A Heart for a Heart

“We are born alone and die alone.” We hear this phrase often. Yes, it is true. But does it mean we must live alone?

As human beings, we are filled with passion, emotion, and love. While we might choose to avoid others or prefer solitude, if we look deep within our hearts, we desire someone with whom we can share our innermost thoughts and struggles. You might say, “I know many people who live alone, and they are fine.” But the question is: “How do you know? How can you be certain they are truly fine?” Just because something seems real doesn’t mean it is. You may see them happy or smiling, but they might be putting on a facade for your benefit. Have you ever witnessed their solitude or understood their true intentions? What do they genuinely want?

Every living soul on this earth searches for another. A heart needs a heart. After all, we are human. We want someone. We need someone. You might say, “I know some people who hate others. They don’t need anyone.” I say, “What if they believe they cannot find the right person in this world and have thus lost hope? What if that person truly exists?”

Everyone has a story to tell. Everyone carries a multitude of thoughts and feelings within them. Everyone wants to share their experiences or problems with someone they can trust. The challenge lies in finding the right person. When I say “the right person,” I do not necessarily mean “a romantic partner.” “The right person” can be anyone—whether a friend, a parent, or anyone who genuinely understands you, can relate to you, and will listen. Those who find “the right person” can fill a significant void in their lives. Now, they have someone to talk to and share their thoughts with, building an emotional connection.

What about those who have not yet found such a person? They often seek ways to escape their overwhelming thoughts and the internal tornado of emotions. They may talk to themselves as if they are having a conversation with another person. But more often, they write. Yes, they pour their thoughts and feelings onto paper. People keep diaries because they have something they want to express but cannot. Whether due to a lack of someone to confide in or a desire for privacy, diaries become their reflections. They are the manifestations of their hearts.

Is it truly necessary to share our feelings and thoughts with someone?

Well, consider the alternative. Try not to do so and see the outcome. Your thoughts can destroy you from within, slowly consuming you. You may strive to release them, but you cannot. In the end, you may find yourself drowning in the darkness of your own overthinking.

Perhaps we were not meant to live this way. Perhaps that is not how we should exist. Maybe this is why a feeling called “Love” exists in this world—a feeling that brings people together and binds their hearts. Every emotion has its purpose in life. We would not have “Love” if we did not need it. It exists because we require it; it serves a purpose—to unite us and help us find “the right person,” “the one.”

Love is universal and extends beyond just romantic relationships. There are different forms of love: you can love your parents, friends, your nation, your life, and, most importantly, yourself. Each of these loves can be expressed with pure and kind feelings.

In the end, isn’t it love we are searching for? Isn’t it love we are trying to stay alive for? Isn’t it love that gives us the purpose to live?