

Lifelong Development of Mind, Body and Spirit

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Our Christian beliefs are based upon the religious trilogy of the Father, Son and Holy Ghost and the concept that we must understand and draw spiritually from each of these elements. However, a well-balanced human being must also pursue within his or her life the personal trilogy of the mind, body and spirit. Because of the frailty of the earthly existence, one must maintain a constant balancing of those individual elements to maintain a happy and meaningful life.

With a school-aged child, developmental emphasis focuses upon the mind, usually through education. The educational goal for each child may vary by subject areas, financial targets, and compliance with demands of the child's parents. While a student may change those goals, school or majors, he is seldom told to give up the effort to improve his or her mind.

The body is the element first recognized by children through differences in abilities and limitations. When young people place a focus of the body above either the mind and spirit, the resulting weaknesses in mind and spirit will be felt later in life. Conversely, when young people ignore the development or care of the body, later consequences of the neglect will be difficult to repair.

Of the three personal elements, an individual's dedication to development of spirit may be the most varied in time and study by an individual in the early years. For some, an early dedication to spirit may result in lifelong work or study in the church, while others may either ignore or rebel against spiritual study and development.

In the early years of adulthood, each individual goes forward in life with the elements of mind, body, and spirit allocated as believed to befit him or her. For a very few, life will proceed with that original distribution unchallenged. More often, individuals face changes in the strength of one element that can be survived only by readjusting all aspects of the trilogy of the elements of mind, body and spirit. A person who suffers a temporary or permanent limitation of the body will best survive such a change by calling upon the strength of the body and spirit. Permanent changes in mind, through physical or psychological injury, loss of employment field or other crises, will be best accepted if greater demands on body and spirit can provide physical and spiritual support. Finally, a challenge to one's spirit will heal best if that individual can allow the spirit to heal while the being is supported through the mind and the body.

Absence of the balancing of one's mind, body and spirit does not result in an automatic death, psychosis or total lack of Christian belief. However, personal anguish evidenced through depression, substance abuse, physical illness or other painful personal assault, are not desired coping mechanisms. Continued care and lifelong balancing of the elements of mind, body and spirit should be the goal of each individual for a fulfilled life regardless of the changes in life that each person experiences.