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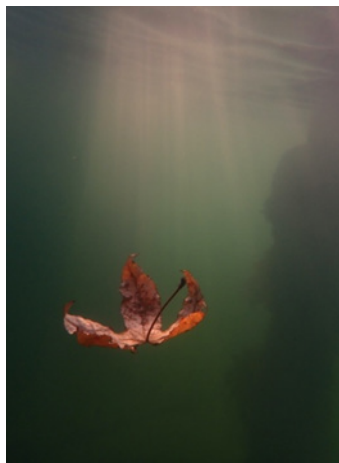
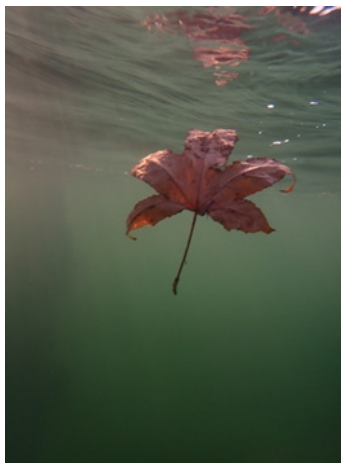
Ocean Swimming

Frances Milat

There is a connectedness between human bodies and bodies of water. We are interrelated. Our great oceans and waterways are our lifeblood, while our body's capillaries and vessels, like great tributaries and rivers, nourish and sustain our human form. We are part water, and we seek water.

The water near my home also sustains and heals. In the depths of our city's winter, a group of us gather at the sea's edge to share a swim. We all swim for different reasons, diluting the burden of illness or worry into the vastness of ocean. The winter sun soaks the shallows in silver light. We slip through waves, water silken, stress softening and sinking. Shards of light guide and bodies renew. For a time, we forget the weight of years.

These photos capture the journey of single autumn leaf floating through the winter sea. The image of the leaf, carried by water and basking in sun, captures the transformation of weary bodies into movement and light during a swim. We swim to be unburdened, to connect, and to heal.



Note: These photos were taken with an Olympus TG-6 and are unedited.

About the Artist

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