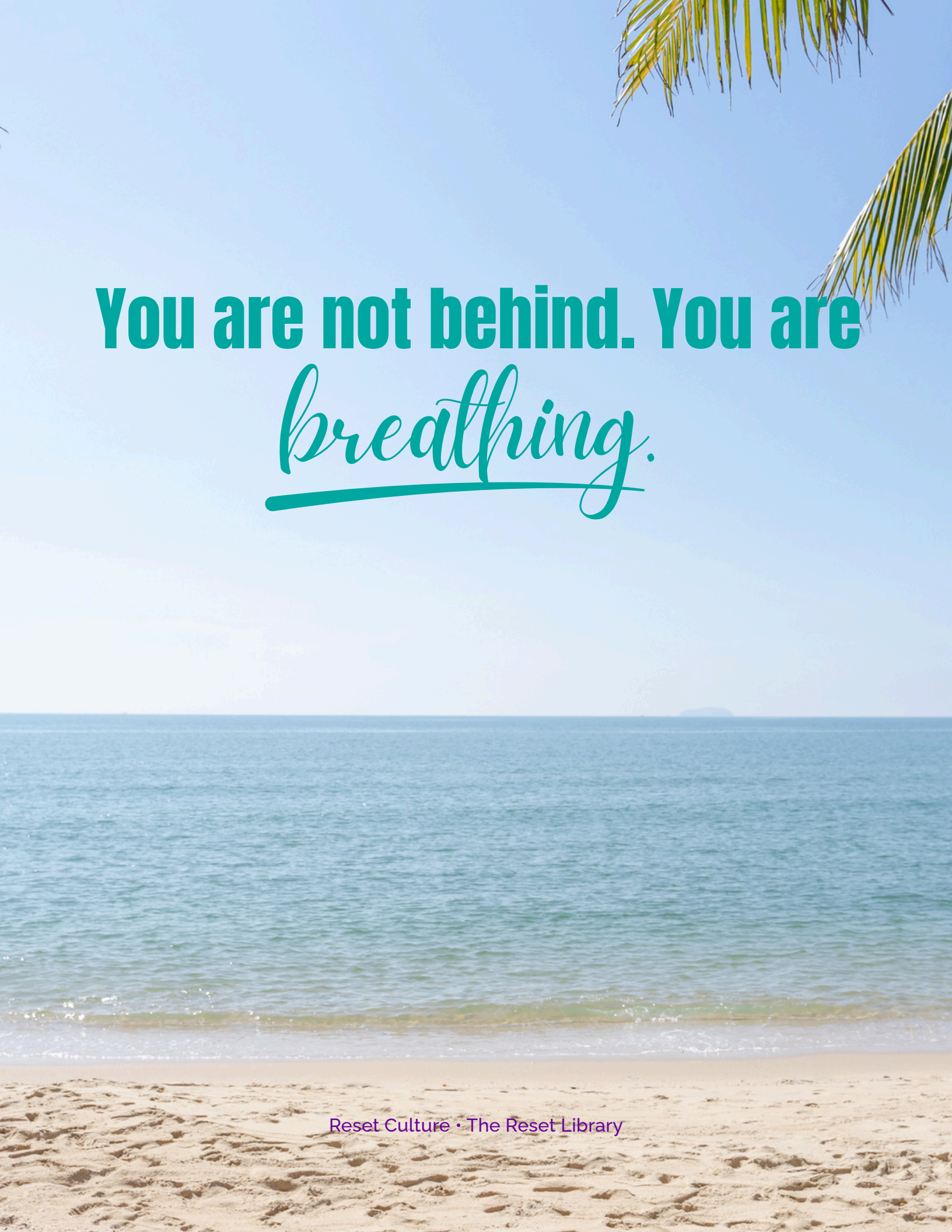


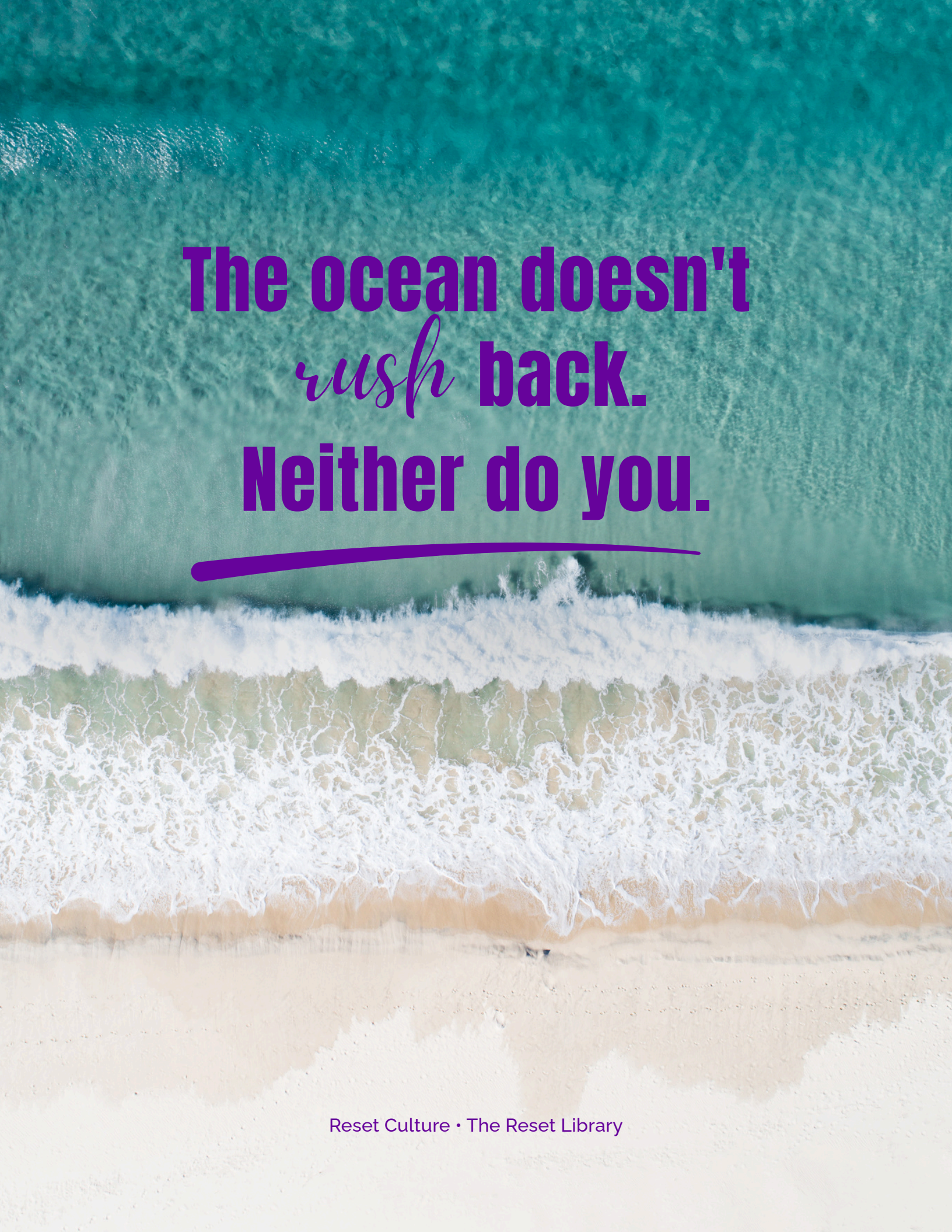
15 OCEAN QUOTES

A collection of calming reminders

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You are not behind. You are
breathing.

An aerial photograph of a beach. The top half of the image shows deep turquoise ocean water. A wave is breaking, creating a thick band of white foam that stretches across the middle of the frame. Below the foam, the sandy beach is visible, with some darker patches of wet sand. The text is overlaid on the water and foam.

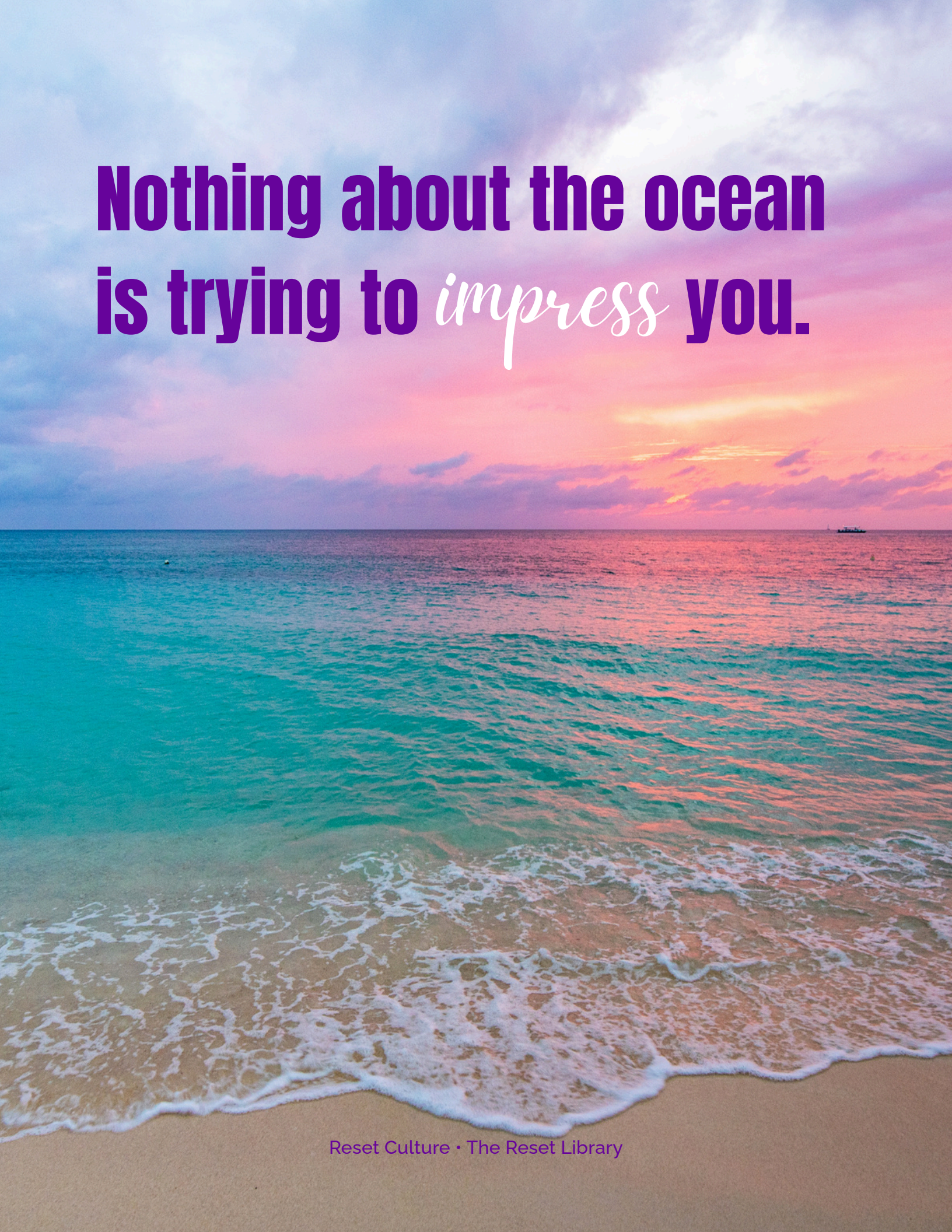
The ocean doesn't
rush **back.**
Neither do you.

A full-page background image of a sunset over the ocean. The sky is a gradient of soft pinks, oranges, and blues. The ocean is a deep teal color with white foam from the waves. Several people are visible in the distance, swimming or surfing. The foreground shows the white foam of a wave washing onto a sandy beach.

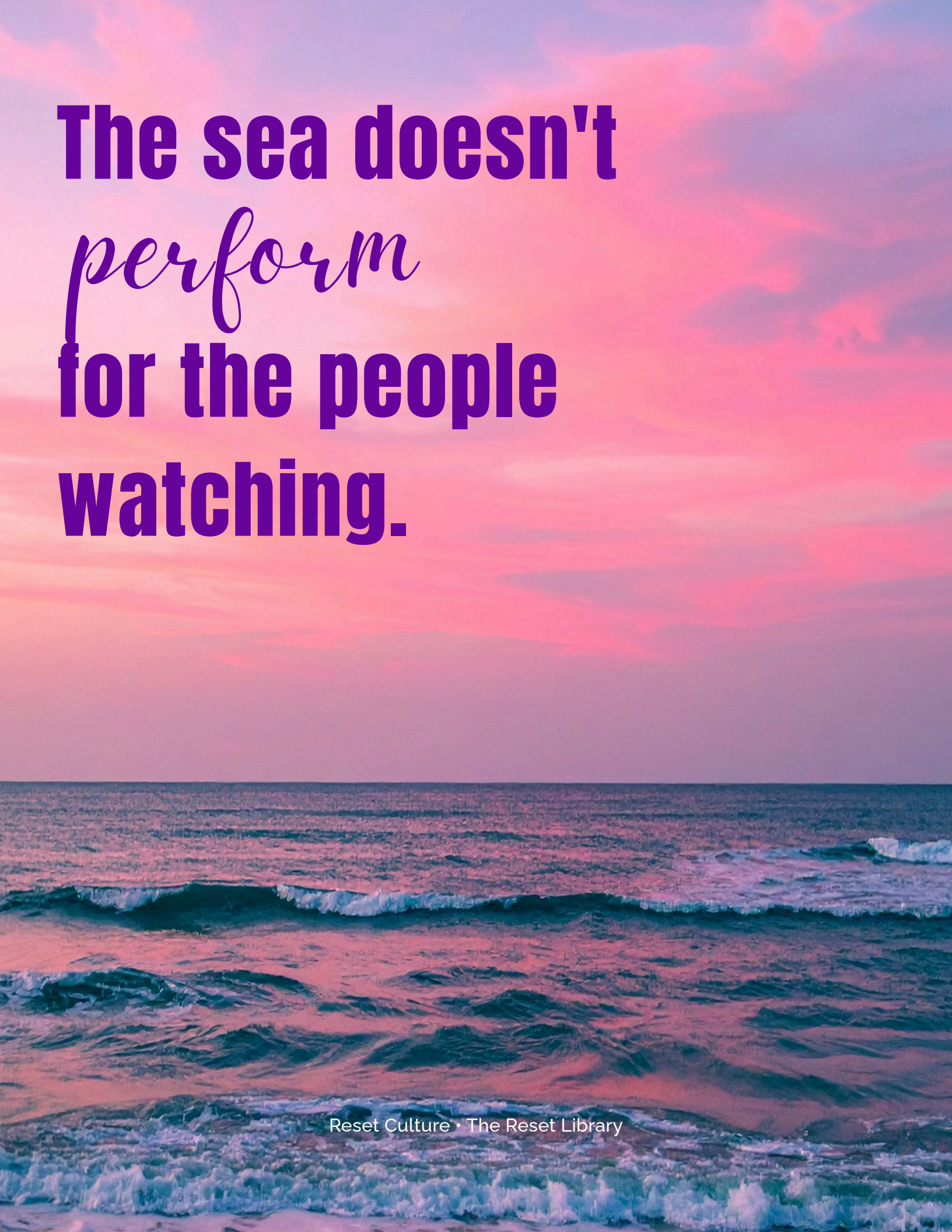
The sea knows how to
release **and return.**



Peace
does not have to be earned.

A full-page background image of a sunset over the ocean. The sky is filled with soft, colorful clouds in shades of pink, orange, and purple. The sun is low on the horizon, casting a warm glow. The ocean is a deep blue-green, with gentle waves breaking onto a sandy beach in the foreground. The water's surface reflects the colors of the sky. A small boat is visible on the horizon line to the right.

**Nothing about the ocean
is trying to *impress* you.**



The sea doesn't
perform
for the people
watching.

A full-page background image of a tropical beach. The foreground shows shallow, clear turquoise water with visible sand and small waves. The horizon is a straight line in the distance. The sky is a deep blue with a few wispy white clouds. The overall mood is peaceful and calm.

***A quiet* sea is not
a smaller one.**

**The waves don't ask
you to be anything
but *here.***



The ocean
has never once
explained **itself.**

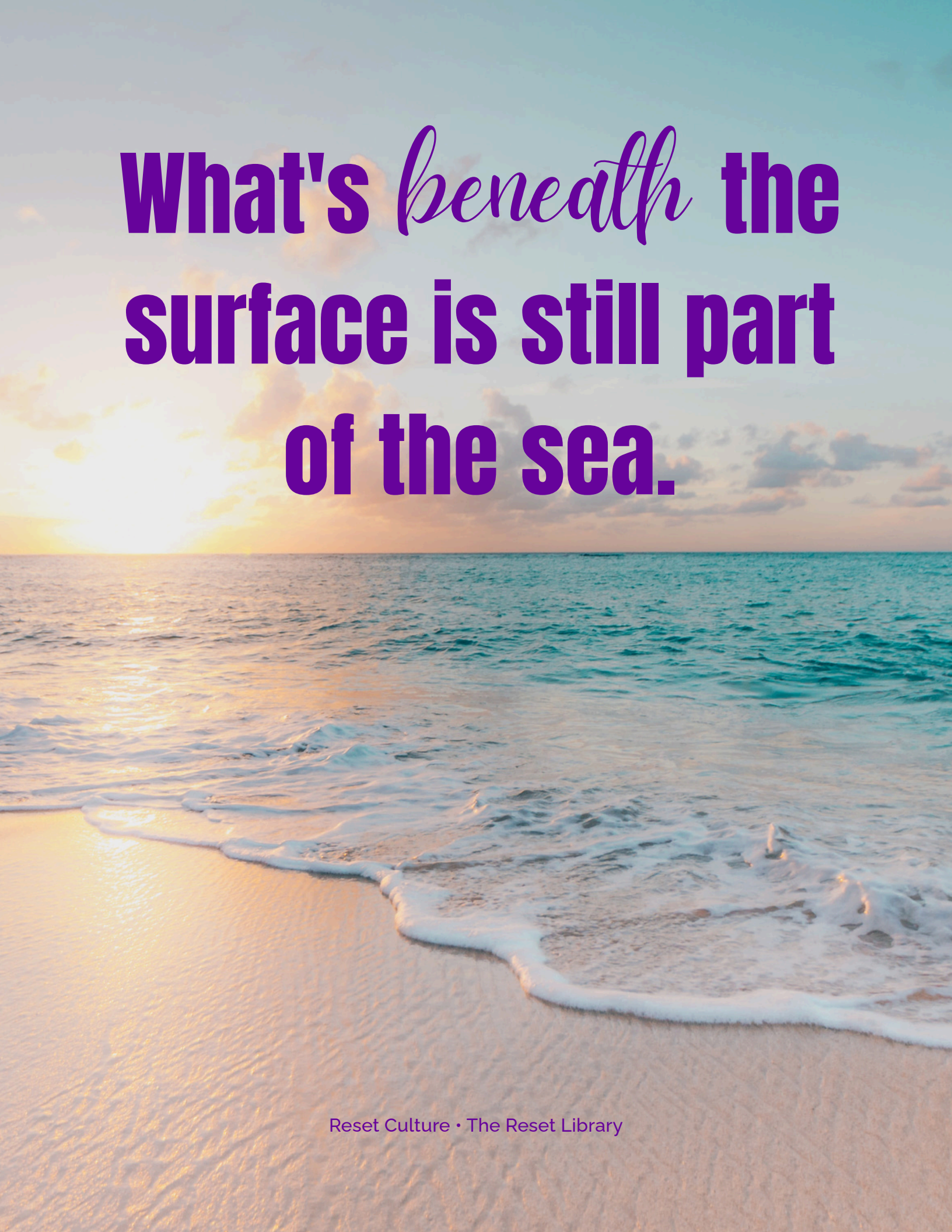
Try that.

**The tide leaves without
apology. So can you.**



**Some tides go out
simply because it's
*time.***



A full-page background image of a sunset over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, white clouds. The ocean is a deep blue-green color, with white foam from the waves washing onto a light-colored sandy beach in the foreground.

**What's *beneath* the
surface is still part
of the sea.**

A full-page background image of a sunset over the ocean. The sun is low on the horizon, creating a bright orange glow that reflects on the water and the sand in the foreground. The sky is filled with large, dark, and textured clouds. In the lower-left foreground, a large, dark, craggy rock sits in the shallow water, with white foam from a wave washing around its base. The overall mood is serene and contemplative.

The tide keeps

no *record.*

It just goes out and
comes back.



**The ocean doesn't
apologize for its *depth*.
Why should you?**



Give yourself the *space*
you keep waiting for.