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--Soul Peace.3--

Soul Interactions / Integration

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We have talked about Body Memories, and defined the Body, Soul, and Spirit. Now let's watch how the body, soul, and spirit work in our everyday lives. We will talk about how negative thoughts, and negative feelings direct the will and cause great harm for the body, soul and spirit.

Here's a startling fact. We have one-third of a second to deal with negative thoughts and/or emotions before they hurt us, or others (Dr. Edward Santana-Grace, founder of REST-C2-C<sup>2</sup>: Relationship Education (which includes Emotional Self-Regulation) and Skills Training in Christ and In Creation).

Now, lets add the soul to this information. After that brief part of a second, the will is engaged and causes the body to carry out our negative thoughts or emotions. Body, soul, and spirit are now integrated in a *negative* way, and can be very effective in taking harmful vengeance. Vengeance is never good.

One-third of a second!

If that statement weren't so serious, it would be laughable. How many of us go days before we realize that we are upset emotionally, or are dwelling on negative thoughts, or are nasty to others? How many of us, once we realize that we are just not together, can actually figure out what the upset is about or even when it started?

To find the upset, we must think back over recent events in our lives. When we get to an incident that has an intense negative emotion linked to it, this is most likely where the upset has occurred.

When we perceive that our worth has been denied or diminished, we experience "beautiful anger"(Santana-Grace). But it can change into striking back or becoming depressed in mille seconds (Edward Santana-Grace) without intervening with emotional control.

Connecting the soul (the intellect, will, and emotion) with Biblical Truth and psychological knowledge.  
Integrating the soul with body and spirit for peace in all areas of life - -business,  
Personal, marriage, family, and relationships.

*"Not by might, nor by power, but by my Spirit, says the Lord of Hosts."*

*Zechariah 4:6*

Remember from the beginning that negative soul thoughts and negative soul feelings direct the will. So, with these ‘thoughts’ and ‘anger’ in agreement, the ‘will’ lets the body know how to respond. We hurt another with words, actions, or by withdrawing; or destroy ourselves with guilt and condemnation.

Guilt is a big problem that ruins us. How does that happen? If someone has put us down unjustly, and then said it was our fault that they *had* to put us down, we feel guilty. We can blame ourselves that somehow we did or said something that *made* them do this to us.

This brings us to another startling fact. We must intervene in that one-third of a second with applied trust in God’s character, to have emotional self-regulation (Santana-Grace).

Emotional self-regulation gives peace in the soul, body, and spirit. Who is strong enough to get victory over negatives in one-third of a second?

The Lord already has a way. He is life. He wrote the owner’s manual on us before He created the world. He built a wall of protection around us. This wall is His Character, and He never changes.

He teaches us to replace negatives with His Character of love, joy, peace, long suffering, gentleness, kindness, goodness, faith, meekness, and patience. If we do this, we stay within the wall of His protection in our minds and emotions, and we are OK. It is when we let the negatives in that we are unprotected.

So how do we learn to retrain our souls to change negatives into the positives of the Lord? We get to know God’s character better every day. One little powerful booklet by the Reverend Dr. Edward Santana-Grace is a blessing in this endeavor. It is called “Getting To Know God: How to Have Minute –to- Minute Conversations With God.” He writes “Knowing who God truly is, is the greatest cure for anxiety, bitterness, depression, resentment and hatred, and is the greatest source of peacefulness, joy, enthusiasm, generosity and love.”

I heartily recommend this little booklet. It can be ordered online at <http://gtdg.info/gtdg/Acquire.html>

*Editor’s Note: The Mission Statement of Dr. Mardee Alff, Psy.D is as follows:*

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Integrating the soul with body and spirit for peace in all areas of life—business,  
personal, marriage, family, and relationships. Zechariah 4:6*

Disclaimer: Reverend Dr. Santana-Grace is not affiliated with Dr. Mardee Alff, nor does he endorse her materials.