

## *THE BODY HOLDS THE SECRETS*

*The body holds the secrets  
Tightly held within  
Hidden from full view  
Camouflaged by skin.*

*Within the body's world  
Unseen by silence lies  
Full histories untold  
Until the surface slides.*

*Aches and pain begin to speak  
What words could not convey  
Suppression distorts the life force  
As wellness slips away.*

*For each cell holds a story  
Surrounding spaces too  
Connecting memory pathways  
That replay on triggered cue.*

*The body hides no secrets  
To those who go within  
Wholeness becomes possible  
By releasing what's held in.*

*@ Dr. Susan Russell 2004*