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Essay 1: My Photo Essay

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Finding Peace in Simple Pleasures



A Soft Touch of Charm (September 15)

Taking some time off from my busy routine, I immersed myself in a project that brought me both joy and peace: creating an adorable bunny plush. Recently, crocheting has become a calming escape, offering a peaceful break from the noise and busyness of everyday life. Working with the softest yarn I could find, each stitch formed the bunny's floppy ears, round body, and rosy cheeks. The pattern I followed was simple, yet the process felt deeply personal. Each loop and knot carried a sense of excitement as the plush slowly took shape in my hands. This small project became a source of happiness during my free time, allowing me to focus on something meaningful and relaxing.

There's something magical about watching a ball of yarn transform into something so endearing. The yarn I chose was plush white, perfect for the bunny's look. Its little outfit, complete with a matching hat, gave it a personality that seemed to leap out of my imagination. I could easily picture this bunny hopping through fields of flowers, its big, innocent eyes sparkling with life. I smiled at the thought that such a small creation could hold so much meaning, becoming more than just a toy. It became a symbol of the peace and joy I found while working on it, and a surprise gift for a dear friend—a way to share that happiness.

This time spent crocheting allowed me to reconnect with my creativity and slow down my racing thoughts. The bunny represents more than just a craft project; it's a reminder of how fulfilling simple moments can be. Sitting quietly with a crochet hook and some yarn, I felt a sense of calm, showing how important it is to take time for oneself, even in the busiest of lives. Teju Cole once wrote (2019), "To make something by hand is to engage with time in a way that is increasingly rare. It allows you to be present in a moment that doesn't demand anything of you but your attention." This bunny became more than just a physical object—it became a snapshot of tranquility, a symbol of the peace I experienced during my time off.

A Moment of Peace in the City(September 12)

On a particularly beautiful afternoon, I continued this spirit of relaxation by heading to the park. Armed with my laptop and a cozy blanket, I found a quiet spot with a serene view of the city skyline and calming waters just beyond. This park has become a special place for me and my friends when



we need a break from the fast-paced world. The tall skyscrapers in the distance stood as reminders of the world moving at its usual frantic pace, while I took a moment to slow down. Sitting on the soft grass, with the warm sun on my face and a gentle breeze blowing, I felt at ease. Being in nature with the city nearby creates a peaceful mix of calm and energy, balancing the quiet of the outdoors with the busy city life.

I laid out my blanket, opened my laptop, and savored a simple lunch. The fresh air, mixed with the sounds of children laughing and the occasional jogger passing by, created an atmosphere that was both lively and tranquil. It was the perfect day to reflect and simply enjoy the present moment. Often, we forget to step away from our screens and appreciate the world around us, but here, I found balance between productivity and relaxation. This was my time—to think, to recharge, and to enjoy life’s small pleasures. John Berger once wrote(1972), “To photograph is to stop the flow of time. A photograph pauses a moment, creating a stillness that allows us to truly see what’s in front of us.” This afternoon felt like a photograph in itself—a brief pause that allowed me to see the world clearly and savor it.



An Escape from Reality(September 21)

Later that evening, the peaceful day turned into a cozy night at the movies with a friend. The dimly lit theater was the perfect place to relax, settle in, and enjoy the film. There’s something comforting about the simplicity of a movie night—sharing snacks, whispering jokes, and getting lost in a different world for a few hours. Our snacks told their own story: a bucket of classic

popcorn and a playful addition of a Japanese takoyaki snack, a flavorful treat that reminded us of freshly made takoyaki. The contrast between the familiar popcorn and the unique taste of the takoyaki snack mirrored the balance of comfort and excitement in the movie we chose. The blend of these flavors, like the balance of elements in a photograph, created a sense of harmony and enjoyment.

As the movie played, the soft rustle of popcorn and the crunch of the takoyaki snack added to the experience. This wasn't just about watching a film; it was about sharing a moment of joy and relaxation with a friend. The glow of the screen reflected on our faces, much like the light in a photograph, highlighting the details of the moment. Susan Sontag once said (1977), "A photograph is not just an image; it's a way of capturing experience, of turning reality into something we can hold on to." That night, the movie theater became more than just a venue—it became a memory, filled with laughter, relaxation, and the warmth of friendship.

These simple, quiet joys—crocheting a bunny, spending an afternoon in the park, or enjoying a movie with a friend—remind me that leisure isn't about doing nothing. It's about finding moments of happiness in the midst of a busy life. Whether it's the feel of yarn in my hands, the softness of the grass beneath me, or the salty crunch of popcorn during a movie, these small experiences hold their own magic. They create memories that linger long after the yarn is used, the sun has set, or the credits have rolled. (973 words)

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