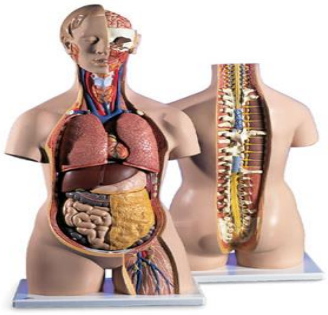
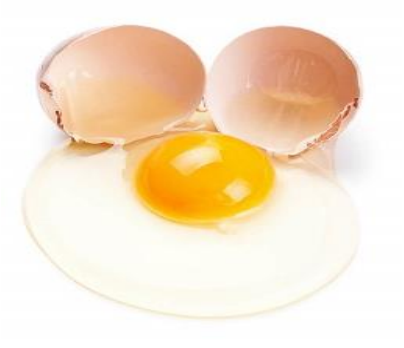
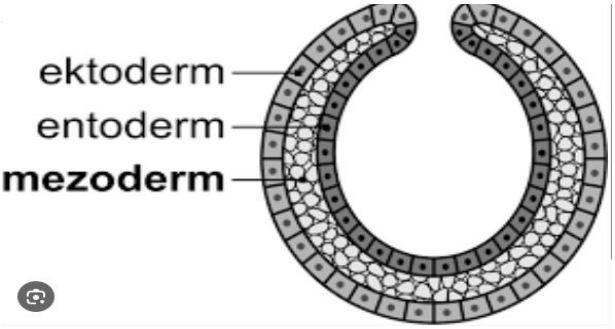
7. The Shared Coexistence of Body, Feelings and Mind (Body, Soul and Connection to Spirit)





These are our 3 Selves, basic subsystems interconnected into one BEING.

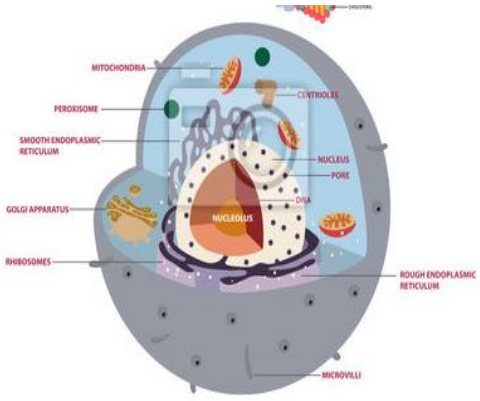



All three of our Selves are just as important as the yolk, the white and the shell of an egg.

Cell nucleus – information

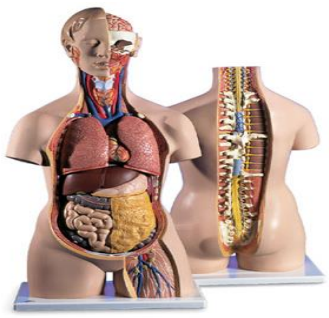
Cytoplasm – source of energy

Cell membrane – protection and regulation



Each subsystem has its own specific function.

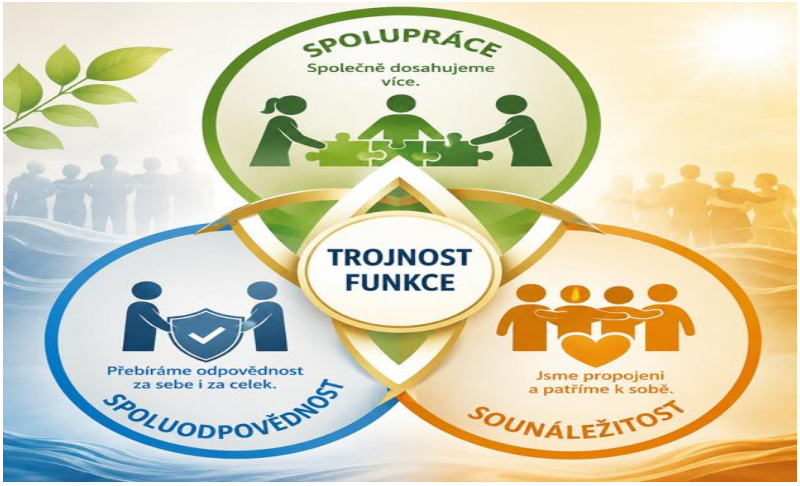




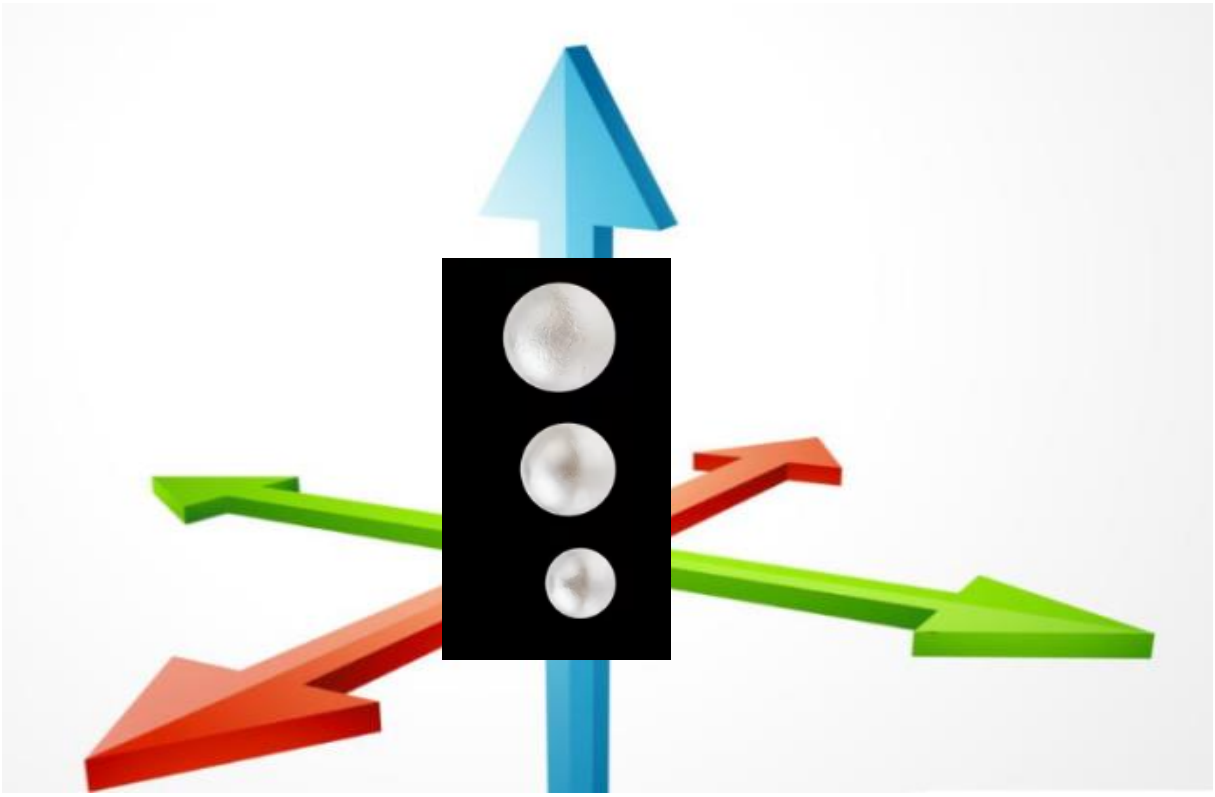
The mind carries information. Emotions are the driving force of creation, i.e. the source of energy, and the body forms the vessel and regulation.



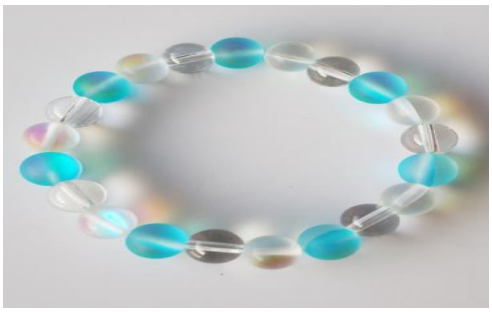
One subsystem cannot exist harmoniously without the other. They need each other.



They must cooperate. They must share responsibility and create conditions of belonging. Otherwise, they do not form a whole.



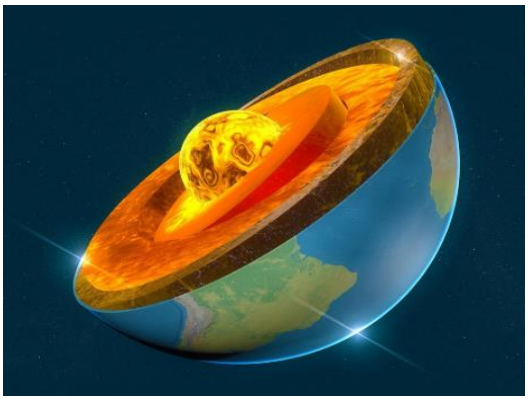
Their mutual cooperation creates conditions for horizontal internal communication between them, and at the same time creates conditions for vertical external communication. Both balances in time must complement each other.



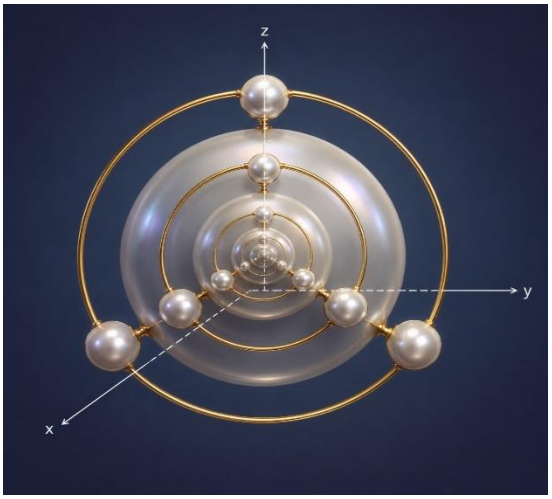
Horizontal communication is communication from cell to cell, molecule to molecule.

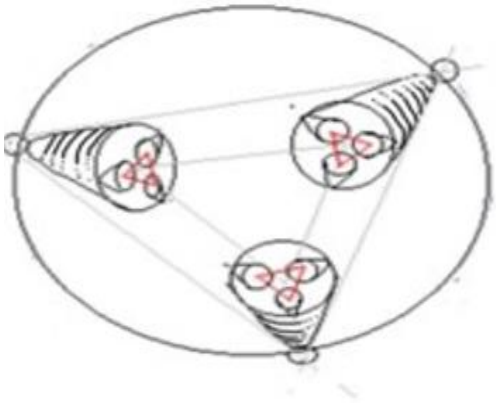
Vertical internal communication is the cell as a whole to the cell nucleus (i.e. the yolk), or to the cytoplasm (i.e. the white), or to the cell membrane (i.e. the shell).





Vertical external communication is when the cell communicates with a higher ordered whole, with an organ or with the body as a whole.





Communication is the basis of energy flows that create higher and higher levels of order in each subsystem (cell), each system (organ) and each supersystem (the body of a being). It is a symbol of the triad of the subsystem in the triad of the system, or the triad of the supersystem, in the form of a repeating fractal. In other words, communication is working with energy in space and time.

We decide consciously or unconsciously within the conditions of the natural order, i.e. making decisions in favor of the growth of order, or we decide to fall into destruction.





YES I know and YES I act for growth NO I don't know, but I unconsciously act YES
YES I know, but NO I don't act for growth NO I don't know and NO I don't act for growth



