I'm sitting on a beach facing the Mediterranean Ocean. I am alone -- there is no one on the beach as far as I can see in either direction. I'm laying on the hot sand and I feel the warm sun on my face. I'm watching the waves come in and go out. I hear the seagulls. I am drinking cold water. Whenever I get too hot, I walk to the water and dip my feet. The water is cold. I see small fish. They are swimming around my feet and biting my toes.

Where are you?  
What is the weather like?  
Where are you sitting or standing?  
Who is with you?  
What do you see? hear? feel?  
How do you feel?