

Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

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*Connecting Cultures
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



After the House Goes Still

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*When the house finally exhales,
I sit in the quiet
like it might break
if I move too quickly.*

*Your small socks
are folded on the table.
A bottle waits in the sink.
There is a softness in the air
that only comes
after a long day of being needed.*

*I am someone's mother now.
Her mother.
She reaches for me
like I am the safest place she
knows.
I try to be.*

*In the daytime
I tie my hair back
and tuck myself in neatly.
I answer questions with steady
hands.*

*I smile at the right moments.
I keep the rhythm.*

*It looks easy.
I make it look easy.*

*Inside,
my thoughts are bright and quick—
like birds that startle
at the smallest sound.
I gather them gently.
I whisper, stay.
We have things to do.*

*Work has been a year now—
a whole circle around the sun.
It is exciting, vibrant and alive.
I am proud of the way I show up.*

*Even on the mornings
when I have already lived
three lifetimes before 9 a.m.*

There is so much to remember.

Appointments.

Deadlines.

The way she likes her songs sung.

The email I must not forget.

The groceries.

The tiny shoes.

*The invisible list that hums
beneath everything.*

*Some nights I feel
like I am made of thin glass—
clear, careful,
holding more than I should.*

*But then you turn in your sleep
and reach for me,
even in dreams.*

*And I remember—
I am not required to be perfect
steel.*

I am allowed to be tender.

I am allowed to be tired.

*I am allowed to be both capable
and overwhelmed
in the same breath.*

*After the house goes still,
I place my hand on my own chest
the way I do for you.*

*Softly.
Still here,
it says.*

*Still trying.
Still loving.
Still enough.*

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