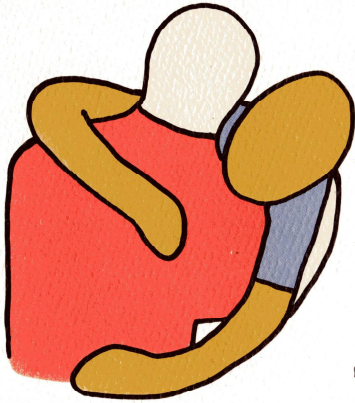
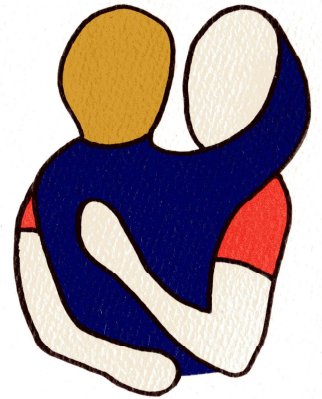


# A SPECIAL HUG



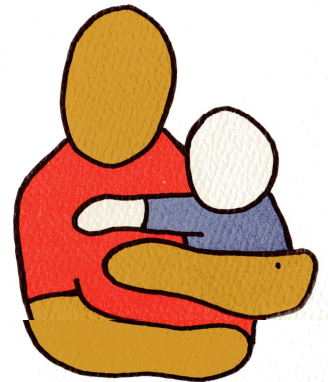
There is a certain kind of hug that's very important to me. In the best sense of the word, I "need" these hugs. They sustain me, renew me, and give me peace.



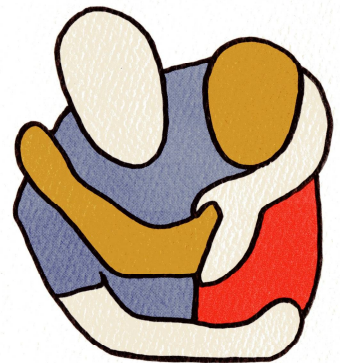
This hug is more than an acknowledgement and more than a greeting. This hug is not sexual, but it is very intimate. It is holding another human being. It is holding another life force. It is holding another one of God's manifest creations.



This hug is a total letting go of all else. It is letting go of past and of future. It is letting go of all that is extraneous. And it is totally, completely and indivisibly, Here and Now.



This hug is a pure and simple outpouring of my humanity, and an openness to receive the humanity of another human being. And when I do it right, I feel Joy, I am at Peace, and I Know why I'm alive.



artwork by Sumi Renzan

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