

Your History is Here inside Your Body

by Martha Elliot

Your history is here inside your body.
Your body is your storehouse
Of learning's, feelings,
thoughts, and experiences.
Only waiting to be invited to
reveal your treasures to yourself.
Help yourself.
As you let the learning emerge
and take shape, you can
Appreciate the wisdom of the body.
Each cell alive with
spirit, emotion, and intelligence.
Ready to help you at any moment,
always with you and for you.