

## The Bone Show

the bones are our antennas  
for picking up a signal  
too low for our ears to hear

but our bones  
have their own bunny ears

and if you turn them just right  
the picture on your screen

goes from fuzzy  
to clear

and your show comes on  
and that is a thrill

because we are bombarded  
with other people's shows

most of them bad

and many of them  
ring the alarm bell  
of your amygdala  
with a sledgehammer

and when the fear button  
gets pushed

we don't think  
we just react

and so our attention  
has been commandeered  
by the world out there

and we've forgotten  
to turn back  
to our own channel

but it's time now

more than ever

that we need to turn inward

for the bone show  
inside ourselves.

a wise teacher once told me

our bones are  
like tuning forks

and when they hum to us  
we know  
what harmony with ourselves  
feels like

and as the bones  
are at the center of us  
our most interior structures

the deepest parts  
of our meat suits

when they vibrate  
deep down in there

and we listen  
and know it's true

then we are worshiping  
at the altar of the wise body.

and we have all had times

when  
for no logical reason

we just knew something  
in our bones

and never  
has a person  
acted on that

and been wrong

the bones carry the messages  
from an older wiser part of ourselves

and we are  
well-served to listen

and so  
the most practical thing you can do  
for the health of your bones

is to give them  
the respect they deserve  
for the wisdom they carry

so take time  
to tune in

to what they have to tell you

and then  
take a small step today

in the direction  
they tell you to go

because if you are living  
out of alignment with yourself

and you override  
your inner knowing

and you wonder why  
you feel lost in your life

you just need to sit down  
and listen again

and the bones  
will tell you again

your faithful reporters  
of your truth

and in our world

that is groaning under  
the strain of hardship  
and despair

we need  
all human citizens

to honor  
the power they contain  
and will always carry

deep down  
within their bones