

Kelly Harris

How do you find relaxation?

I find relaxation by calm breathing and remembering that everyone, everywhere, are all living in the same moment.

If you could travel anywhere in the world, where would you go?

Tied between 3 places.

1. **The Safehouse Restaurant** in Milwaukee, Wisconsin. A spy themed restaurant with secret passageways, a password to gain entry and trapdoors. or
2. **The Icehotel** in Jukkasjärvi, Sweden from December to April. Every year, artist carve rooms and furniture out of the frozen Torne River. or
3. **The Propeller Island City Lodge** in Berlin, Germany. A hotel with themed rooms, like a kaleidoscope room, an upside down room, a cave room, a cage room and about 15 different other themed suites. I want the upside down room.



What movie or tv show has made an impact on your life?

There is a British show called 'Black Mirror' that has definitely affected me. It's similar to 'Twilight Zone' in the way that each episode is its own story and has a underlying message that sits with you long after the episode ends. It takes place in the near future and how being dependent on technology could hurt us. After watching an episode, friends and I have had some of the most in depth, meaningful discussions about our interpretation of what we just watched. Too bad only 7 episodes were made.

Favorite Quotes:

Happiness is truly reached when we are ready to be what we are, not what we think we should be.

Anonymous

The fact that we live at the bottom of a deep gravity well, on the surface of a gas covered planet going around a nuclear fireball 90 million miles away and think this to be normal is obviously some indication of how skewed our perspective tends to be.

Douglas Adams