

A LETTER OF LOVE

FROM ONE MOTHER TO ANOTHER

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Dear Mom,

I've often wondered how to put words to the love that I feel for my daughter. She's been my baby for almost 19 years and I still have a hard time fully describing how deeply I love her. I could say to infinity and beyond! I could say my love is like a red, red rose. I could say my love is larger than life. I could say many things, but I'm not quite sure any of those things fully capture this love.

A friend recently asked me, very seriously, what is love? He wondered if it was real or contrived, if it could be pinpointed or measured. He wondered, so much. He wondered as if love was like the Easter Bunny, a fairytale, or a lie. It is my belief that love is the key to all things, that babies are the purest form of love, and that we as parents are charged with giving our children unconditional love, guidance, and grace to live in their truth.

I have come to the point in my life where my understanding of love has deepened quite a bit. As a young mother, I was not sure what the future would hold. I did not know if I was fully equipped to care for my new baby. I was in a relationship with my daughter's father that was unsettled and unsettling. I was uncertain if I would be a good mother at all. What I knew for sure was that I had been charged with caring for an innocent bundle of sweetness and that I would have to step up in ways that I had never imagined. This charge was so grand that love swelled within me. It started in my core and ran up through my heart, continued traveling to the crown of my head, then swirled all the way back through my body to the soles of my feet. I was shaken and awakened. Motherhood was coming.

This love that I am speaking of is vast like the universe; difficult to comprehend because we do not understand the full extent of it. The reality is that some people do not think of love at all in its truest sense. The purpose of this article is to discuss my belief that Love is. Love is all things. Love is around us and through us... within and without us. Love is... even when we do not believe in it. I am also writing to share my belief that babies are special deliveries sent with love and care to be cherished. Lastly, I am seeking to share a philosophy of love and light that should seep through everything we do, especially as we raise our children to become productive world citizens.

Have you ever wondered why the sky is blue or why the earth is round? That is love. Have you ever wondered about that tiny voice in your head telling you not to move or to turn the corner right now? That is love. How about the time when you smelled a whiff of perfume that your grandmother used to wear and she is nowhere in the vicinity? That is love. Or, how about when you have run out of options and you ask for divine intervention or guidance...seeking help from God, Jesus, Muhammad, Yahweh, Allah, the Universe, Ganesh, the ancestors, spirit, the nothingness... that is love. You are seeking help from the vastness. Guess what? Love answers.

Ever wonder who the cooing or the gentle smile is directed toward when your baby is just weeks old? That is love. They were kissed by the angels and placed in your womb to bring you joy, completion,

challenges, triumphs... love. When babies are born, they need their necessities to be fulfilled. They need to eat, sleep, be cleaned, and swaddled, but most of all they need love. The greatest gift a parent can give their child is love. No matter your child's condition, what they need is love. As some of us know very well, loving your children through it all can sometimes be a challenge, especially when they do not do exactly what you want. As parents, I firmly believe our duty is to love our children completely, wholly, flaws and all.

Love is the sun and the moon. It is the earth, the sea, and the whole galaxy. It is every creature including you and me. Beautiful babies sing sweet, gentle melodies; lullabies learned while on the other side. They are connected, not tainted. Too young to have experienced much of what ails the world. Keep them innocent. Give them love and light. Squeeze them tight. Pray for them. Love them. Treat them right. Love is as love does. Love them to the core. To be a parent is to be a guardian on earth. Whether by birth or other, you are appointed to care for, love, guide and protect, cherish, and nurture. You are their world, their light. You are heaven-sent.

I hope that you hear my plea. I encourage you, mom, sweet mom... keep your babies close. Speak to them closely in their ears. Breathe life into them. Let them know that they are beautiful. Let them know they are wanted. Let them know they are smart. Let them know they will do great things on this earth. And listen. Really listen. You will learn a lot. Breathe life into them. Just breathe. You are everything they need.

I wear many hats. I am a writer, a Reiki practitioner, a yogi in the making, a health care executive, a wife, a believer that the children are the future, and a lover of God. However, the job I take most seriously is the blessing of a mother, so please accept this article as my offering to you. Take it for what it is worth. Believe what you will. Rest assured that love prevails and conquers all. Be well.