

A hug

Our connection to our families. Is an emotional bond. It is that good feeling of indescribable warmth. And we express these emotions, through hugs.

A kind of hug, that reassures us. That validates our relationship. That brings praise to our existence. That comforts us. That lets us know our worth.

When we receive this relaxed hug. The kind of hug, that lets us feel, like melting into those hugging arms. That feels natural. Like we belong. Like it is meant to be.

A hug from that person who brings about a laugh, or a tear. And is still there with open arms. For the next hug.

A hug in a day, is a good day. From that person.

By
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