

Image: person sitting on a wooden dock, back facing the camera. Person facing the water which is grey with fleck of white clouds in the reflection.

"We don't see things as they are,  
we see things as we are."

Anaïs Nin

Some people will see this photo as peaceful and beautiful.

Some people will see this photo as lonely and sad.

How we have come to view the world depends a lot on our own lenses, which are shaped by both our individual experiences and our collective cultural experiences. It also depends on what is going on in our lives presently as our view is also influenced by emotions