

IF MY SOUL COULD SPEAK

Sahad p.b



BlueRose ONE
S t o r i e s M a t t e r . c o m

New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

Copyright © Sahad P.B 2026

All rights reserved by author. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the author. Although every precaution has been taken to verify the accuracy of the information contained herein, the publisher assumes no responsibility for any errors or omissions.

No liability is assumed for damages that may result from the use of information contained within.

BlueRose Publishers takes no responsibility for any damages, losses, or liabilities that may arise from the use or misuse of the information, products, or services provided in this publication.



BlueRose ONE^{.com}
Stories Matter
New Delhi • London

For permissions requests or inquiries regarding this publication,
please contact:

BLUEROSE PUBLISHERS

www.BlueRoseONE.com

info@bluerosepublishers.com

+91 8882 898 898

+4407342408967

ISBN: 978-93-7542-442-0

Cover design: Rohit

Typesetting: Namrata Saini

First Edition: January 2026

“If My Soul Could Speak”

Sahad is not a writer who discovers stories in the smallest moments, lingering discussions, spoken silences and memories that refuse to fade. He discovered his love for writing. His writing incorporates nostalgia and passion, portraying the bittersweetness of growing up, moving on and everything in between. Blending nostalgia, passion, and melancholy, his writing mirrors the human heart – raw, fragile, and endlessly searching. Every line he writes carries a trace of someone once loved, once lost, and forever remembered.

My lady sometimes tells me I'm a *Theodor*.
She gave me the name one quiet evening when words had run
out, but silence still spoke between us. She said it softly, as if
she was naming not a person, but a feeling – something tender,
lost, and half-understood.

I never asked her what it meant. Maybe I didn't need to.
Perhaps Theodor wasn't a name, but a mirror, a reflection of
everything I was to her, and everything I couldn't be.
I've lived most of my life between silence and ink, where
emotions find shelter in unwritten lines.

***Every poem I write carries a trace of her not as memory,
but as meaning.***

This book isn't a confession; it's a quiet remembrance.
A collection of the things I couldn't say when she was near.
If you find yourself in these pages, maybe you, too, are a
Theodor
named by someone who saw the ache inside you, and called it
love.

Theodor — the gift of God.
He wasn't sent to shine like lightning, but to glow quietly like
dawn. There is something divine in his calm, something sacred
in the way he listens, as if heaven itself speaks through his
silence. His presence feels like a prayer answered, not loud, but
eternal. Theodor is not just a name, it's a reminder that some
souls are sent, not born, carrying light where the world has
forgotten it. He is the kind of gift you don't unwrap—you
understand.

There were moments when life felt weightless, when time stood still just to watch us breathe. You were beside me, and everything around us slowed down as if even the air refused to move without permission. Those were the moments I felt like heaven. Not the heaven I read about, but the kind that happens in small, sacred silences between two souls who understand each other without words.

You smiled, and the world forgot how to hurt me. You spoke, and even my pain listened. I didn't need forever, I only needed those seconds where your presence felt like prayer—soft, holy, undeserved. God must have known how fragile I was, so He gave me you for a while, like a borrowed piece of peace. I didn't realize heaven could leave until you did. Now I walk through days that feel like echoes, searching for the same calm I once found in your eyes. And maybe that's what love really is a glimpse of heaven, disguised as someone you once called home.

All the moments we lived, I wrote in a poem. Every smile, every silence, every time you looked away they became lines before I even knew I was writing. I didn't write to show the world; I wrote to remember how it felt to be with you.

“This person is more important than my ego”

Am In?

My love,
my every existence
Was I just a
word in your world?
When you turned
away; unaware of
the pain I touched...
What you left
behind... was a
person was
me...?

Untold....

I kept my love a quiet song
That only night could hear,
A soft and secret melody
You'd never know it was near.

You walked in like a whisper,
A dream I couldn't chase,
And every word I didn't say
Hung heavy in space

I loved you through the seasons,
Through storms and blooming skies,
But never dared to tell you why
You lived behind my eyes.

And so I stand in silence still,
As time keeps moving on,
A ghost within your story,
A name forever gone.

But if you feel a gentle pull
When stars begin to glow,
It's just the voice of all I felt
And never let you know.

I wished for just a moment
To say what I concealed,
But fears became my prison bars-
My truth remained unsealed.

Some loves are not for telling,
Not meant to be set free,
They bloom in silence, live in hope,
And die inside of me.

നീ മറന്നേക്കാം, നീ മുന്നോട്ട് പോവുവതനും,
നിന്റെ ആകാശം ഇപ്പോഴും നിലമായിരിക്കും,
പക്ഷേ, എവിടെയോ ആ നിശബ്ദമായ ഹൃദയത്തിൽ,
നീനക്ക് അറിയാതെ ഞാൻ നിന്നെ
ഇനിയുമെങ്കിലും സ്നേഹിക്കും

നീ എപ്പോഴെങ്കിലും ആകാശത്തെ നോക്കുമ്പോൾ
നക്ഷത്രങ്ങൾ എന്തുകൊണ്ടാണ് അടുത്തായി
തോന്നുന്നത് എന്ന ചിന്തിച്ചാൽ,
അത് ഞാൻ ഒരിക്കലും പറഞ്ഞിട്ടില്ലാത്ത
എന്റെ സ്നേഹത്തിന്റെ മൊഴിയാകാം

No poems ever reached you,
No letters bore your name,
Yet still, in every heartbeat,
You burn without a flame.

എവിടെയും അല്ലെങ്കിൽ മറ്റേതെങ്കിലും
ജീവിതത്തിൽ
നാം അന്യരായി പിരിഞ്ഞാലും,
നീനക്ക് അറിയാൻ കഴിയില്ല
എന്റെ അറിയിക്കാത്ത പ്രണയത്തിന്റെ കഥ

The Way

I waited for you
longer than I have ever waited for anyone—
three hours of staring at roads
that refused to bring you to me.

But when you finally walked toward me,
everything I felt in those hours
melted in one second.
Something rose inside my mind—
a feeling too bright for words,
like for a moment
I had seen a small piece of heaven.

My stomach turned warm,
butterflies flying wild
as if they knew
my life had just shifted.

I put her bag away in the back,
acting calm even though I wasn't,
trying to act normal,
but my heartbeat betrayed me.

I nudged you lightly with my leg
a small, playful kick
and said “wassup”
like I wasn't falling apart inside.

We drove with music filling the silence,
the kind of silence
that feels safe,
not heavy.

And somewhere along the road,
we stopped for tea—
two cups, one moment,
and a beginning
I didn't even know
was already starting to end.

The road stretched quiet before us,
the night soft around us,
and every turn felt like a small promise
that this moment was ours
and only ours.

I kept looking at you
when you weren't watching,
memorizing the way the passing lights
touched your face
like even the world wanted to see you.

We didn't say much,
but it didn't matter.
Sometimes a journey
speaks louder than words,
and that night,
just driving beside you
felt like enough.

That Moment

In that moment, my mind was clear,
My thoughts were emptied,
and yet, every fragment of my being
knew it had witnessed something divine.
Yet I didn't know what to do.
It felt like my soul left my body
just to reach her —
as if something greater than me
had already chosen her name.

Since then, I've been smiling
as though I carry the universe within,
as though love itself entrusted me
with a reason to rise.
Every breath feels like a vow —
to reach her, to deserve her,
to become worthy of the moment
my heart first learned its meaning.

“Love”

Her Eyes

Your Eyes Are Like Magic
When I look at her,
The world reflected outside
Becomes enclosed within my eyes.
In your eyes, you are a wonder.

Like the sweetness of a flower.
When I came close to you,
My world was filled with love-
On this endless earth,
Love and longing rise together.

In the taste of rain, our eyes meet,
Every moment becomes a beautiful routine
I lose myself in her smile-
The music, the sound of the rain,
It flows with the gentle harmony of the journey

When I trace my fingers over her toes.
A moment shines amidst the shadows.
Without uttering a thousand words.
A gentle touch says:
"You are mine."

Falling asleep gazing into your eyes.
Lost in the depths of eternity.
At the edges of time.

She smiled like sunlight.
Becoming the light of my morning-

The Depth

As I dissolve into you..
Like a feather,
I drift gently into your heart...
Without ever looking back,
I merge into the depths of your love...

As I dissolve into you...
It feels as though you are
becoming entirely a part of me...
The dream I held so dearly
Was never reflected in her
eyes...

Yet I became a deep, stormy ocean,
And she crossed over those waves
leaving me behind.
Even now,
I continue to fade away...

The Last Warmth

That night, after everything,
we found a quiet place
where the world couldn't reach us.

We lay down together,
two tired hearts finally still,
and I rested against her shoulder—
a place that felt like peace
for the first time in months.

The room was quiet,
but our breaths weren't.
There was a closeness between us
that didn't need explaining—
warmth against warmth,
two souls learning each other
in silence.

I kissed her cheek softly,
and she turned toward me,
and for a moment
the whole night felt like a promise
we wished we could keep.

We didn't just touch
We connected,
in a way that leaves a mark
long after the moment ends.

It was gentle,
it was real,
and it was ours
a memory made of warmth,
midnight air,
and the quiet truth
that some nights stay with you
even when the person doesn't.

Farewell

It happened at midnight
the hour made for secrets
and endings we never choose.

Our first meeting,
already carrying the weight of goodbye.
We sat in that small car,
the whole pizza between us
and we ate every slice,
as if finishing it
could delay the moment
we'd have to let go of each other.

You were laughing softly,
your eyes tired but kind,
and I kept watching you
like someone memorizing
a moment they knew
would never return.

The car smelled of warm cheese,
your perfume,
and that quiet sadness
that only midnight can hide.
I watched you eat,
memorizing the shape of a moment
I knew I would never have again.
Your laughter was gentle,
but it broke something in me

because I could feel the ending
breathing quietly between us.

When you stepped out,
you didn't see it
my hands shaking as I held the bill,
writing the time, the date,
and a few dying words
I didn't have the courage to say aloud.
A receipt turned into a gravestone
for a memory that barely lived.

Goodbye that day wasn't a word,
it was a feeling
soft, heavy, and unforgettable.
A small car, a warm pizza,
and two people who met once,
just long enough
to remember forever.

A Place to Hide

"The day cried for you"
not because I was weak.
but because I had loved you so deeply
and I didn't know where to place All the pieces of you still
carried and as I wiped my tears that day.
whispered your name into the air,
Hoping somehow, Somewhere...
You felt it too?

I melt in your presence,
My pride, My pain,
My past - all of it fades.
It scares me sometimes.
how much of me you hold without even trying
a word from you can break me
A glance can heal me.
A touch can undo me.
I'm not pretending.
I'm not strong here.
I'm soft. I'm open. I'm yours.
Even when you're far.
you're the closest thing i feel.

If we can't live this life together,
then let our souls find each other beyond this world's cruel
limits.

Even if distance takes our bodies apart,
My spirit keeps returning to you-Every night,
in every broken memory.

When I said
"ഒരുമിച്ച് ജീവിക്കാൻ പറ്റില്ലെങ്കി ഒരുമിച്ച് മരിച്ച് ജീവിക്കാം"

What if it doesn't work?
We will try again
What if it doesn't work again?
We have life time to try

She claimed to give me everything.
But stripped away the air,
Each word a wall, each look a chain, A quiet, deadly snare.
When she,
with love or something else, Suffocated me.

Illet my dreams drift out to sea,
Untied and floating slow,
To keep your world from shaking-
That's all you had to know. sacrifice, not out of debt.
Nor for what i might gain-
But just to keep you warm and whole
While enduring the rain.

When your knees begin to tremble.
And your voice is growing small.
When the world feels like it's ending.
And you've got no strength at all-

"You can lean on me"

It's the promise of my heart to yours.
Through joy, through fire, through pain.

So take it not as poetry.
But as the purest way-
"Wallahi, I love you"
Then, always, and now.

I want to make you live like a princess.
To build a palace out of my heart,
Where love lights every corner bright.
And pain is torn apart.

"Don't leave me, I only have you.
In this crowded world,
you're the one that's true Others pass like fleeting shadows in
rain
But you know my joy. my pain.
Don't leave me, not now, not yet,
You're the promise I never regret.
you walk, take my breath with you-For without you,
what do I do?"

And" I need to hold you hand"

She said-
“I need a space”

“Am I an option for you.....”

What I Feared

My fear was losing you,
and so, I lost you,
like a fragile petal in the wind,
brushing the ground and fading away.

In the darkness of the night,
I still think of you and feel you,
hoping that one day.
I can have you back in my arms?

But for now, all I have is regret,
because my fear was losing you, and so,
I lost you.

If I had a chance to take back what I lost,
I would be the first to come to you.

Because...
I felt so much pain from the losses
because of losing you...!!!

My absence doesn't affect you but yours destroys me.
That's the difference between us.

Yes, you are my..... incomplete dream

"In my dreams we're always together"

Ice Mountains

My tears are hard to flow
They look like ice mountains, tall and cold.....
Frozen cries that never made it out.
Stacked in silence, layer upon layer of doubt....
only someone dared to climb.
To trace the cracks of buried time
They'd hear the rivers locked in sleep.
And know that even mountains weep.

You can hurt me, as much as you can,
Break every bone in the soul of me
And though I may fall, again and again,
Each scar is a verse in the poem of mine.
So hurt me-it hurting is all that you know But still,
I will rise from the ache and the low.

You've never truly been complete with me
Even after words were spoken,
silence became the pain.
Your coming and going felt like a shadow,
leaving my heart unraveling behind.

You see just water on my skin,
But don't know the battles buried within.
Each drop is a truth I couldn't speak,
Each fall a scream I dared not leak.
So weigh them if you must compare.
But know: they fell because I care.
And caring in a world this cruel,
Is the rarest, richest kind of jewel.

I am disturbed-
Not by noise, but by silence too loud.
By thoughts that crawl like shadows in a crowd.
A storm with no lightning, just endless grey.
A voice inside me that won't go away.

Love me not in pieces, not in part.
But with the wholeness of your beating heart.
Don't give me half of your light.
While hiding the rest in an unreachable night.
Love me with a complete heart.
With no exit plan, no missing part.
Not for a moment, not for show
but for the soul you claim to know.

Don't write your name in blood on my soul..
Don't take what you won't hold whole.
Just love me gently
if love is true,
And leave no scars, if you ever leave too.

"I'm an unfinished poem"
no one ever intended to write on your soul.
But you
you will always remain
incomplete.
"For you were only ever a beginning in me"

Barbed Wires

Every step cuts,
but I keep walking.

love wraps around me
like barbed wire—
sharp, familiar, unforgiving.

wires held me tightly,
and the pain pulled at my soul.

I bleed quietly,
not from skin,
but from all the places—
your memory still lives.

this isn't strength,
its surrender.
a slow escape from a love that won't let go.

every step tears a little more,
but I keep walking -
barefoot through memories that don't fade,
only sting

it was never gentle, not ours.
it held me tight, then tighter,
until I couldn't breathe.

I tried to stay -
even when the warmth
turned to wire,
and every touch
left scars too deep to name.

so I left,
not because I stopped feeling,
but because I started disappearing.

some nights,
I still walk that road again -
in dreams, in thoughts, in silence -
feeling the wire,
feeling the pull,
but choosing to move.

because staying was pain I knew,
and leaving
It was a pain I had to learn.

Last Chance

I walk with a silence no one can hear.
A scream in my chest, too loud to appear...
Each step feels like thunder beneath broken skies,
And I wear a brave face, but it's all in disguise

I know the weight you carry each day.
The quiet battles, the things you don't say-
The fake smiles worn like old, tired skin,
The war you fight silently, deep within.

You're not weak for crying, not wrong to feel lost.
Not broken for counting the terrible cost...
You're human, you're hurting, and that's allowed
Even the strongest fall under the cloud.

I loved you when no one was watching.
When she didn't know, or maybe didn't care.
I love you in the silence she left behind,
In the space where 'us" could never be real.

I wish I could erase the hurt I caused.
Undo the damage, reverse the loss.
But all I have are these words today
A humble apology for the price you pay.

I never wanted to be the one who dimmed your stars,
who blocked your sun.
If I could choose, I'd walk away slow,
Instead of leaving scars you still don't show.

So hear me, don't judge what you cannot see.
Sometimes survival is just letting me be.
But if there's a light, some hand in the dark.
Maybe I follow that flickering spark.

“From Silence, A Sorry”

I'm sorry for the words I spoke,
For all the times your heart I broke.

And I don't know....

While I stood quiet, lost in shame,

I never meant to dim your light,
To turn your mornings into night.

If I could go and change the past,
I'd choose your smile, and make it last...

No excuses, no clever lines.
Just a heart that crossed the line.
Forgive me, if you ever can—
I'm just a broken, learning man.

I never meant to make you ache,
I'd trade my peace for your heartbreak..
But if one promise still can mend
I'll never hurt you again...

I know I slipped, I know I fell,
In silence now,
my heart will dwell.
I never meant to cause you pain—
Please forgive me.
I won't again

I'm sorry -
not just in a phrase,
But in the silence of my days.
In every breath I wish you knew,
I never meant to lose you too.

*“Something in me died that day and I know
I'll never be the same again”*

*"If you walk beside me,
I swear we'll chase every corner of the world together...
We'll watch the sky, chase every light,
explore the world by day and night.
Through hills and seas, near or far,
I'll go with you,
wherever you are...
So come to me, don't be afraid,
a world of dreams is yet to be made.
I promise,
love, just me and you we'll make
each moment feel brand new"*

Without You Knowing

I'm loving you, without you know,
Without being a burden to you,
Like the moonlight touches your
face Soft, unseen, and fading too.

My heart learns silence every day,
Where words are afraid to stay,
Dreams whisper your name at night,
But vanish before the light.

I watch you smile from far away,
And let my heart decay,
I hold my love like fragile glass,
Afraid it might trespass.

I'm loving you, without you know,
Without being a weight to you,
A secret flame that burns so low,
Yet never dies, though hidden too.

Did I Make It...?

Nahhhhhh.....

"Something's spinning in my head.....!

Don't know what to do.....!

Don't know what to say....!

HER...."

The silence screams louder than words,
Each second, a weight too heavy to hold.

Memories flicker like broken lights,
And I'm stuck for a moment, cold.

She's everywhere -
in the wind, In the pause between my breaths...

Yet nowhere I can reach,
Just shadows and regrets.

I try to forget,
But forgetting feels like betrayal.

How do you erase
The only thing that ever felt real?

I didn't win her love, it's true...
But I tried-with all I knew.

*"Writing was never my thing,
until I saw you, Somehow,
you made me pick up a pen-
turning my silence into words.*

So,

Thank you for giving me One More Hobby."

*"You are still the poem I can't stop writing,
Even after the ending"*

~ sahad

Dedication

My love, my existence, and my poems are never ending. Even when the world falls silent and the ink fades from the page, the essence of what I feel for you remains — unbroken, eternal. Each word I write bleeds a fragment of my soul, a quiet devotion that time cannot erase. I do not write to be remembered; I write so that love may live forever in verses that never die.

You became the meaning between my lines, the silence between my breaths. Even in the absence of light, I find you in the echoes of my thoughts. My poetry is not about you, it is you, the pulse behind every word, the ache behind every pause.

And when the stars forget to shine, when my voice is lost to time, my love will still wander through every page I've written, whispering to eternity we were here.

The words, the lines, the book — I am dedicating this to you. For you are not just a memory, but the reason my poetry breathes. Every page carries your reflection, every silence holds your name. And when time fades everything away, this love, these words — will still belong to you.

I wrote this for you... and once it reaches you, I will disappear from the story

Thank you.....