



A Rainbow Hug

By Elizabeth Ashley Smith

I was feeling quite melancholy one day, so I went for a walk in the woods. As I was walking, I heard a sweet and delicate chirp from a bird that sounded like all that is true and beautiful and good. I looked above to find it, and saw perched on a branch a small and very radiant sparrow.

"My, what a melodic tune you chirp!" said I to the sparrow.

"'Tis because I've been struck by the greatest of loves!" replied he to me.

"That sounds divine!" said I. "I must say this love from a fellow sparrow really makes you shine."

"No, no! You see the love I received was from that of a rainbow! While I was thrusting through the sky about to catch the next gust, I flew through a rainbow and was embraced by the warmest and fuzziest of hugs."

"A hug from a rainbow? A rainbow hug?! Why that's just about the strangest thing I've heard since I was the age of nine!"

"And what was it that you heard at the age of nine?" asked the sparrow.

"That an alligator six feet wide swam through a canal that was three feet narrow."

"Indeed, that is strange." said the sparrow. "But there's nothing strange about a hug from a rainbow. It's gentle and kind and makes you look all aglow. It's a ray of love from Great Spirit that puts you in the flow."

"Wow! That sounds amazing!" said I. "But, unfortunately not something I can try."

The sparrow sat perplexed for a moment and then asked me why.

"Because I'm not a bird that can fly to touch a rainbow in the sky!"

"No need to fly." chirped the sparrow. "Anyone can access the love of a rainbow. Simply gaze upon its radiance and take in its beauty. The rainbow knows who needs a hug; the one who feels a bit...moody."

I sensed the sparrow knew how I was feeling, and moody was putting it lightly. And then at that moment a raindrop fell, while the sun was still bright and shiny. Perfect weather for a rainbow! I thought. So off I went in search for one . . . Why not?

I walked and I walked with my head held high.

"I know I'll find a rainbow!" I said to myself. "It's just a matter of time!"

Then suddenly off in the distance I saw it—a shimmering ray of multi-colored glory. I ran to get close to it, only to realize it was already right before me.

"I am Love to those in need of it." whispered the rainbow. "And my well never runs dry. Great Spirit is my provider and because of this my capacity to love is always very high."

Then just as I was about express the feeling I wanted to convey, I felt a strong, comforting warmth envelop me and my melancholy simply melted away.

"Thank you, good rainbow! Why, thank you so much! I really don't know what else to say."

"No need for words, my dear. The gratitude emanating from you makes it oh so very clear."

"Well, at least let me return the favor. May I get you a gift and come back a little later?"

The rainbow chuckled softly—one of the most delightful sounds I'd ever heard. I know, I know. The idea of a rainbow laughing—or even hugging for that matter—you might likely find absurd. But if you stop to think about it for a minute, isn't the sight of a rainbow one of the happiest visions on Earth? So just imagine it laughing and you'll get me, for what it's worth.

But I digress. Confused by the rainbow's laughing at my offer to give her a gift, I cleared my throat to speak. But as seems to be the norm with Mother Nature, she anticipated my words and chose to speak before me.

"Can't you see, my child, you are my gift. For when I heal you, you heal me. Now go forth and run free. The effects of my hug will grow with time; you'll see."

"But I'm human; I'm imperfect, so surely my deep melancholy will return. What shall I do then?"

"Now now, my dear, I'm not suggesting you'll remain in a perfect state of Zen. But there's nothing imperfect about you. Your emotions are part of you, and you are a part of All That Is. Trust that Great Spirit loves you, even when you're in a tizz."

"But what if I want to feel the love from a rainbow hug on days when they're no raindrops and sunshine?"

"Well that's easy." replied the rainbow. "There are many ways to feel the Divine. Hug yourself, hug a friend, hug a stranger, hug a tree! For with every hug you give, you'll be feeling the love from me."

"You mean, because when I hug someone that hug heals me?"

"You got it!" chuckled the rainbow.

And again my body tingled with joy from the sound of such a beautiful jingle.

So there you have it—a story about being hugged by a rainbow. It might seem like the strangest thing *you've* ever heard, or even a story too good to be true. But I can profess with all my heart that what I experienced was not some strange brew. Rather it was the unconditional love from Great Spirit in the form of a multi-colored hug. So if you're ever feeling down and in need of a little love—hug yourself, hug a loved one, hug a stranger, hug a rainbow! I guarantee you'll find it much better than the effects of any drug. I promise; you'll see!