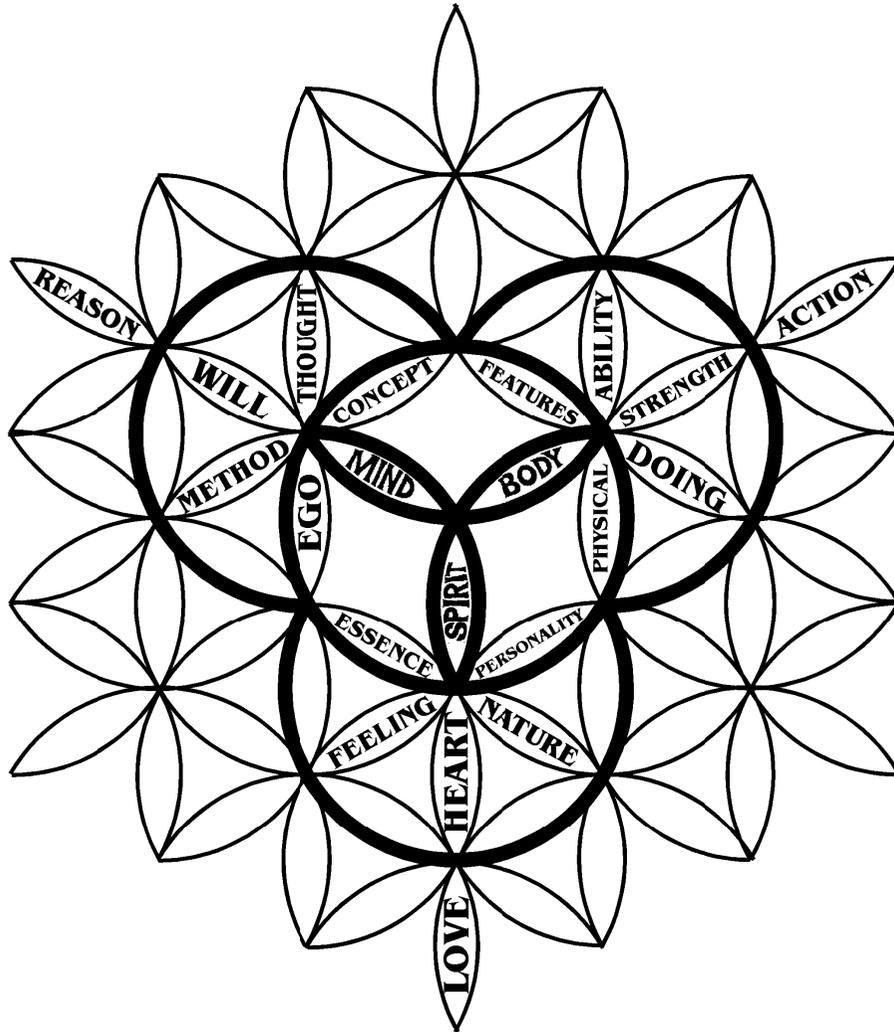


10. Being Human



It is the 'body' that makes it a person physical. The brain, or mind, controls body while also making assessments of the world. The spirit, or character, serves to make us individual and unique; it is the 'ghost within the machine'. We are composed of the *Physical* body, the *Conceptual* mind and the *Essential* spirit. These are the living PieCEs. All the PieCEs (*Physical, Concept, Essence* or P.C.E.) reflect in each other and follow the rules of Harmony. The harmony of the PieCEs is what we are and they are our sole and whole world.

By naming the parts of us and of our world Life, Being (L,B) helps us to realise our nature. Our nature is determined by our actions, thoughts, emotions, intentions and feelings. Our thoughts and emotions are expressed through our actions and our actions can manifest in many ways, like: the way we treat people, the things we possess, the books we read, the TV we watch or the information we access. The truth of every person is seen in the physical evidence of his or her life. It is our actions that portray us. Everything we do and every material thing we surround ourselves with indicate our nature. Therefore it is no surprise that we must remember, actions alone are not the full picture, because it is the totality of the *physical, conceptual, and essential* PieCEs that add up to become what's real! The secret to knowing others and ourselves is to recognise the partnership of the *Physical* self, the *Conceptual* self and the *Essential* self.

Humans operate according to the harmony of the emotional, intellectual and biological PieCEs. Consider the part that emotions play in your life, they are an *essential* PieCE of you. As every PieCE has the traits of harmony; *units, balance* and *difference* can be seen in our emotions. Please realise that the adjective 'harmony' is different to the category or noun

'harmony' in that they can be interpreted as either 'in harmony' or 'out of harmony'. In L,B noun 'harmony' describes the category of PieCEs (*unit*, *balance* and *difference*) that the 'L,B category harmony' has.

For example: emotions harmony PieCEs:

- Individually the base emotions, like moods, feelings and affections, represent the *units* of emotional harmony.
- The *balance* or imbalance that emotions strike has a huge influence on our character.
- And there are many *different* emotions; like the moods of cranky and cheerful, feelings like happy and sad, and affections like love and hate.

Thinking beyond this brief example of emotions you will realise that their harmony has many more aspects and also that emotions are not the only parts of our essential self. The simple arrangement of the PieCEs and harmony create infinite variation, which is witnessed in the diversity of our world and us.

The body mind and spirit are the living PieCEs of the human being. These PieCEs are also units and they are in unity. One of the great paradoxes of the world is the impossible distinction of units within a whole. The mind, body and spirit are three aspects of a whole but you cannot pull these pieces apart.

To a single question there can be many answers and this is an example of the endless potential and opportunity afforded to the world by its very simple design. Nature does not provide potential and opportunity simply to tease us; it provides them so that life may be experienced fully. Life would not exist, develop and change without the freedom called 'potentiality'. Freedom can be a friend as well as a foe.

From the time of our birth we are discovering, implementing

and testing different approaches to being alive. This is in the hope of finding the best methods of living for ourselves and as a member of society as a whole. Even countries are working to find a harmony that suites all players. From the moment we come into the world we are bombarded by people and society telling us how to live. Arguably, most of them are provided by our parents. When growing up we quickly learn how the world works, but what we are shown are the tried and true methods of yesterday. In order to adapt to a fast changing world it is important to question every aspect of the way we now live. With the principles found in L,B new ways of living can be discovered and developed. But because freedom is an integral part of our world, this means that it can be used in a good way or in a bad way. Of course, this is not only the case for L,B but also for every system, like democracy, the legal system, the economic system and religions.

In the past it was possible for a single person to carry the balance of power but today most of us know that we have the power to live our own way. Given this is so it stands to reason that the majority of a population determine the way of their community and ultimately that of the way the world is. Only because we all accept a particular way is the world the way it is, for if enough people wanted it different it would be a different world. When this particular level of effect is investigated the human world can be seen as much the same as the hive mentality; like that of Bees and Ants. At this level the majority constitute the equivalent of the major organs of the societies body or *physicality*. The systematic nature of the hive is the mind or *concept*; like the legal system, communications and the social structure. The character of the collective is the spirit or *essence*; like Communist, Democratic, Conservative, Christian, Capitalist, Western, etc. 26/05/2009