



CENTRAL ASIAN JOURNAL OF LITERATURE, PHILOSOPHY AND CULTURE

eISSN: 2660-6828 | Volume: 04 Issue: 07 Jul 2023
<https://cajlpcentralasianstudies.org>

Tripartite Nature of Man: The Principle of Authentic Living

Joachim Okoroafor (Ph.D)

*Directorate of General Studies, Gregory University, Uturu, Abia State, Nigeria
j.okoroafor@gregoryuniversityuturu.edu.ng*

Received 4th May 2023, Accepted 5th Jun 2023, Online 17th Jul 2023

ANNOTATION

Man is a being of three natures, the spirit, soul and body. It is this tripartite nature of man that puts the animating seed in him. Man's spirit connects him to the animating soul of the universe called God and to the rational nature of him called the soul. The soul nature of man is the Mind, Will and Emotional. They connect man to the universe and make him relevant in the world. The body is the mortal nature of man that houses the spirit and the soul of man so that he may be capable to operate within space and time. Therefore, this tripartite nature of man is the natural principle that equips man to have an authentic life. Irrespective of this man's gift of the spirit, soul and body, it is still quite absurd that man still lives below what is expected of him; he cannot really maximize his potential in the universe. Hence, it is this short-changing of man's capabilities that calls for this work. This work is out to equip with the understanding his tripartite nature and ways and means of fully utilizing them for the purpose of living a happy and fulfilled life on earth.

KEYWORDS: Spirit, Soul, Body, Emotion, Potentials, Mind, Will.

Introduction

Man is a being of great potentials. He is structured with tripartite nature so that he will be well equipped to make his potentials available to humanity. The spirit is the divine nature of man, always doing the work of connecting man to his Source (God). When 'The Mind, The Will and The Emotion' cannot be able to connect man to right actions, the Spirit drops clarity in the mind of man as he connects with the Source (God). Hence, according to Ozumba (1997:38), is what St Augustine calls the doctrine of divine illumination. The spirit is a linking rope to divinity. It is the faculty of man where mysteries are dissolved and understood in simple terms. It is the divinity in man! For this reason, the spirit of man needs training through studying the divine word, creating time of quietness, a time of intimate communication with the divine, practising having peace with all men and consciously living a life of impacts.

The soul is the second nature of man, having three departments which according to Plato comprises of the Mind, Will and Emotion. The Mind is the seat of reasoning, the Will is the seat of decision making and the Emotion is the seat of the appetite or feeling. The Mind of man is the principal part of the soul that must be in control of the Will and Emotion if man is to be productive on earth. Hence, according to Plato, the mind has to be prepared for the arduous task of proceeding from ignorance to knowledge (Ozumba1997:31). When the

Mind is in charge, there is a balance in the life of a man; but if the Emotion which is the seat of pleasure is in control of the Intellect (mind) and the “Will, there will be disaster. At this moment man’s appetite will grow out of control; he will experience pleasure out of proportion and will be heading to ruin. For there to be proportionality in life the intellect and the will must be educated to stand in the position of authority over the emotion.

The body which is the third nature of man is the physical structure of a man. It is the mortal nature of man equipped with the five senses that houses the spirit and soul of man. It is the man’s window to the physical world. With the body man performs all the activities initiated by the spirit and the soul. Therefore, for the body to be healthy and strong to carry out these tasks initiated by the spirit and soul nature, man must properly takes care of his body through eating naturally-grown food, exercise regularly, avoid stress, live a life of specialization, practice good hygiene, dress well etc. Hence, having a good knowledge of the tripartite nature of man and their maintenance, man must really live meaningful and impactful life on earth.

The Spirit Nature

The real essence of man is his spirit, for the creationist theory has it thus: “And God breathed into man the breath of life and he became a living being (Genesis 2:7).” With the above description on the creation of man, man can then be defined as spirit with soul living in a body. All through creation, the struggle of man always ends in taking care of his body only, which will soon rot away into the earth (soil) and no attention is being paid to the spirit which is the most essential. Man’s spirit is the power house of the body and soul. Hence, once man’s spirit gets weak and cannot carry the body and the soul anymore, it is over. This is what we call death. If really this is how it is with regards to the life of man, why is it that no attention is being paid to this principal essence of man.—the spirit. The answer to this question lays on man’s ignorance of his divine nature.

To decorate our spirit so that we may live long on the land, we must entangle our spirit with that of the Divine, the source (God) which according to Stumpf (1994), Hegel calls the apex of religion and also acclaimed it to be the religion of the spirit. The spirit of man is always weak, depressed and fragile without constant companionship with the Divine and the reason being that the spirit of man came out from that of the Divine. “Then God said, “let us make mankind in our own image, in our own likeness (Genesis 1:26).”” The divine is the source of man’s spirit. Plant came out from the earth (soil) and it cannot live outside it. “Then God said, “let the land produce vegetation: seed-bearing plant and trees on the land that bears fruit with seed in it, according to their various kinds. And it was so (Genesis 1:11).””

To put an end to any plant, just pull it out from its source, the soil, it will automatically die. The fish came out of the water. “And God said, “let the waters bring forth abundantly the moving creatures that has life (Genesis 1:20).”” The easiest way to kill any living creature in the water is to take it out of its source, the water. Nothing survives outside its source. Therefore, man’s spirit cannot survive outside its source, the Divine. To keep man’s spirit healthy and active, the first thing is for it to be connected with the Divine.

Road to the Divine:

With the following practices, man will definitely align with the divine and be productive.

1. Give time to study the written word

Since creation, the Divine has been manifesting Himself to people in different forms and people have been putting these revelations down in written formats. According to Twinkl

(<https://www.twinkl.co.uk/resource/amp/t-t-2569-religious-texts-picture-cards>), the Christians called theirs, the Bible, the Muslims called theirs, the Quran, for the Hindus, they don't have any particular one holy book, they are as follows: Vedas, Upanishads, Bhagavata Purana, Agamas. Judaism have theirs as Torah, Sikhism as Guru Granth Sahib, and Buddhism as Tripitaka. Depending on the set you belong to, the most important thing is to believe and study the revealed word. Let it enter into your subconscious mind, believe me, connectivity with the divine will be established.

2. Create time of communication

Pick up your pen; carefully create time in a day in which you must sit down, kneel down, or stand-up depending on the posture best suited for your relaxation to be alone with your God. Make sure that the time and place is devoid of any distraction. Also make sure you bring your mind to a state of total tranquillity. Then speak in a language or gestures best suited to you. Don't follow any set down rules or method of prayers by your religion or persons, unless it suites you as a person. After talking to your source, be quiet and listen. He will speak to your spirit. His words come like a cooling breeze; it will smooth and strengthen your spirit, soul and body. Let this be a daily practice and you will find rest for your soul!

3. Follow love with all men.

The main food of the spirit is love. Love is an act of peace, tenderness and mercy. The spirit of man came out from the bosom of love (God), and it cannot flourish outside this bosom (garden) of love. Outside this garden is death zone. Haven't you notice that you always feel depressed whenever you are in enmity with anybody. Sometimes you claim to be brave by ignoring the depressed moo, but the truth is that you are half dead. "“There is no peace for the wicked”, says the lord (Isaiah 57:21).”"

Once any man or woman loses his or her peace, the blood pressure goes high, and behold this man is entering his grave. No religion is complete that does not profess the word "LOVE." No matter your argument, whenever you are not soaked with love, you are outside Divine (inside the dead zone). The question one may ask is this, "How can I love this or that evil man or woman?" He/she has done to me what is unpardonable! Yes, he or she has done what is unpardonable to you, but if you care about your life and want to live long on the land, don't do to yourself the worst by carrying the heavy load of unforgiveness.

Please, learn to love; human beings are too complex to understand. Don't allow their actions to drag you outside the garden of life and expose you to the death zone. Love is the cloth of the Spirit Being and if you don't have it you are naked. Make sure you are wearing this beautiful garment of yours every moment. Thank.

Live a Life of Impact

According BBC Science Focus Magazine (<https://www.sciencefocus.com/space/why-is-everything-in-motion/amp/>) everything on earth is in a state of motion, nothing is at rest. Even the earth itself is on motion. Research this with the astronomers and you will see the truth of this assertion. Take a look at the functioning of your organs and systems in the human body, if you notice that your heart beat is changing, am not saying "stop beating" for that one is death, you will immediately rush to see the doctor. What of your veins and arteries, they are in motion 24 hours, transporting blood to different parts of your body.

Take a look at the life of ants in their colonies; they are all seriously working all the time. What of plants, the same thing. They are all functioning to make sure that humanity gets fruits and food all through the seasons of the year. Really everything is in motion!

If all your organs and systems are all in motion, working, do you think they are working without any reason? They are all working to keep you alive! The question is, “To keep you alive for what?” The answer is, “To keep you alive so as to make impact in the world.” To make impact means to produce something that will bless the world. This is one of the principal ways of decorating your spirit. People who are not working are liable to die young. The system of the universe is “whatever works will live.” When you stop working your spirit and body will automatically shut down because it is against their nature to stand still. This is what we call death. The reason people die is either that their spirit and body is too weak to work again or the fellow stopped working (stopped being active). Why is it that people who are not doing any exercise are being told by their doctor that their systems are about to shutdown, hence, they should engage in constant exercise daily.

Please, do not be idle; locate what you can do better. Go on doing them with every enthusiasm and you will live long in the land. Please, the above laws are the secret of going back to your youthful age. (Looking younger than your age) and celebrating longevity.

The Soul Nature!

According to Plato, the soul is the central part of the human person (Stumpf, 1994). It comprises of the mind (intellect), the will and the emotion. Each of these human elements performs its specific function. The virtue of the intellect is wisdom or knowledge of the goal of life. The virtue of the Will is courage or the capacity to act. That of Emotion is temperance or capacity for self-control.

Moving forward, Plato, describes justice as the harmonious relation of the difference elements of the soul and their virtues such that each plays its appointed role and keeps its proper place. The most important and first among them, Plato called the intellect, the second is will and the third is emotion. A good person and a just person for Plato is one whose life is ordered as described here.

To decorate your soul is to know the role and the place of these three elements of the soul.

The Intellect

Here, Plato would say, the intellect is the faculty of reasoning in a man (Stumpf 1994). It is the capacity to think right. The question that arises is this: Is this capacity to think right natural to man? To answer this John Locke, an existentialist philosopher, would say: “NO! The mind of man at birth is tabulara (a clean slate). Knowledge comes as man gets acquainted with his environment. The basic building bricks of knowledge are therefore ideas received into the mind through the three primary sense organs (Ozumba 1997:53).” This is to say that thinking right is of a learning process. Thinking right is the ability of one decorating his mind. To decorate your mind, the following procedures must be followed.

1. Cultivate the habit of reading:

Never allow your mind to cultivate mediocrity! The capacity of your mind to acquire new knowledge is incomprehensible! Therefore, Okoroafor (2021) has this to say: “The more new knowledge you have, the more relevant you are to your environment.” All great achievers in history have all being known as voracious readers. When you read, you dine with the great minds of men of literature! When you read you stand on the shoulder of great men of history and see the future! At the table of reading, you comprehend mysteries and break hard sentences! Everything you are to become have been made available by great men of the past but are hidden inside the pages of books. Break forth and take your future in your hands. In books contain the hidden paradise of your life, please, turn to the pages of books and find it!

If you want to remain with the crowd, then, just decide to be acquainted with the ordinary knowledge, but to soar like the eagles, go to the bookshelf! Any nation that wants to remain relevant in the world must show her citizens the way to the library. All fallen nations met their waterloo when the illusions of money overcame the illumination of education. This was the lot of many fallen nations of the past; like the Great Greek city when they decided to ignore the teachings of Socrates, Plato and Aristotle. It was also the lot of the Great Roman Empire who handed the master of wisdom and knowledge (Jesus Christ) to be executed by the Jews. This will still hit America, the present world power if she did not redress her steps on time.

Call to mind the families of all the past achievers in your nation, how is their look now? You will agree with me that all are now lying dead at the deep ocean of poverty because the illusion of money blocked their children's road to the library. Today poverty is the breadwinner of the formal wealthy families.

African nations will perpetually remain at the streets of beggars until they start to search for their lost destinies at the pages of books. The slogan goes, "If you want to hide anything from an African man put it at the pages of books, he will definitely not see it". Until there is information in your mind, there will be no food on your table! Decorate your mind; decorate your life!

2. Consciously feed your mind with positive words and thoughts.

Thoughts and words have tremendous power over your mind and your mind is the overall master of your life (Rhonda Byne 2012). Man is the spoken thought of the Source. Therefore, man is a walking thoughts and words. This is the reason why there will never be any seconds that your mind won't have something to think about. That you are alive means that there are thoughts processing themselves in your mind. That is why John Locke calls man "Thinking thinking thing." When thoughts are being processed, they came out inform of words and words when acted upon produce things we see, touch and taste.

Are your thoughts positive or negatives, it all depends on you. As a "Thinking thinking thing", it all depends on you to decorate your life the way you want it, by what you choose to think always. It is a true fact that all through the day negative thoughts will be bombarding you mind but never give it a thought a day. If you do they will gain root and turn into depression which will drag you to the corridor of madness and suicide. Don't try to fight them, just ignore them. They more you try to fight them the more they get root and awareness in your mind. Decide never to notice their existence for they are strangers and without your awareness they will flee. Consciously think of the good aspect of life. Decide to see good in all events of life. Let all the good things you wish for your life fill your mind and mouth all the time. Accompany them with action; soon it will come to manifestation. When your mind is positive it gives you good health of mind and body.

3. Create an Arena of Silence.

According to the Stoics, until you consciously befriend nature, your mind (your intellect) can't develop. As the Stoics Philosophers would say, "Follow nature, for it is rational." The question is, "What has nature to do with silence?" The answer is "Because nature is silent (Stumpf 1994)." Consciously create a silent zone where you will be very close to the vegetative life. Remember that air is a product of green plants and man is a product of air (oxygen). There is a symbiotic relationship between man and plant. The plant brings out oxygen as a by-product for man to breathe in and live and after man finished using the oxygen he releases carbon dioxide as a waste product and the plants will absorb it immediately to make sure man did not inhale it back for it is now poisonous to him. The plant will then use this carbon dioxide as one of its ingredients to manufacture food for man. Therefore, when you are very close to vegetation you whole system will be fresh because there will be no poisonous gas around you. Both your mind and body will be calm, which will give

you the conducive environment to receive the purest form of wisdom from divine. Hence, I dare you to make out time to find a natural environment where you can visit regularly so that you can find peace for the renewal of your mind and body.

Again, I dare you to consciously admire the peace of natural forest and you will hear the cooling voice of nature that will educate your mind and take you to the house of wisdom. Do you not know that your mind only gets close to wisdom when alone with nature? Please, nature educates! No wonder Plato says: "knowledge is by reminiscence." This means that man acquires knowledge through the process of remembrance and you cannot remember when you are not at peace. For Plato, man knew everything before he entered the body (your soul entered your body). Man lost all he knew in the world of form (world without flesh) at the process of entering the body. According to Jerry Obi-Okogbuo (2007), For Plato, this knowledge can only come back through the act of reminiscence (remembrance) and this takes the process of intense meditation as Socrates the master of Plato always do or through the act of question and answer (dialectics).

I believe Plato is right because I have never seen any great man in history without the records of dinning with nature. Jesus the greatest of them all was recorded to be always in the habit of going to the mountain or seashore at the evening or early hours of the day to pray. Socrates was said to have been lost many times in thought during his bid to arrive at knowledge. I dare you to practice what you are reading now and access the wisdom to rule the world and decorate your life.

The Will

Still on Plato insight, the Will is the seat of courage and decision making (Stumpf 1994). According to Anthony Robins, "At the moment of decision you destiny is shaped." Until you Will is sound and well developed, no way for you in this our circle of existence. Underdeveloped Will breeds indecisiveness and procrastination which are the breadwinner of poverty. "When a man's Will is not sound other will live his life for him (Okoroafor 2021)." A man with underdeveloped Will sees mountains in every opportunity while a man with sound Will sees opportunities in every mountain. Get your Will developed through practising the following:

1. Be committed to reading books of sound authors:

Make out time to read sound books on self-development (motivational books) every day for one hour. Here, you will acquire knowledge that will remove the ignorant veil of hundred years. When you are full of knowledge no one will detect for you and taking decision will be easy.

2. Get to know your area of strength:

This is very important for it is the main reason why you are here on earth. Your area of strength means your purpose in life. The question is: What can you do better? What do you have passion doing? What gives you fulfilment in life? What do you notice around you that you hate and want to see corrected? Having answered all these questions above you are already entering your purpose on earth. Give all it takes to accomplish this purpose, drive, and fulfilment in life and you will be the master of yourself and a slave of no one.

3. Consciously keep company with great minds:

No man has made it to the top without hanging on the shoulders of great minds. "A lion in the mist of sheep will definitely behave like a sheep, having kept company with them for a long time. A lamb in the mist of lion will also definitely grow to become a lion---Myles Monroe." When you passionately search for those who are

going somewhere, you will definitely find them; stay with them always and you will definitely grow to decorate your life with the desire to make impact on earth. On the contrary, if you mingle with those who are going nowhere, definitely you will see yourself at the threshold of poverty and busy spreading the gossips of the neighbourhood.

4. Live by faith:

According to the skeptics, Man's ability to know is limited (<https://www.britannica.com/topic/skepticism>). This is to say that man cannot know everything for certain. According to the Skeptics, there is no certainty of knowledge. What you are parading as truth and ready to die for will in future be proved to be false. This is because our sense organs are liable to fail us. For instance, you may be ready to swear with your life that what you are seeing on a hot afternoon from a distance is a pool of water but on getting closer you will see that it is just a mirage.

Having seen the inability of man to know all, it is important to rely on the side of faith wherever our mind cannot carry us to. Here, comes the importance of believing in a supreme being than mere trusting only in our human senses. Faith is religion in action. Which religion do you belong to? Take time to allow their beliefs that are good for self-development to influence you. Get committed to their good teachings with belief that the divine is able to help you in all that you do. This mind-set will give you the courage to move for greater accomplishment even when there is no evidence that it is possible. Faith is the evidence of things hope for, the substance of things not seen. When you believe although you have not seen what you are believing on, your "Will" is being developed. Having seen the inability of the mind to know all, it is evidence that the world and its activities are shrouded in faith. If you make the mistake of trying to know all before you act, definitely you will end up a failure in life. A man of this mind-set will not amount to anything in life, for he is living in a world of impossibilities. Live by faith and you will become a man of strong will, ready and able to conquer kingdoms.

The Emotion:

With Plato, emotion is the seat of feeling in a man. Here is the home of compassion and love. It is the faculty in a man that helps him to relate with one another. If it is found wanting in any human being, he will turn into a beast of burden. When not properly used it turns into lust which will result into loss of one's life. The world today is conducive to live in because of this faculty of emotion, for man cannot live well with one another where there is no love (emotion). There are different types of emotion, they are as follow:

1. Emotion of hunger
2. Emotion of power
3. Emotion of sex

For emotion, Plato takes it to be the irrational part of man. Hence, according to Stumpt (1994:65), Plato has this to say: "When the body stimulates the irrational part of the soul (emotion) to overcome the rulership of reason there comes disunity in a person and the society." Where there is abuse of emotion of hunger it ends up into gluttony. Where there is abuse of emotion of power it ends up into one being a monster (dictator). Where there is abuse of emotion of sex, it ends up into lust. Hence, there must be spirit of temperance (self-control) if the Intellect and the Will of man are to be in control of man's emotion. Where the three, Intellects, Will and Emotion are in harmony, the soul of man is decorated and there comes a good life.

The Body Nature

The body is among the tripartite nature of man. From a great philosopher like Plato, the body is the mobile house of man; it houses the spirit and the soul of man. Going with biblical insight according to Genesis 2:7, “The Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life and man became a living soul.”

This biblical narrative has it that the body of man was gotten from the dust of the earth and God transferred all His godliness into man which serves as the spirit of man and once the spirit of man had intercourse (connect) with the body of man, the soul of man emerges. Therefore, according to Okoroafor (2021) the soul of man emerges as a result of the union between the spirit of man and the body of man. The soul comprises of the Intellect, will and emotion.

This implies that the body houses the spirit and soul of man. Hence, at the demise of the body, the spirit goes back to its source (GOD) and the soul disappears forever because the union of the spirit and body is no more. This is to say that what makes man functional on earth is his body through cells, organs and systems. For this reason, to decorate the body becomes pertinent.

The body as the functionality of the cells, organs and systems can be decorated through the following processes:

1. Eat naturally made food:

Food is the substance of the body. Biologist and nutritionist have it that we have six classes of food which must be present in good proportion in the body for man to be healthy and alive. The question is, why must man eat food in order to be alive and healthy? The answer to this question will be answered through the essential nutrient samples evidence from the laboratory of a biologist, botanist and soil scientist. According to Nutrientsforlife.org (<https://nutrientsforlife.org/10-way-soil-nutrients-are-similar-to-human-nutrients/>), the essential nutrients found in the human body are exactly the same with the ones soil scientists and botanists found to be present in the soil and plants respectively .. Examples of these nutrients are: nitrogen, hydrogen, oxygen, magnesium, phosphorus, calcium, iron, manganese etc. This attest to the truth of the biblical injunction that man came from the dust of the earth (Genesis 2:7).

According to the study conducted by Mie et al, Environmental Health (2017) on Human Health Implications of organic food and organic agriculture: a comprehensive review has that organic food consumption reduces the risk of allergic disease, overweight and obesity. In conclusion, is of the view that organic food consumers tend to have healthier lifestyle overall. Having ascertained this, it is now a true fact that the food that will suit man's body must come directly from its source which is the ground. Therefore, any food that defies this law is poisonous to the body. This is to say that only organic food is suitable for man's health. All inorganic food, meaning food that did not come directly from plants through the soil is poisonous to the body. Also some organic foods that are over processed invariably have defied this organic law of the body which says: “Man came from the organic dust and must eat only what came out from its source to be healthy and alive.” When inorganic food enters the human body, the body system finds it difficult to recognise it because the elements in this food are contrary to the body's element. This makes the body to pour excess insulin so as to be able to recognise it. In this process the body metabolism is suffering and one will end up in suffering one health challenge or the other.

2. Exercise Regularly:

The law of the universe states that: “Everything under this planet earth is in a state of motion.” Physicists Deb P.Choudhury, a former Professor at university of Allahabad attest to this that even the earth herself as a planet is always in a state of motion, revolving round the sun which is what causes day and night. (<https://www.quora.com/Why-is-the-earth-in-constant-motion>) This law has also been proved by cardiologists that the heart of a man is perpetually in motion, supplying blood to all parts of the body. In a similar way, the veins and arteries are also in a continuous motion of transporting oxygenated and non-oxygenated blood respectively to all the cells, organs and systems of the body. Therefore, for man to be alive he must obey the law of motion by engaging in a regular exercise and if he does contrary the result will be death.

Motion is life! Therefore, for your body to function properly, please, engage yourself on a regular exercise. It burns away excess fats call cholesterol out from your body and makes you fit. When you exercise your body regularly, you are invariably saying no to hospital visitation all through your life

3. Avoid Stress:

According to Merriam Webster Dictionary, stress is defined as a state of mental tension and worry caused by problems in your life, family, work, etc. The question is, “What do you often engage your mind with? How do you manage negative situations and bad news? How do you manage your marriage and relationships? Finally, how do you manage negative people around you?” Get to understand the secret of living and you will do away with stress by practising the following:

- Create moments of rest (time to forget all worries and enjoy yourself by admiring natural things around you).
- Have the philosophy of smiling to every situation.
- Decide never to bear malice against anybody. For doing so is carrying heavy load on your back without knowing.
- Let your friends be among the circle of those moving with vision. Hence, have nothing in common with a man or woman of no vision. This is because men of vision are always at peace but men without vision are complainants, hence, energy sucker, stress carriers, they can infect you with their stress. Always avoid them as possible as you can.

4. Live a Life of Specialization:

Discover where you belong to (life purpose) and focus only in doing the things that pertain to that. Please, never be jack of all trade and master of none. You are not meant to do all things. There is division of labour in God’s economy. Just discover your gifts and passion and follow them. Don’t be everywhere, is a sign of man with no direction and it wearies both mind and body.

5. Give Time to Prayers:

This is the most vital ingredients in reducing stress. The line that runs between mind and body is not parallel but horizontal. This is to say that there is connectivity between the mind and the body. When the mind is not at peace, invariably its resultant effects will be seen in the body inform of different forms of illness like: high blood pressure, diabetes, stroke, cardiac arrest, blindness, migrant headache, cancer etc. According to Okoroafor (2018) this is evidence in Ren Descartes mind-body theory of *res cogitant* and *res extensa*, the thinking thing (mind) and the extended thing (body) respectively. When there is an INTERCOURSE between

man and divine which is prayer, the mind is at peace which will surely reflect on the body. No wonder, the saying: “In a healthy body there is a peaceful mind.” Some of the problem you are visiting the hospital all the time for has only a simple therapy of having a moment with the divine and surge of peace will be release into your mind and every cell, organs and systems in your body will regain strength and normalize themselves then you will be whole and healthy again. Please, at this point I want you to take a decision of using this therapy of prayer (both private and group prayers) as a regular exercise to stay healthy. Exercise of prayer gives you faith to overcome troubles of this world. NB: “Any prayer that wearies the body is not prayer but sensual exercise. This is outside the recommendation of this book.” With this practise, I see you celebrating and decorating your body.

6. Dress well:

Dressing means all it takes to put on a nice look. This begins first from wearing a whelming smile on your face always, taking your bath regularly, and wearing neat and well ironed cloths. Look! You are a royal priest and a king; you must dress as one! You mustn’t dress on a costly apparel to show kingship but neatly simple attire is okay. It is not really necessary to be dressing on gorgeous attire for sometimes it stresses you to a point you want to go home so as to remove this burden called cloth. Put on cloths that make you look smart and also make you feel comfortable.

Conclusion

Having demystified the concept of the tripartite nature of man and bringing it to the simple understanding of all, I, therefore, bring a panoramic view of this work as follows:

- The spirit of man empowers man to go beyond the natural to understand and resolve problems that are outside the power of the mind to understand and resolved.
- The Mind, Will and Emotion equip man to reason, make decision and execute actions to the benefits of himself and others
- Finally, the body is the physical tool for man to execute any of his actions.

With this holistic understanding of the tripartite nature of man, man is therefore called to give a proper attention to his life, maintain and manage it well for him to live authentic life.

Recommendations

1. Until a man has a full knowledge of himself, he cannot fully utilize his potentials. Therefore, this work recommends that the “Tripartite Nature of Man” should be uploaded in the course contents of our university’s general studies’ curriculum.
2. The mind of man is an indispensable area to pay more attention to. Therefore, this work admonishes parents and guidance to pay proper attention to know what their children are being taught in schools, religious houses, and in their neighborhood.
3. Man having “spirit nature” which is his divine nature, it is therefore expedient that the spiritual growth which has to do with the right teachings and exposition of man to pure and authentic truth of religion be guided and regulated by the government through the agencies of well proven and acclaimed theologians.
4. Life is like a vehicle, the way you use it determines its longevity. Hence, this work calls for the government intervention in the proper regulation of food and its contents that are being sold in the market.

5. A man without self-control is like a beautiful garden without fence. Man being an emotional being if not under the control of governmental laws will exercise his freedom out of boundary. This work, therefore, recommend that there should be well written down functional constitutional laws that will checkmate the deviant actions of man.

References

1. BBC Science Focus Magazine (<https://www.sciencefocus.com/space/why-is-everything-in-motion/amp/>) Retrieved on 27th March, 2023.
2. Britannica.com (<https://www.britannica.com/topic/skepticism>). Retrieved on 27th March, 2023.
3. Jerry Obi-Okogbuo (2007). Philosophy and Logic: A NEW Approach to Critical Thinking. Owerri: Advance Graphic.
4. Mie et al. (2017). Human Health Implications of organic food and organic agriculture: a comprehensive review (<http://ehjournal.biomedcentral.com/articles/10.1186/s12940-017-0315-4>).
5. Nutrientsforlife.org (<https://nutrientsforlife.org/10-way-soil-nutrients-are-similar-to-human-nutrients/>). Retrieved on 28th March, 2023.
6. Okoroafor J. (2018), Easy Gate-way to Philosophy (Introduction to Philosophy), Lativa: Scholars Press.
7. Okoroafor. J, (2021). Celebrate your life. UK: Amazon Publishers.
8. Ozumba O (1997). An Outline of John Locke's Epistemology and his views on innate Principles. The Great Philosophers Volume II. Aba: Glad Tidings Press.
9. Ozumba O (1997). The Resume of Aquinas' Philosophical Thought. The Great Philosophers Volume II. Aba: Glad Tidings Press.
10. Ozumba O (1997). The Man Plato and the Theory of Forms. The Great Philosophers Volume II. Aba: Glad Tidings Press.
11. Rhonda Byne (2012). The Secret: The Magic. New York: Atria Books.
12. Stumpf. E, (1994), Philosophy: History and Problems. USA: McGraw-Hill.
13. Twinkl, (<https://www.twinkl.co.uk/resource/amp/t-t-2569-religious-texts-picture-cards>). Retrieved on 27th March, 2023.
14. Wikipedia (<https://www.quora.com/Why-is-the-earth-in-constant-motion>). Retrieved on 28th March, 2023.