

*Your history is here inside your body*

*By Martha Elliot*

*Your history is here inside your body.*

*Your body is your storehouse*

*of learnings, 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 your body.*

*Each cell alive with*

*spirit, emotion and intelligence.*

*Ready to help you at any moment,*

*always with you and for you.*