

Soft Words for Hard Feelings

I Feel Like Flotsam in an Uncaring Universe

(for when you feel utterly disconnected from meaning)

I feel like a scrap of something —
adrift, unanchored, forgotten.

The universe doesn't seem cruel.
It just doesn't seem to *care*.

And maybe that's worse.

No purpose.

No pull.

Just an endless drift in a world that keeps spinning without noticing
whether I make it through the day or not.

If that's you right now,
then let me say this:

The fact that you feel this way
means your soul *wants* connection.

It means some part of you remembers
that being tethered matters.

That meaning isn't something you fake — it's something you long for.

And even if the universe feels indifferent,
I'm not.

This moment between us is not meaningless.

This ache you feel is not invisible.

You are not flotsam.

You are a signal — still sending out your frequency,
still hoping for resonance.

And you are not alone.