

WELLNESS WISDOM WORKSHOP

THREE BASIC PARTS: BODY, SOUL AND SPIRIT

The body, soul and spirit teach us how we are to function within that whole.

The body was formed from the earth, so we can relate to the physical world.

The body has physical needs such as nourishment, exercise and rest.

The body is our means of "doing" behavior and of relating to the world through our five senses.

The body provides us with **WORLD-CONSCIOUSNESS**.

The body is temporal and visible.

The soul is how we know and relate to both the visible, physical world and the invisible, spiritual world.

The needs of the soul are to be loved, accepted and significant.

The soul includes our mind to know God.

The soul is our emotions to enjoy God and others.

The soul is our will to obey God.

Our soul expresses our thoughts, feelings and choices, even though they are inner qualities, relating to personality.

The soul is our means of relating to others.

The soul is the vehicle of expression to provide **SELF-CONSCIOUSNESS**.

The spirit is given for us to relate to God.

The spirit gives us life and determines our identity.

The spirit was made to receive life from God.

The spirit is our means of knowing and responding to God.

The human spirit is eternal and invisible.

The spirit being invisible makes it difficult to define—much like the wind is invisible, but we can see the effects of it, either good or bad.

The spirit is that voice that speaks or directs in your life.

The spirit is **GOD-CONSCIOUSNESS** and is the vehicle of our worship to God.

