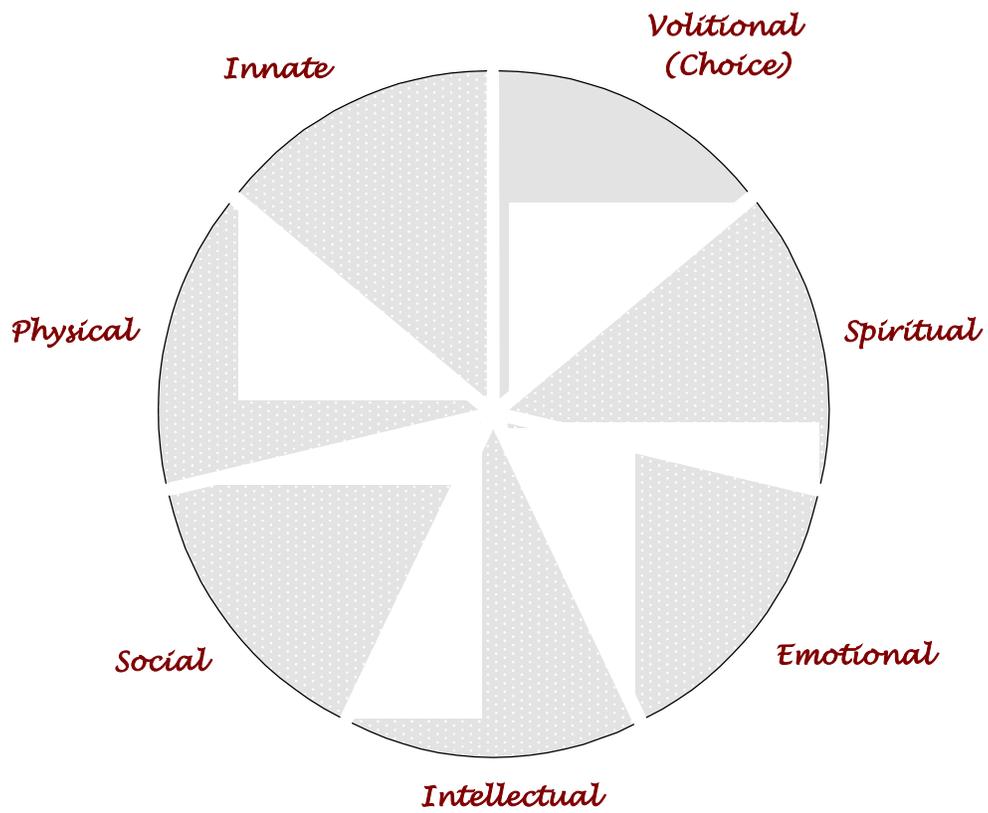


# The Whole Person

By Elane Lee-Isa



*“My brethren count it all joy when you fall into divers temptations; knowing this, that the trying of your faith worketh patience (steadfastness, inner strength, courage, determination), but let patience have her perfect work, that ye may be perfect and entire (complete, whole) wanting nothing. If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.” James 1: 2-5 (KJV)*

We have certain fundamental dimensions of our being. These dimensions are our personal potentials. Within this framework, there is a great deal of room for individual variation, including the possibility that one or more dimensions may have failed to develop properly or may have been damaged after development. The seven distinct personal potentials are: 1) **emotions**; 2) **innate**; 3) **intellect**; 4) **physical**; 5) **social**; 6) **spiritual**; 7) **volition**.

Imagine that the whole person circle is a wheel. It is evident that if there is a deformity or deficit in one segment, it will have an effect on the functioning of the whole. Let us discuss each dimension, briefly.

### EMOTIONS

Emotions are just another word for feelings—our inner response to both inner and outer events. Our emotions are housed in our subconscious. Many people find their own emotions a source of fear and distress. Not knowing how to handle them, a person often resorts to denying their feelings. The subconscious learns quickly how to block uncomfortable emotions before they reach the conscious awareness. These inhibitors are defense mechanisms. They innately are present to help us cope with the harsh, inharmonious realities of life.

Feelings, honestly felt and appropriately expressed, give life its pulse, color, brilliance, intensity, tone, and value. The most reliable barometer of our personal reality at any moment is to **KNOW** (*recognize, experience & understand*) our feelings. Knowing our feelings and expressing them appropriately allows us to have valuable intuitive insights. True feelings directly and appropriately expressed let others know where they stand with us. This knowledge inspires trust and builds intimacy.

Experiencing certain emotions can cause pain; however, we do not realize that not experiencing certain emotions can be even worse. Some of us think that certain feelings are bad and unhealthy. We fail to realize that all feelings are healthy. It is the way feelings are expressed that is constructive or destructive.

**Emotional management is a life skill. The skillful management of emotions is an ongoing process throughout life.** We best learn how to manage our emotions during the “critical” skills building age of preadolescence. Emotional management is a life-skill. We use our cognitive mind to balance our emotions. When our emotions are out of control, skillful reasoning of the situation will help us to become emotionally settled.

## INTELLECT

Intellect is the power of knowing and understanding. In other words, the ability to **reason** (*The ability to learn and reason; the capacity for knowledge and understanding; the ability to think abstractly or profoundly; the capacity for logical, rational, and analytic thought; intelligence.*) and use good judgment knowing the difference between what is real and what is not real, whether the source of the problem is without or within one's self. Intelligence is reasoning with the ability to:

- grasp in the mind with clarity or certainty;
- regard as true beyond doubt;
- have a practical understanding of, as through experience; be skilled in;
- have fixed in the mind;
- be able to distinguish;
- discern the character or nature of

A person's actions are influenced by his intellect, volition, and emotions. The intellect is our conscious mind. Our conscious mind is the originator of thoughts and ideas. Ideas and the immense power they hold shape our everyday life and redirect our future. We are our thoughts.

**“For as a man thinketh in his heart, so is he...” Proverbs 23:7 (KJV)**

An idea, which has become fixed in the consciousness, may be true or false, constructive or destructive. We need to be sure that the thoughts, which occupy our mind are true and constructive. The conscious mind possesses the power to originate trains of causation.

The subconscious mind is powerless to move itself and is not actively growing or functioning. The subconscious becomes active when it is impregnated with a thought from the conscious mind. Since we function primarily from the subconscious, it is clear to see that we should be very careful to guard our mind from impure thoughts.

***“My son, attend to my words; incline thine ear unto my sayings.***

***Let them not depart from thine eyes.***

***Keep them in the midst of thine heart (conscious).***

***For they are life unto those that find them,***

***And, health to all their flesh.***

***Keep thy heart (subconscious) with all diligence***

***For out of it are the issues of life.***

***-Proverbs 4:20-23 (KJV)***

***“Wherefore gird up the loins of your mind...” 1 Peter 1:13 (KJV)***

***“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought...”***

***-2 Corinthians 10:5 (KJV)***

## PHYSICAL

Our physical body is important to us because it holds all of our receptors for perceiving what is outside self, and all of our equipment for responding to what we find. It is the foundation of health, strength, endurance, swiftness, agility, dexterity, grace, beauty, energy, sexuality, sensory awareness, communication, and so forth.

A well-developed physical potential can be our key to many of the satisfactions of life, but it can also be a source of pain. The presence of physical pain represents one of two things:

- Development
- Deterioration

There are four physical laws that we must obey to keep our physical body health. These four laws govern the physical part of every human being:

- The law of nourishment (diet)
- The law of movement (exercise)
- The law of recuperation (recovery or healing)
  - \*rest
  - \*recreation
  - \*sleep
- The law of sanitation (cleanliness)

## SOCIAL

Social interaction is essential to healthy development. The ability to develop healthy interpersonal relationships is one of the key ingredients to a happy, successful, balanced life.

*“Two are better than one; because they have a good reward for their labour.  
For if they fall, the one will lift up his fellow:  
But, woe to him that is alone when he falleth; for he hath not another to help him up.  
Again, if two lie together, then they have heat:  
But how can one be warm alone?  
And if one prevails against him, two shall withstand him;  
And a threefold cord is not quickly broken.”  
-Eccl 4:9-12 (KJV)*

Some people cannot form and maintain relationships. As a result, they rely upon other substitutes such as work; excessive reading and watching television; alcohol & drugs to fulfill their social needs. The inability to develop a healthy interpersonal relationship often leads to isolation, loneliness, depression, and sometimes suicide. Divorce is often a by-product of an unhealthy interpersonal relationship.

The following characteristics are essential to forming and deepening interpersonal relationships:

*honesty	*openness	*intimacy
*compassion	*cooperation	*communication

RELATIONSHIPS OPEN THE DOOR TO MORE RELATIONSHIPS.

### SPIRITUAL

Spirituality is defined as love, faith, and devotion to God. Love, faith, and devotion to God bring perfect peace. Spiritual growth is not always a gentle experience. Unyielding perseverance is often necessary. We must be persistent in evaluating ourselves toward our highest goal, which is a quest for the principles of God. God promises that we will succeed if we remain steadfast.

The universe operates according to certain supremely powerful principles. By learning to understand and act in accordance with these precepts, we will improve our lives today, and ultimately we will achieve true fulfillment for ourselves and for all humanity. Just as basic physical laws such as gravity and magnetism exist independently of our will and awareness, the spiritual laws of the universe influence our lives every day and every moment. It is imperative that we understand and live in harmony by these universal laws and use them for the benefit of self and others.

*“He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?”*

*-Micah 6:8 (KJV)*

*“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”*

*-Isaiah 26:3 (KJV)*

*“...to be spiritually minded is life and peace.”*

*-Romans 8:6 (KJV)*

The laws that govern the spirit are:

Faith	Hope	Generosity
Aspiration	Patience	Sympathy
Kindness	Courage	Forgiveness
Duty	Love	Non-controlling
	Non-judgmental	

### VOLITION

Volition is the act of willing: decision or choice. Our choices are centered in our will. The healthy will effectively set goals, ranks priorities, makes decisions, perseveres in the face of difficulty, and sustains effort, until its goals are reached or changed. We have a choice how we express ourselves in any given situation. (e.g., *we can choose to have patience instead of anger. We can choose to forgive rather than harbor unforgiveness.*)

The subconscious mind does not reason on the validity of suggestions that it receives. Be it good, bad or indifferent, the subconscious mind immediately carries out the message it receives to its most rigorously logical conclusion.

**“The fortunes of life are bound up in our choices. We choose and we become. We choose and it is done. We choose and life changes. We choose and we are forgotten or we choose and we are remembered. We choose and we stay where we are or we choose and go on to something bigger, better, and greater. Our lives are in our hands for better or for worse, for greater or for lesser.”**

—Author Unknown

### INNATE

When we were born, God placed within each of us His divine nature that allows us to withstand the negative influences of our worldly environment so that we can develop in His likeness. He also gave us special qualities that are unique to us. These qualities are like our fingerprints and DNA. There is no one quite like us.

***“According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world...” 2 Peter 1: 3-4 (KJV)***

## WHOLENESS IS THE ROOT OF SELF-WORTH

### Intra-dependence

(Dependence, Independence, Intra-dependence, Inter-dependence)

"To thine own self be true;  
And it must follow as the night the day;  
Thou canst not then be false to any man."

-William Shakespeare

You have within you all the resources (*actual and potential*) that you will ever need to become whole, complete and entire, lacking nothing. By the time you reach adulthood, you should have the following:

- Emotional & Physical Balance
- A Sense of Responsibility
- The Ability to Delay Gratification
- Effective Communication Skills
- Healthy Interpersonal Relationships
- Clear, Definitive Boundaries
- The Ability to Face Reality
- A Strong Sense of Mastery
- The Ability to Make Appropriate Decisions
- The Ability to Effectively Solve Problems
- The Ability to Manage Your Emotions
- A Keen Awareness of Self, Others & Environment
- A Strong Spiritual Core
- An Expanding Mind of Pure Thoughts

-Elane Lee-Isa