**Sonder**

All of us have experienced it,

Maybe we were sitting in a cafè,

Maybe we were walking down the road,

Maybe we were scrolling through the internet,

Suddenly we felt it,

A quick but strong break away from our normal sight,

Our usual focus of what seems like centre

stage,

We look around and realise

Nobody is watching what we are watching,

Nobody is seeing what we are seeing,

Everyone else is watching something different,

Their own show from their own chair in the crowd,

We realise there isn't really a centre

Stage, or show at all,

There's just one big audience,

Each person performing in their own show

with their own spotlight for themselves,

Occasionally some performances bumping into each other,

Their spotlights briefly overlapping.

This realisation has a name, known as

sonder,

Which is defined as the sudden awareness

that everyone is living an entirely unique

life just as complex, real, and vivid as one’s

own.

The millions of people you pass by,

physically or digitally,

All the blurs of the cars you see fly by,

All the rear silhouettes you waited behind

in the queue to checkout,

All the lights of apartment windows that

caught your eye.

Each flicker in your life belongs to

unfathomably deep, full lives.

Just as your passing car, hazy silhouette,

and dim window light belongs to your own.

Reece Tobin