Silent Bonds
by Matilda Gardener

A young heart beats, yet feels alone,
Lost in a world with a distant tone.
The noise of life moves far too fast,
While in her chest, the silence lasts.

She seeks connection, peace of mind,
But finds no solace, none to bind.
Loneliness, her constant friend,
A shadow that will never end.

An older soul, with years behind,
Carries an ache, quiet and confined.
Once filled with cheer, now fading light,
His hands lie still, lost to the night.

Their paths cross briefly, side by side,
Two souls with sorrow they cannot hide.
Though different in age, their grief the same,
In shared silence, they find no shame.

A glance exchanged, a quiet plea,
A wish for someone to truly see.
No words are spoken, but they understand,
In that moment, they find a hand.

One young, one old, both searching still,
For someone to listen, someone to heal.
And in that silence, hope begins to rise,
A flicker of warmth in shared eyes.