

Holistic Composition of a Person

A human being consists of three parts or levels: a body, a soul and a spirit:

- The body is the entire physical structure of a person; everything that one can see with physical eyes when looking at a human being.
- The soul is defined as the conscious intellect, the will, and the emotions of the human being.
- The spirit is defined in various ways by various belief systems. For the Christian it is the “breath of God”. For the New Ager it is a sacred part of the self that is not limited by the physical body. And to the sociologist the matter and the spirit are only different expressions of the same reality.

The Bible refers to and acknowledges all three parts or levels in 1 Thessalonians 5:23: *“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ”*. Humans therefore are tripartite beings; we have separate parts – the body, the soul and the spirit. Mysticism i.e. New Age, refer to our human spirits as the “higher self”. To them it is that part of a person which is the “god force”, or the “third-” or “fourth“-dimension. They often refer to “spiritual energy” or “vibrations”, which are actually making reference to the human spirit.

Psychology acknowledges the three parts or levels by defining their levels of influence on a person as:

- Biological – biological and neurophysiologic (“body”)
- Intrapsychic – perceptual, cognitive, emotive, dispositional and the self subsystems (“soul”)
- Ecological – natural-physical, interpersonal, group and societal subsystems (“body/soul/spirit”)
- Metaphysical – religious and belief system (“soul/spirit”)

The human being is therefore not only a psychological being but also has social, religious, medical and working dimensions. This is necessary for the co-operation from the study fields of medicine, physiology, developmental psychology, social psychology, environmental psychology, sociology, industrial psychology, psychometrics, pastoral psychology, psychiatry, clinical psychology, anthropology, research psychology, organizational behaviour, pharmaceuticals, demographics etc. Counselling should be a holistic approach to the human person.

It should strive to combine the insights from different approaches to provide the counsellor with a bigger and more complete picture:

- From psychology comes the insight of the biological mechanics of behaviour and the mental processes involved.
- From sociology comes the impact of group behaviour and institutions, power and control.
- From the richness of religion it becomes evident what the role of meaning, conscience and guilt, and grace are for behaviour.

1.1. Roots and Fruits

Incidents or experiences in a person's life can be classified in one of two categories: roots or fruits. Roots are the incidents (actions) responsible for the creation of fruits (result of the actions). For example: Person A murders person B; murder will be a root in person A's life; because of the violence person A could start experiencing nightmares resulting from the incident - which will be a fruit in person A's life. On the other hand the family of person B could experience feelings of hate and unforgiveness resulting from the killing – which will be fruits in their lives. In most counselling cases “bad” fruits are the result of the “bad” root, therefore the necessity for counselling. The counselee's incidents or experiences can consist of one or both categories as seen in the former example. In order to assist a person in counselling, the counsellor has to deal with the roots and the fruits. Dealing mainly with the roots will result in 'n high probability that some of the fruits automatically will disappear or disintegrate with time.

Temporary success may be obtained by dealing only with fruits. When observing nature, stems, leaves and fruits will grow back if a plant or tree is only pruned. In order to get rid of a plant or tree one has to uproot it. The same applies to a counselling session: roots need to be dealt with first and then the fruits will be dealt with where necessary. The secret or difficulty lies in the identification of the roots. In many cases the roots are untraceable as it could be the result of an unknown action by an unknown/known person or it could be an historical event occurring before the counselee's lifetime i.e. in the bloodlines. Experience may also help the counsellor in identifying the root when studying the fruits. For the purpose of this research potential fruits and roots are studied; first existing in a counselee's lifespan and then it is extended to the counselee's bloodlines.

1.2. Tendencies

The freesearch online dictionary defines a tendency (noun) as:

- a likelihood to behave in a particular way or to like a particular thing
- If there is a tendency for something to happen, it is likely to happen or it often happens
- If there is a tendency to do something, it starts to happen more often or starts to increase

The Brainy Dictionary defines tendency as a “direction or course toward any place, object, effect, or result; drift; causal or efficient influence to bring about an effect or result.” A very clear distinction is drawn between learned vs. inherited behaviours. Scientists have known for a long time that genetic information, copied from ones parents, is passed on from one generation to the next. Now it is suggested that certain behaviours, for example, the desire of infants to copy their parents, may have some basis in this genetic makeup. However, it is probably the combined interaction between a person's genes and his/her environment that make them who they are. Famous sayings like “like father like son”, “he is just like his dad” etc. can assist in identifying some tendencies. A tendency will be defined as a fruit re-occurring in a bloodline with the probability of occurring again in the current and next generations. Examples of such “fruit” or tendencies can be anything from personality traits and characteristics

(racism, unforgiveness, frigidity, inability to love, unfairness, hatred, bitterness etc.), to heart-attacks, cancer, suicide, homosexuality, poverty, etc.

2. What Influences a Person (Fruits)?

2.1. Trauma

Trauma is derived from a Greek term meaning “wound”. When a person encounters a traumatic experience, he/she becomes a wounded individual. Psychic trauma is defined as “an emotional state of discomfort and stress resulting from memories of an extraordinary, catastrophic experience which shattered the survivor’s sense of invulnerability to harm.” Trauma therefore is defined as a bodily and/or mental injury caused by an external agent. Because traumatic events overwhelm the ordinary human adaptations to life and involve threats to life or bodily integrity, or a close personal encounter with death and/or violence it is defined as *extraordinary*. Examples of incidents causing trauma: sexual, physical, ritual or emotional abuse, the loss of loved ones, motor vehicle accidents, bloodshed, murder, armed robbery etc.

Symptoms of Trauma:

- Stress is the way a person responds to what happens. Due to trauma feelings of intense fear, helplessness, loss of control and threat of annihilation can be experienced.
- Post-traumatic Stress Disorder (PTSD) – symptoms are re-experiencing the traumatic events, numbing or responsiveness to, or reduced involvement with the external world and a variety of autonomic, dysphoric or cognitive symptoms.
- Other: Sleep disturbances, nightmares of the incident, recurring dreams of the incident, increased alcohol intake, marital conflict with spouse, dissociative-like states, lose interests, become detached or estranged from other people, excessive arousal - such as hyper-alertness, exaggerated startle response, guilt about surviving when others have not, trouble with concentration etc.

2.2. Fear

The online Brainy Dictionary defines fear as

- A painful emotion or passion excited by the expectation of evil, or the apprehension of impending danger; apprehension; anxiety; solicitude; alarm; dread.
- To be anxious or solicitous for.
- To be afraid; to terrify; to drive away or prevent approach of by fear
- To be in apprehension of evil; to be afraid; to feel anxiety on account of some expected evil.

Fear is an unpleasant feeling of perceived risk or danger, real or not. Fear also could be described as a feeling of extreme dislike to some conditions or objects, such as: fear of darkness, fear of ghosts, etc. It is one of the basic emotions. Fear may underlie some phenomena of behaviour modification, although these phenomena can be explained without adducing fear as a factor in them. Fearing objects or contexts can be learned; in animals this is

being studied as fear conditioning, which depends on the emotional circuitry of the brain. This can also be applied in a strong sense to children, as they are very vulnerable. Fear inside a person has degrees and it's different from one person to another (sometimes it could lead to phobia) and if it's not properly handled could lead to social problems. Fear can be described by different terms in accordance with its relative degrees - terror, fright, paranoia, horror, or even a persecution complex. Someone in fear might lose consciousness of mind and might do stupid and dangerous acts. Some philosophers have considered fear to be a useless emotion with uniformly bad consequences; other thinkers note the usefulness of fear as a warning of bad situations. Fear can also be used as a powerful weapon, manipulating people in doing certain actions. Examples of fear: fear of death, fear of fire, fear of people, fear of males, fear of spiders, fear of failure etc.

Terminology:

- Terror refers to a pronounced state of fear, where someone becomes overwhelmed with a sense of immediate danger.
- Paranoia is a term to describe a psychosis of fear, related to perception of being persecuted. This perception often causes one to change their normal behaviour in radical ways, after time their behaviour may become extremely compulsive.

2.3. Rejection

The Word Web online dictionary defines rejections as:

- The act of rejecting something
- The state of being rejected
- (medicine) an immunological response that refuses to accept substances or organisms that are recognized as foreign
- The speech act of rejecting

The Word Web online dictionary defines reject as:

- (n) The person or thing rejected or set aside as inferior in quality
- (v) Refuse to accept or acknowledge

Every person has experienced rejection during his/her lifetime to some extent; times when, for no apparent reason, a person turned against another or issued some thoughtless comment. Some of life's most painful rejection comes from childhood experiences. Rejection suffered in the early years often sets the tone for a person's entire life. Whenever a significant other (a parent, grandparent, or someone held in esteem) rejects you, feelings of being unloved, unworthy, useless, or insignificant can arise. Rejection, whether by a loved one or a stranger, means that one has been hurt in the worst possible way by a person or persons from whom he/she expected sympathy, friendship, or help. Rejection sometimes can hurt very, very deeply. When feeling rejected, one tends to react in certain predictable ways. People often become angry with themselves and others and could assume that they've done something to deserve the rejection. They could grow bitter and full of hatred at the person or persons who

rejected them or this could scar the person emotionally and socially for life. On the other hand the party rejecting is affected in one of many ways.

2.4. Mind Control

Mind control (better known as brainwashing) is a process of either unconscious or intentional change of an individual's behaviour, thought, and emotional patterns through subtle, deceptive, and damaging means by unethical leaders who hold positions of trust and authority over them. It involves a process whereby an individual's means of independent thought is effectively controlled and even overcome by degrees, and an entirely different mode of thinking is adopted by them which is supplied by these leaders. It is this kind of power that leads men and women in cultic groups to accept as normal various kinds of abuse, outrages and privation that those outside the groups would recognize immediately for what it is. Mind control is achieved in a variety of situations and settings that are as diverse as they are common: they may involve social interactions from political groups to close-knit family relationships, all of which are found in civilizations world wide.

The exercise of mind control proceeds from the manipulative motivations of human nature. Human beings are social creatures who cannot function outside an established cultural norm of whatever common values they think they hold. It is the drive for community and the primal human search for authority that break the ground for the seeds of mind control and manipulation by those who deem their vision and lifestyle as superior to anyone else's. Add the twisted-ness of the human tendency to dominate and control by the use of fear, threats and withheld social contact, and one can see more clearly why such a system of authoritarian abuse that mind control imposes can come about in settings other than the "cults" that are decried by the larger society. Methods used to instil mind control could include child abuse, ritual abuse, sexual abuse, emotional abuse, fear, trauma etc. The occult, secret societies, culture, religion, beliefs can also be used in the process of brainwashing or programming.

2.5. Wealth Problems

The Brainy Dictionary defines wealth as

- In the private sense, all property which has a monetary value.
- In the public sense, all objects, esp. material objects, which have economic utility.
- Those energies, faculties, and habits directly contributing to make people industrially efficient.
- Large possessions; a comparative abundance of things which are objects of human desire; esp., abundance of worldly estate; affluence; opulence; riches.

Wealth usually refers to money and property. Wealth consists of all the economic assets of a person or group – not only money but also material objects, land, natural resources and productive labour services. Income is the economic gain derived from the use of human or material resources. In contrary to wealth we find poorness or poverty. Poverty is the lack of sufficient wealth (usually understood as capital, money, material goods, or resources especially natural resources) to live what is understood in a society as a "normal" life: for instance, to be capable of

raising a healthy family, and especially educating children and participating in society. A person living in this condition of poverty is said to be poor. The meaning of "*sufficient*" varies widely across the different political and economic areas of the world. The decrementing of wealth can occur up to the point of losing one's everything; involvement in gambling, debt, standing surety for other, medical emergencies, and many more can easily result in these worst case scenarios.

2.6. Health Problems

The Brainy Dictionary defines health as "The state of being hale, sound, or whole, in body, mind, or soul; especially, the state of being free from physical disease or pain."

The World Health Organization defines health as "A state of complete physical, mental and social well-being, and does not consist only of the absence of disease or infirmity." A disease is any abnormal condition of the body or mind that causes discomfort, dysfunction, or distress to the person affected or those in contact with the person. In this study the term will include injuries, disabilities, syndromes, symptoms, deviant behaviours, and atypical variations of structure and function. Pathology is the study of diseases. The subject of systematic classification of diseases is referred to as nosology. The broader body of knowledge about diseases and their treatments is medicine.

One of the largest and best-known categories of disease, infectious diseases are those caused by transmissible infectious agents such as bacteria, fungi, parasites, viruses, and prions. Closely related though not infectious diseases in the strictest sense are parasitic diseases caused by protozoa and worms. There are also genetic diseases caused by the presence or absence of genes in the affected person's DNA; toxic diseases caused by exposure to environmental toxins such as heavy metals; nutritional diseases caused by lack or deficiency in certain nutrients; conditions caused by injury, malformation, or disuse of parts of the body; autoimmune diseases caused by immune system attacks on the body's own tissue; diseases caused by the patient's own beliefs; and diseases caused by combinations of these, and of course totally unknown causes. Examples of classic health problems are heart problems, all types of cancer, miscarriages, women not being able to conceive, diabetes etc.

2.7. Mental Problems

Mental problems are symptoms affecting judgement, thought or intelligence. It could result in adjustment disorders, which is a debilitating reaction for a specific period to a stressful event or situation. Adjustment disorders are very common and can affect anyone, regardless of gender, age, race, or lifestyle. An adjustment disorder occurs when a person can't cope with a stressful event and develops emotional or behavioural symptoms. The stressful event can be anything: it might be just one isolated incident, or a string of problems that wears the person down. The stress might be anything from a car accident or illness, to a divorce, or even a certain time of year (such as Christmas or summer). This is of a lesser effect as trauma. People with adjustment disorder may have a wide variety of symptoms. How those symptoms combine depend on the particular subtype of adjustment disorder and

on the individual's personality and psychological defences. Symptoms normally include some (but not all) of the following: hopelessness, sadness, crying, anxiety, worry, headaches or stomach-aches, withdrawal, inhibition, truancy, vandalism, reckless driving, fighting, other destructive acts. There are two types of mental problems: (1) Cognitive impairment, the general loss of mental or cognitive ability. Examples: delusions, paranoia, hallucinations. (2) Disorientation, forgetting your location or other mental confusion. Examples: confusion, concentration difficulty, forgetfulness.

Other examples of Mental Problems:

- Anxiety – a stress response being highly strung and anxious
- Brain fog - poor memory, difficulty thinking clearly etc.
- Dementia - a symptom with many causes from Alzheimers to poisonings
- Depression - feelings of sadness, hopelessness or despair in a severe form
- Neurological, psychiatric and psychological disorders
- Schizophrenia

2.8. Sexual Problems and Sexual Related Problems

Sexual problems are problems relating to the sex act. Problems could include not being sexually fulfilled, not being able to perform the sex act, pain experienced during the sex act, not sexually being aroused by your spouse, frigidity etc. Sexual related problems include menstrual problems, erection problems, not being able to conceive, masturbation, pornography, etc.

Sexual problems could be the cause of:

- Medical problems (physical inabilities or deformities)
- Birth trauma: during difficult or prolonged birth, physical trauma may result in fine tearing of the tissues inside the baby's abdomen. Birth trauma may also result in misalignment of the cranial bones, misalignment of the spinal bones and misalignment of the hip bones, causing pain and digestion problems during the first months of baby's life. Those problems may affect baby's health immediately or later, affecting digestion, elimination, immunity, endocrine system, concentration, learning ability and sexuality.
- Mental attitude, stress, suppression, negative thoughts, fear, lack of love, lack joy, lack desire to live.
- Being exposed to: being raped or molested, curses, rejection, abuse, violence, attempted abortion etc.

2.9. Social Problems

Social problems are those conditions that affect individuals and have significant consequences for society. Many social problems such as poverty, child abuse or racial discrimination are acknowledged and social policies are in place to try to alleviate these problems. Social problems have a roller coaster effect and will often result in other problems such as health problems or wealth problems. Examples of social problems are job losses, alcoholism, divorce etc.

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