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Shared Pain

Your pain is your own

You can never feel My pain

We want and try to understand and feel
but that is as impossible as breathing sand

why sand?

why not

there are so many forms of sand

so many kinds of pain

Some we cause ourselves
other forms we get generously from others

We wish so sincerely to ease eachothers burden
that we cause ourselves new pain
without lessening the pain we wished to remove
or it will even grow out of feeling guilty of causing more pain

We want to understand
we want to know
to be able

We can understand
and share the knowledge of the pain
but to really share it in truth
is not possible

But the will is there
that is something nice

to support
hug
just be there
try to understand
listen silently

not judge

that can ease the pain

both for you and me

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