

THE BODY KEEPS THE SCORE

With military precision, shock enveloped me
Pulsing trauma adrenalized through veins and arteries
Fully stunned, sensations numbed, no longer processing
Stimuli imprinted on my physicality

The blindside's optimal to strike by an unsuspected source
Camouflaged by love and trust, evil ran its course
Jettisoned compassion, truth and empathy
To ruin victim intellect, instinct, self esteem

The storm drifts off in silence, I feel my breath resume
Like a night sea journey, harbinger of doom

The body keeps the score, the trauma keeps the time
The heart continues beating independent of the mind
Recollections fracture, ragged fragments stored
In tissue, blood, anatomy, the body keeps the score

Devastation's impact re-wires circuitry
Circumventing reason in threat's vicinity
Drawing blood to regions ensuring one's survival
Reliving muscle memory from trauma's first arrival

The storm sweeps in and once again I feel my breathing quicken
Like a victim to the past, revisiting my sickness

The body keeps the score, the trauma keeps the time
The heart continues beating despite a panicked mind
Recollections stimulate from outside to the core
Anatomy's agenda, the body keeps the score

Trauma lives within the skin, burrowed in the bones
Disengages intellect, slows synapse flow
Suspended animation, I witness my reactions
Shooting from appendages like birth mother contractions

The storm settles in and I attempt regaining my composure
Like a swimmer lost at sea dying of exposure

The body keeps the score, the trauma keeps the time
The heart continues beating needless of the mind
Recollections ripple, cross oceans, seas and shores
Agency assembled, the body keeps the score

Wellness breath calms and rests with help of therapy
Grounding panic, fight or flight, fear, anxiety
Trauma buried deep within disappears in time
Reconciles compassion, uniting heart and mind

The storm drifts off forever, I feel myself survive
From a night sea journey, alert, aware, alive

The body keeps the score, the trauma keeps the time
The heart continues beating conscientious of the mind
Recollections dissipate to things which scare no more
Returning from surrender, the body keeps the score