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## Poem

### 'Whispers'

Sivasubramoney Krishnan 

In quiet rooms where minds unfold,  
A thousand stories left untold,  
I sit and listen, heart in hand,  
To guide them through a shifting land.

A mirror to their hidden fears,  
A vessel for their silent tears,  
With every word, I sift the pain,  
Untangling knots of loss and strain.

The darkness calls, but so does light,  
In fragile souls, I glimpse the fight –  
For peace, for hope, for something real,  
Amid the wounds they strive to heal.

Through whispered doubts and anxious cries,  
I search for truths behind their eyes,  
A puzzle, layered, deep, and vast,  
Each session builds, and time moves fast.

But nights are heavy, thoughts still cling,  
To all the tales the day might bring.  
I carry burdens, not my own,  
Yet find a solace once unknown.

For in each breakthrough, small and bright,  
I witness courage, fragile, light –  
The spark that helps them rise once more,  
And meet the world beyond my door.

So here I stand, a steady guide,  
With empathy, my greatest pride,  
A psychiatrist, through joy and strife,  
Navigating the maze of life.

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