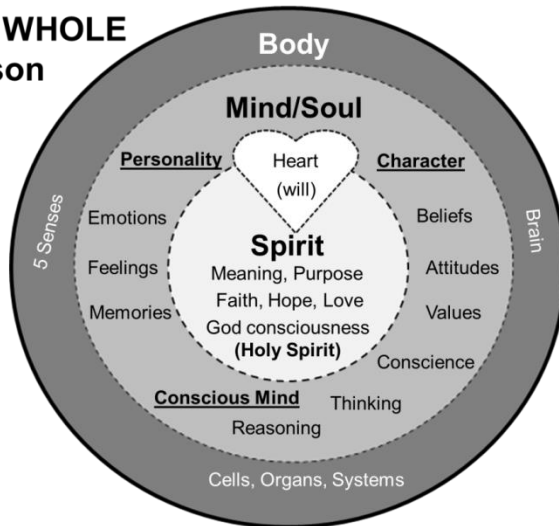




## The WHOLE You!

### The WHOLE person



This diagram has been adapted from an original diagram by Fletcher (2015) available at

[http://www.faithandhealthconnection.org/the\\_connection/spirit-soul-and-body/](http://www.faithandhealthconnection.org/the_connection/spirit-soul-and-body/) and is used with permission.

We are whole people not separate parts. When one part of our being is sick, the whole person experiences the illness. As FCNs we minister/practice with our whole person to affect the health of another whole person. I am no theologian but this is my simple attempt to explain wholeness to people so we respond in ways that are genuinely holistic when we care for others.

We experience life and move around the world with our body. We use its five senses, the brain and all of the body systems to process the world.

Our mind enables us to be conscious of others as well as ourselves. It enables us to process our world and the people in it. We

can think, reason, predict, analyse and synthesise the information that our mind receives, to enable us to function and achieve various purposes within life. Within our mind lie our personality and character traits, plus our conscious capacity to think and reason intelligently. We react to our experiences of the world with our feelings and emotions. These are influenced by our thoughts, beliefs, values, attitudes and memories. We consciously process life experiences to develop knowledge from which we can make conscious choices that affect our best responses to given situations.

Deep within every person lies the human spirit and it enables God-consciousness. The spirit animates us as human beings and enables us to experience meaning, purpose, love, hope, faith and an awareness of the spiritual dimension. We process the world in the spiritual dimension via discernment and intuition.

The Bible speaks about the 'heart' and each person's 'heart' traverses both mind and spirit. The 'heart' is the seat of a person's free will. It can choose to quench the human spirit or enliven it. With our 'heart' we can choose to connect with the Holy Spirit of God, or disconnect and deny God. When a person chooses to let their heart connect with God that person receives the Holy Spirit of God, which empowers them and enables them to make life choices using their God given conscience and



knowledge to discern good from evil. This enables them to choose actions that represent love for self, love for others, love for the creation, and love for God.

Christians believe the spirit has the capacity to transcend the body at death and for believers in Jesus Christ, our spirit returns to be with God. At that time the person's spirit will receive a new body and will be made whole again in and through Jesus Christ.

Understanding this has enabled me to view and enact my nursing practice in a very different way.

Anne van Loon RN PhD (2015 'Introduction to Health and Care Ministry', used with permission)