***The sounds of silence***

*The sounds echo inside my head.*

*Movement plays out in slow motion.*

*Life is happening to me,*

*But I have failed to take part.*

*Distance is growing and connections slip away.*

*I reach out, but no one is there.*

*I stare intently into the abyss.*

*Nothing, no one. It’s empty.*

*I wonder how and when?*

*Reflection is blurred, reality unclear.*

*Memories swirl and intersect without meaning.*

*And then, there is silence.*