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Section 4

Best Photo: Letting Go of Balloons

Having been inspired by a quote superimposed on a picture of the beach about letting go, I discovered this photograph on a wellness blog by Jess Ainscough, a model and fashion writer diagnosed with an incurable form of cancer. Her website aims to promote the well-being, prosperity, and happiness of all people, and this photograph does just that. By depicting a person letting go of balloons with pure joy and contentedness, the picture represents a person who has completely given up control of the unchangeable, the natural and inherent actions of nature. Some things are not under the influence or authority of mankind but instead happen spontaneously and unexpectedly, and thus, as this photograph suggests, it is through the acceptance of this actuality that harmony and peace can be achieved. Moreover, the photograph is extremely poetic because it not only encourages people to become aware of their limitations as human beings and to comply with reality, but also because it strongly advocates a trust and belief in all of the occurrences and happenings of life with the hope that everything will eventually turn out for the best. Attempting to fight or counteract the inevitable only leaves people stuck, stagnant, and unable to progress or develop in ways that acceptance allows, making this photograph a poetic catalyst for the beneficial development of humanity. Transformation only ensues when people leave behind the inhibitions and obstacles that are holding them back in life, the reasoning behind the urgings of this photo. Letting Go of Balloons poetically encourages the viewer to become empowered, to face his fears, and to let life take him on an unforgettable journey.