



The Complementary Four Aspects

For Use by the Medicine Bag Carrier

In order to incorporate the concept of the four aspects and the subtle anatomy into the practice of medicine, understanding the way the Four Aspects of the Authentic Self motivate and influence the one body is essential.

At first blush it seems obvious that the Physical Aspect would dominate the expression of the physical body, the Emotional Aspect the way an emotional life manifests, the Psychological Aspect, the developmental process and organization of the mental view and the Spiritual Aspect the connection to spirit or the Divine nature as experienced by the individual. While this is true in part, the job of each of these Aspects is not to hyper-specialize in a narrow realm but instead to bring the broadly integrated authentic nature throughout the entire structure and into manifestation as it is expressed by and through it into all the areas of a life. It is as if each Aspect is the entire authentic self and as such, each one is involved in every area of individualized experience like four faces to the same head.

The Physical Aspect is completely committed to a felt, manifest and emotional world, to understanding the way things work and why they work the way they do. It is dedicated to lifting up the dense and congealed into the exalted states of spiritual communion with nature, divine light or belief. It brings the power and the glorious beauty of the physical body, its ability to renew, to be born again and to grow in a tangible connected way into expression and experience.

The Emotional, Mental and Spiritual Aspects all have the same calling to serve in this way and are as much a part of the whole as they are devoted to their own imperative and identity. As you get to know your own Four Aspects through



conscious interaction and meditations your ability to follow their influence in your life increases and your skill of seeing them at work in another person becomes clearer. Because you begin to understand the clarity of purpose and direction that each of the Four Aspects brings to the whole being you will start to see their quest and need for balance and harmony within the HES.

Clearing away debris and waste, aligning the structure and interacting with pathology as it reveals itself strips the costume away from the actor and leaves the larger understanding of the role the Aspect must play in the whole plan as it unfolds. While rare, it is possible for a person to function very well even if one of the Four Aspects is compromised or not connected to the whole. The larger individuation suffers the loss of the contribution of the missing piece but in this situation, the remaining engaged aspects simply pick up the slack and move into the roles left unfulfilled. Many a Spiritual Aspect has pitched in for a depleted or disaffected Physical Aspect during a period of transition and growth.

All we need to do is to look to the SAEM Operating Principle: *the structure seeks to be whole* to see why and how the Four Aspects will strive to replace the missing member by expanding as best they can into the vacancy. Working to understand your own Four Aspects gives the SAEM Medicine Bag Carrier gravitas. Doing your own work while learning to read the way the whole is functioning and what condition it might be in at any given moment gives you the authority to speak and act in this realm if in no other way than to share your own experience.

Doing the Four Aspects Meditation monthly or even weekly and listening to their direction while the relationship develops will teach you more than anything. Finally watching and listening to the client before you, dowsing the type of processor they are, noticing behavior and the way they shift will give you an idea of where the Four Aspect's imbalance may be showing. The client interview at the beginning of a session



is seen through the eyes of the Four Aspects. Looking for clues during the interview conversation helps you refine your surgical support and all partnership you engage in with the client more sensitively.

This is not something you will totally “get” until you have practiced it for a while but it is possible to really understand the Four Aspects and what they are doing. Begin now and listen to your Four Aspects. Experiment with shifts and changes that reshape your life. They will help you with your life, your relationships and your work..