

25-MAR-2021_have Henry hold you in a hug

(Spirit helper speaking:) Henry, or Hanky if you wish—at your service for those times when you just want to be held, cuddled, rolled into some big papa or mama’s arms, but you find yourself alone. Call on me. I’m around for any who need me. I’ll give you some comfort and protection from the waves of loneliness or just feeling alone in the wilderness.

I’ll rock you to sleep while it seems you cry yourself to sleep. You can picture me as you wish, and my arms or wings, will hold you snug. I can be in your mind whatever you desire me to be like, yet my spirit will be loving and warming you just the same.

Now, instead of talking to yourself, with thoughts bumping into each other in your head and causing various reactions and yet new feelings, fears, or disasters to be fixed, let me be as a parent that listens to you. Tell me what you were just telling yourself. Maybe I’ll have a suggestion, or we can just pray together and together commit the issue to Jesus. Then just relax. I can be prayer partner, a hug waiting to happen, a listening friend, a parent tucking you into bed at the end of a trying day.