



Resourcing

Care of the Soul

The Body-Soul Connection with Dr. Randy James

We hope that you have enjoyed the interview with Dr. James. As mentioned in the podcast, below are some questions that Dr. James likes to use to get the conversation started about what your goals will be concerning the four cornerstones: input, output, recovery, and relationships.

1. What is your definition of true life? Avoid answering with the the words: happy, healthy, normal, well.
2. Dr. James discussed a different mode of healthcare, Functional Medicine. How do you define function?
3. Is there dysfunction? (Note: The answer is always yes; therefore, what do we give the body that it is missing? And what do we take away from the body that it does not like?)

The answers to these questions will help inform what changes you might need to make in your input, output, recovery, and relationships.

1. What it going into your body (don't forget about your eyes and ears!) that is causing harm?
2. How are you over- or under-spending your vulnerability?
3. What does rest look like for you and are you giving your physical-self enough rest in order to take care of your inner-self?
4. Finally, the most foundational cornerstone, how are your relationships with God, yourself, and others contributing to or taking away from your true life?