

Warmest Hug Certificate

You have been honored by qualifying for
the “**Warmest Hug**”.

From henceforth you are an
“**International Hugger**” and have the
authority to administer a “**Warmest Hug**”
to others.

Furthermore, you may procure and
distribute a “**Warmest Hug**” packet, of
your own making, for others to enjoy.
You may also replace piece parts from
your own “**Warmest Hug**” kit.

This certification includes the use of a
“**Warmest Hug**” kit to promote
friendship, therapy and healing.

Reverently submitted by Tom Sawyer 2007

Instruction Sheet

1. Read all instructions and safety warnings before proceeding.
2. Expose warmers to air as per instructions on packet labeled "hand warmers".
3. Place warmers in the palm of each hand, on the gloves.
4. Wait 15 seconds and test desired heat by gently pressing glove on your own body.
5. Proceed to hug recipient, or use the "wrap-around" method described in # 6.
6. For self-hugs, wrap arms around yourself, or place each hand strategically for intended target area, shoulders, sides, and upper arms work well.
7. For group hugs, one or more "warmest hug" kits may be shared.

Note: Any thin pair of gloves will work. Cotton or Jersey work best. Replacement warmers may be purchased at outdoor and sporting stores.

Reverently submitted by; Tom Sawyer 2007

"Warmest Hug" warnings

Do not submerge the "Warmest Hug" warmers.

If wet conditions exist, continue without the warmers.

In group hugs, all participants do not need full attire. One, or more "Warmest Hug" kits will suffice.

Caution should be applied if a hug elevates to auto or group hysteria. This rare but important attainment, auto hysteria, during a "Warmest Hug" can cause irritation, and even mild burning.

Auto hysteria and group hysteria, has been responsible for fanatical "self induced" bleeding and altered states, such as the appearance of a "stigmata" and other medical anomalies. In these rare and anomalous events, the cessation of the hug will stop such attainments.

The use of a "Warmest Hug" will attract added company, be prepared for that.

Reverently submitted by Tom Sawyer 2007

History of Tom Sawyer's HUGS

Although Tom Sawyer had a loving set of parents, they were not demonstrative in their gestures of love. Only on a rare or special occasion would they hug. With four sisters, Tom would actually avoid a hugging opportunity. No big deal, in itself, but Tom only hugged his Mom for comfort and his girlfriend for romantic reasons. Tom was always respectful of others normalcy in hugging, but was not comfortable in the "huggy touchy" type contact.

Shortly after his NDE, Tom received his first comfortable hug from a stranger, by Jen Eddy of Webster, NY. The second was from Norma Kraensel of Mansfield, Conn. The first was surprising in that Tom didn't have enough time to do the "step back and hand shake" routine. Tom thought, "Hey, this ain't so bad. It didn't even hurt."

The second was given at the Harkness Auditorium at Yale. Norma Kraensel, a world class hugger, set up a folding table with a sign that read "Free Hugs." She saw Tom in the corridor and jumped up and said, "Perfect, you can get the first free hug." Unlike with Jen Eddy, Tom didn't "get" a hug; he "shared" a hug. It changed Tom forever.

Since that time Tom has, in fact, become an international hugger. He has won "Best Hugger" of the Southeastern Conference and often uses hugs for "hands on" healing attempts. Tom manipulated a job at a Christmas Candle Light Healing Service so that, as the usher, he could secretly hug ALL of the people wishing to be healed.

In the last 25 years Tom has enjoyed hugs with anyone. He wrote a note attempting to describe, "What really happens when a Mother hugs a Child." In it he described the dynamics of each enjoying the other's hug, as well as the spiritual dynamics of "aura type" creations of a fourth dimension.

Tom has hugged thousands of individuals. He has hugged adults, children and friends, and yes – even enemies. Tom has shared some rare hugs with dying people, Nobel Laureates, garbage men, murderers, and even the Dalai Lama.

He will often correct you and say, "Rather than to give or get a hug, may we SHARE a hug?"

Approved most reverently by, Tom Sawyer