

Thoughtful Mentionable Success

Emotion Xenodochial Ponder Eliminate Review Insist Expel Neutralise Commit Enjoy

If I could do just one thing	It gripped me by the hand
To rid my body of pain	And said, listen to me
I would tell my body to	I will make you
Totally ignore the brain	Totally pain free
The brain tells stories	But you must ponder
The body believes it	That when you are well
It swallows medicine	When the daemon is gone
Thinking it relieves it	The story you could tell
This is not true as I can tell	So here I am telling you all
My body has suffered like hell	What I have learnt, in 8 days all
To think I had pain	To hoard our emotions is nice
I was fooled by the brain	But we pay a hefty price
They were suppressed emotions	It comes as pain, and a lot more
All in the brain	Ulcers, allergies, and a bottom sore
I tried all therapies	Get rid of them, one by one
But in vain	Express emotions, your job is done
Then along came TMS	The brain cannot then fool you again
From U.K. Huddersfield	It cannot create the pain
In the form of a miracle	The anger is out, and so is fear
Called Georgie Oldfield	You are saved, it is clear