

# Our Four-Part Human Nature

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## Natural / Healthy Ways

### **SPIRITUAL SELF**

*This part leads and inspires us. We talk and listen. We ask. We meditate and pray to Ellam Yua/God, our ancestors, or to the natural world in order to understand and gather information to help us make our decisions about how to feel and act.*

### **MENTAL SELF**

*This part directs us to co-create the world, the life we live with Ellam Yua/God. Some say the mind is the physical world's translator for the Spirit world. We can choose whether thoughts, emotions, and attitudes that come from them are positive and good—or negative and painful. We use our mental part, just like our spiritual self, to understand and gather information to help us make our decisions about how to feel and act.*

### **PHYSICAL SELF**

*This is the part of us that allows us to take action—to actually do things. This part of us is important because it also helps us to understand and gather information to help us make our decisions about how to feel and act.*

### **EMOTIONAL SELF**

*This is the “report card” of ourselves. It’s a tool that helps us evaluate ourselves, the world around us, the choices we are considering, and the actions we have taken based on the choices we have made. It’s very important that we are aware of these and express them, because they too help us understand and gather information that helps us make our decisions about how to feel and act.*

## Unnatural / Unhealthy Ways

### **EMOTIONAL SELF**

*When we allow our emotions to lead the way in our life, we evaluate ourselves and others and make judgments that are all too often negative and painful. Those actions can make us feel so badly that we try to hide them inside instead of expressing them. This only confuses us instead of helping us understand.*

### **PHYSICAL SELF**

*When we next give importance in our life to our physical self and satisfying it, we mostly lean toward inaction in our life. We then are confused about what to do, so we wait for others to do for us—make me feel good. If we get bored, we blame them! This inaction also makes us “crisis oriented.” We tend to sit around and wait and wait until the pressure builds up so much that we have to make a choice and act. It most often turns out not to be a very good choice.*

### **SPIRITUAL SELF**

*We are in big trouble if we don’t daily take time with Ellam Yua/God and the spiritual world. Our life becomes a series of actions we take out of “DESPERATION,” if we don’t seek our “INSPIRATION.” Even our singing and praying really loud in church is just a performance, a ritual, a going-through-the motions, rather than coming from the heart—our own Spirit—and a true relationship with Ellam Yua/God or our ancestors.*

### **MENTAL SELF**

*Our mind does the next best thing when we are inactive and don’t give it new and different things it thrives on to be busy and healthy. So it does the next best thing—it escapes into fantasy. Instead of living in the present, we re-create the past or try to preview the future. Most times both of these options focus on the negative.*