

# *Body And Soul*

*T*he body has a wisdom of its own  
A wound forms a scab and leaves a scar  
We have not instructed it, but it has healed.

The soul has a wisdom of its own  
It bears insult and assault  
Failure and frustration  
But a soul knows that the crooked may be made straight  
And the dent may be smoothed.

The soul carries within itself  
The teeming tenses of yesterday and tomorrow  
But above all, the choosing power of today.

Choose life.

