

Her Hands

*With her hands she creates the good life we live
Hands with grace; hands of beauty
Cooking, cleaning, craft making
Her hands are always busy and creative*

*As the extension of her hugging arms her hands give comfort
They hold tightly and convey care and concern
One of her hugs brings peace, tranquility and support
As she lets go, the healing power of her touch remains*

*Her healing touch is transformative as many will testify
With gentle but firm strokes relaxation replaces stress
Words give way to touch as body and mind are connected in harmony
She brings this about with focus, intensity and grace*

*Her hands know the harshness and beauty of life
They lead her forward and help her find peace
Her hands are always clean and well kept
With knowledge and tools, she maintains their structure*

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