

A Touch of Hope

Darkness surrounds me
Rapid heartbeats fill my chest
Sweat makes its presence known on my palms
Breaths become deeper
As my world seems to close in on me
My mind spins out of control
Tears pour down my cheeks

Then an arm materializes
Slowly enveloping my high-alert soul
A comfort washes over my mind
An arm that simply conveys that I am not alone
However simple a gesture
It is a gesture that affects my whole world
My heart slows, sweat dries and my breath returns to normal
The other arm reaches to the light switch and my world is illuminated
My mind finds a calmer rhythm
My body melts into the warmth as the tears begin to slow
While I know the lights may dim again, in this moment, a sigh of relief
makes its way out
All because of a touch of hope