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"The Language Only I Understand"

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“The Language Only I Understand”

N. Jeno Baptis Melaine.

I woke up one day in silence —
Not peace,
But a void.
No pain,
No joy,
Just nothing.

My heart felt same the like the cold weather,
Silent freezing...

Then came the whispers—
Questions like old ghosts
knocking gently
at locked doors.

“Why am I here?”
“What happened?”
“Why can’t I feel?”

And then—
Answers,
Soft, aching
Answers.

And so, I searched.
I explored.
I touched everything — people, books,

feelings, memories —
like a child reaching into the dark.

Like remembering a name I had long forgotten:
Myself.

I didn't lose memories—

They buried themselves,
To protect me,
Until I was strong enough
To return.

Now each day,
I remember a little more:
A scent.
A sound.
A scream I couldn't make.
A girl I used to be.

The dam breaks.
I overflow.
I scream —
but only inside.

Outside,
I nod.
I smile.
I disappear in rooms
while still sitting there.

I am physically present.
But I'm not here.

They don't see me.
They don't speak this language—
The language of remembering
What it cost me to survive.

I am stuck inside
my own world;
Of voices, images.

Not knowing which to answer,
I scream out my lungs
But no sound comes
out my mouth.

My mind scream
Tears rolled down my cheeks,
begging me to seek help
But my soul owns the truth.

"This is the language only I am fluent with... "

I can't stay like this forever,
waiting and hoping to be saved.

So, I became my own healer.

" என்னோடு உன்னை ஒன்றாக்கும் வரை என்ன செய்தும் வழி
தீரவில்லை " (Movie song)

I speak with me.
I feel it for me.
And maybe that's enough
For now.

Because I am not broken.
I am becoming.
And in one day,
I'll be whole again.

Knowing this is her journey
her choice.
She knows how to lead.

She don't need guidance
she is the guide.

I left world behind,
Enter the hell again
To bring me back.

I wait for her,
slow, gentle and patient.
Come back love !
Back to us, our home.

" சிறுபொழுது பிாிந்ததற்கே பல பொழுது கதறி விட்டாய் " (Movie song)

She is powerful soul rising back.
I brought me back to me as I've promised me.

Now it time,
Continue my journey where i left...