

# The Threefold Nature of Humankind – Spirit, Soul and Body

“The mind of God is Spirit, soul, body...” *Christian Healing*, by Charles Fillmore

From the *Revealing Word* by Charles Fillmore (Note: Quotes below adjusted to use gender-neutral language):

## Spirit:

- God as the moving force in the universe.
- Principle as the breath of life in all creation.
- The principle of life.
- Creative intelligence and life.

## Soul:

- Humanity’s consciousness.
- The underlying idea back of any expression.
- The many accumulated ideas back of our present expression.
- The expressed idea of humanity in Divine Mind.

## Body:

- The outer expression of consciousness
- The precipitation of the thinking part of humanity.
- God created the idea of the body of humanity as a self-perpetuating, self-renewing organism, which we reconstruct into our personal bodies.
- God creates the body idea, or divine idea, and we, by our thinking, make the body manifest.
- As God created humanity in God’s image and likeness by the power of the Word, so humanity, as God's image and likeness, project our bodies by the same power.

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### Possible meditation questions:

What can I do today to:

- Honor and take care of my body? Honor others' bodies?
- Honor and take care of my soul or consciousness? Honor others' souls or consciousness?
- Remember I am Spirit and act accordingly? Remember others are Spirit and act accordingly?

