Serenity

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As a member of the harsh and stressful society we live in today, it is hard to find peace and a sense of serenity. Being able to find serenity in one's life is more than just an escape from work, school, and obstacles of life. It promotes personal and professional growth by providing a safe space for self-exploration and self-understanding through the restoration of spiritual energy. We must ask ourselves "Am I being too hard on myself?". We must forgive ourselves, because being angry and feeling hopeless is painful for the heart and soul.

Serenity is an interactive VR design that uses the idea of being in a calm and peaceful state of mind. Having a productive and busy life may be manageable for the strong willed for the time being, however, overtime having too much on one's plate will cause many negative reactions to the mind and body. When the spirit is feeling threatened, one's nervous system responds by releasing a flood of stress hormones, including adrenaline, increase in heart rate, and often "clouds" the mind of nothing but the awareness of being overwhelmed.

In this work, the player enters an atmospheric environment resembling space and the stars. The player will navigate through the misty fog to represent a foggy or dream-like state of mind. The fog generates more and more particles automatically over time to portray the inability to see clearly as one does when overworked. As the player comes to the center the text object Serenity will appear, floating in space. This is to represent the sense of groundness and stability of the mind. However, once the player collides with the center object, the object will disappear leaving the player surrounded by clouds. The player can reset or bring back the object back by right clicking on their mouse. This interaction is meant to represent what one can feel when that sense of center is lost. The audio in the background is an hour long meditative melody in which the player can listen to for a longer period of time if the player so desires.