



## HOLD ON .

I held a young soul suffering  
and my Achilles heal I bared.  
Hugged a breaking heart  
and it punched right through my chest.  
Held a breath of deep despair  
and shared a lifeless void.  
Surrendered to a stolen moment  
and entered a sacred place.  
I allowed words to pierce my guard  
and a trembling hand met mine.  
I shed a tear as pain took hold  
and it softened another's fall.  
We sat with silence  
moved with fear  
and together we returned.  
We captured moments of relief  
and I held the hand of hope.

*Footnote:* Art by Harley Manifold (original in colour). You may recognise the stage from Baz Luhrmann's film, *Romeo and Juliet*. Find in book, 'In My Room'.

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