

Whispers Of Hope - Poem by Allie Cruz.

There are nights when the world feels quiet, but somehow, the silence screams.
When every smile feels borrowed, and tomorrow feels too far away.
When the heart grows tired from carrying things no one else can see.
But somewhere beneath the darkness, there is a whisper.
Not loud enough to drown out the pain,
not strong enough to erase every scar,
just a tiny voice saying "stay."
Maybe hope doesn't always arrive like sunlight through an open window.
Maybe sometimes it is only a crack beneath the door, a little light proving the darkness
isn't everything.
Hope can be a friend who asks "are you okay?" and waits for the real answer.
It can be a hand reaching out, a voice on the other side of the phone, a teacher who
notices the quiet, or someone simply reminding you that you matter.
I know what it means to have thoughts that make life feel heavier than it should.
To wonder if the pain will ever become smaller.
To feel lost inside your own mind and wonder where the old you went.
But im still here.
And maybe that is what hope is, not pretending everything is perfect, but believing that
imperfect days are still worth reaching.
Because life is more than the worst moment you've ever lived through.
You are more than the thoughts that tried to convince you otherwise.
Your story is not finished just becouse one chapter hurts.
There will be mornings you haven't seen yet.
Songs you haven't heard.
People you haven't met.
Places you haven't been.
Laughter you haven't laughed.
Memories waiting to become part of you. So if your hope is small, let it be small.
A whisper is still a voice.
A spark is still a flame A single breath is still a beginning And when the darkness says
"There is no way forward." let hope answer softly "maybe not today, maybe not all at
once. But stay. There is still life ahead of you worth discovering." Because sometimes the
greatest act of courage is simply choosing to see what tomorrow might bring.
And sometimes, A Whisper Of Hope is enouhh to begin again.