

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