

# LISTENING TO YOUR BODY



Your body is apt to be your autobiography —  
So how on earth do you want it to read?  
With bad habits and negative energy at every turn  
Your body will respond badly — are we agreed?

But if you respect your body and its messages —  
Listen closely, and acknowledge how you feel.  
Do not follow the ideas of others; no, indeed.  
Your body's messages will ultimately reveal  
The truth as your body knows it, about how you are faring,  
No matter what you've imagined that isn't real.  
Be honest with yourself, and listen to your body.  
It's messages are clear; you must listen with zeal.

Your body will never lie to you.  
It's your mind that will try to play a trick.  
You are worth the extra effort to take care of yourself,  
So learn to listen and, about it, be quick!

The more you listen, the more you hear,  
And the volume is variable, it would seem.  
If you listen to your body when it whispers to you,  
You won't have to some day hear it scream!

