

WRAPPED IN KINDNESS

Share it with others.
As a gift

I tell you what we need, what we need is kindness, oh and blankets, same thing really, what's kinder than giving a cold person a blanket, right? I tell you what's lonely, in a foreign city, a long way from my close and warm society. I'll tell you what's so very lonely: Night.

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I would define warmth as being empathetic, yes, being kind, yes, doing something, instead of deciding to do nothing, is this true to you? I would define warmth as the central human instinct, to make people safe, and protected, and comfortable, this is true to me too.

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I have many, many memories of kindness, and these are the ways I can create warmth in my heart, and share it with others. As a gift, it doesn't matter where in the world we come from, how lucky or unlucky we are. We all one day need this support, we all need this lift.

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Systems in this world are uncaring and people are vulnerable in many ways, so I ask myself, how can I give back, and that's really about gratitude, I think. Grateful for the support you showed me, or the advice, or the hospitality, maybe grateful even for a hug or a smile or a nice hot drink.

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Even the tiniest thing has an impact, to lessen my loneliness, to ease my anxiety, to understand that the way this world works causes so much stress. And that we make an effort for goodness, we give a gift, anything it takes many shapes, that's the only way to move forward, yes?

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Here, let me show you - **As** this means GIVING, in my language, and I think sometimes the gift is as simple as the flight of one word. You know, over time and space and borders, through this sometimes terrible, sometimes wonderful world, the flight of a little kind bird.

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