

BODYMINDSPIRIT

This concept of bodymindspirit is the Chinese belief in the unity and integrity of the human person, though there may be different aspects of the self to consider, these aspects can never be isolated from the context of the individual as she is and as she experiences life. The skin is not separate from the emotions, or the emotions separate from the back, or the back separate from the kidneys, or the kidneys separate from will and ambition, or will and ambition separate from the spleen, or the spleen separate from sexual confidence. I say this because the Chinese make these connections and because it is important to stretch our minds beyond what seem to be disconnected compartments of life so that we can begin to see the connections and flow of the whole people that we are.

From *Traditional Acupuncture: The Law of the Five Elements*, by Diane M. Connelly, Ph.D., M.Ac., 1979.