

## The Phenomenological Impact of System Building on Spiritual, Mental, Body and Family Wholeness

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**Annotation:** Everything in the universe is built to function via an order and nothing functions in disorder. The universe is an ordered phenomenon; the human body is an ordered unit; the earth is an arranged sphere. All realities are built to function by laws. These laws are systems that make everything in the universe to be stable, predictable and automatic. This work which has the human person as its central focus is out to give a phenomenological weight on the reality of the intricate nature of man via his spirit, mind and body. It also extended its ambient to an area of social strata which is the family wholeness. The spirit of man is his divine reality; the mind is his reasoning faculty, the body is his mechanical tool and the family, his relationship setting. Therefore, for any of this human nature to remain healthy for the unification of others a system must be built in accordance with its nature. Hence, this work is out to open the mind of man to the reality of his nature via system building.

**Keywords:** System Building, Spiritual Health, Reasoning Faculty, Mental Health, Body Health, Love, Prayer, Family.

### Introduction

Systems are principles that work in a way that helps man to have results that are stable, predictable and automatic (Okoroafor & Ezechi, 2022). It can also be defined as a combination of structures that are put on process in order to produce definite results that are stable, predictable and automatic. Nothing works on a vacuum, everything in the universe works on a system. We may not understand it, but know it that the world is built and works by systems. Once something is placed on system, it requires less effort for it to work; it works on its own. Everything that will stand the test of time must be structured to work on system. For instance, the human body is structured to work on system that is why we have the digestive, reproduction, excretory, endocrine, respiratory, hormonal system etc. The digestive system is called system because it works in a way that is stable—you don't need to be afraid whether the food you ate will digest or not, for it is natural that it must digest because it has been constantly digesting since you were born. Predictable--- it has constantly been digesting, so you know, you have already predicted it that it must digest. Automatic---- it doesn't need your effort to digest, it must digest without your making any contribution for it is following a laid down principle. This is applicable with reproductive system. This system is built by God that once a man and a woman answered the call of nature at a specific time, conception will follow. It does not need their effort and after nine months a baby will come out without their effort too. Everything in the universe has been fixed to follow laid down rules by the creator to make sure that there will be no confusion and works will be done accurately with ease. Plants are placed on system to bear their fruits as when due. Seasons are also placed on system to ensure night and day, months and years. On the area of manmade structures, we have computer system which is built by laws to be stable, predictable and automatic that when you

typed 1 + 1 it must be 2. It is stable, predictable and automatic that the answer it gave you in Africa will be the same it will give to someone in America. Telecommunication which is part of computer is also built to function by system. Its laws have been built that once you dial a particular number correctly with network available, it must ring and message is passed with ease. In fact, by nature nothing works in isolation. Things are built to follow principle or laws for stable, predictable and automatic results. Therefore, the human spirit, mind, body and family are not left out in this idea of following principles. They must be trained to function by laid down principles if man is to live life that will be stable, predictable and have automatic results. Hence, this work will go into the study of fabricated natural laws upon which the human person was structured to function and brings out systems to follow in order for man to live life to its fullest.

### System Building for Your Spiritual Health

Man is a being of three natures, the spirit, the mind and the body (Okoroafor, 2021). Looking into man as a spirit entity, St Ireneus defines the spirit of man as the soul of man's soul, that gives strength to everything that is human in man (<https://bibliotekanauki.pl/articles/559562.pdf>). Hence, for man to live he must be spiritual. Spirituality is the act of connecting with one's source. All men came from one source "God" who is infinitely the foundation of life. In this source all men draw strength to live. This is because from the beginning, the life of man came out from the breath (spirit) of God, according to the Christian scripture (Genesis 2:27), which says: "Then the LORD God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

This means that where your source is, there is your life. The source of the plant is the soil and if you want to destroy any plant, all you need to do is to uproot it out of the soil and it will automatically die. The source of fish is water and the only way you can catch fish is to remove it from water and it will become helpless and will definitely die. On the side of man, his source is God (He formed man from the dust of the earth and he breathed the breath of life into the man's nose, and the man became a living thing, . . . he breathed life-giving breath into his nostrils and man began to live, 'Genesis 2:7') and the death of man comes as a result of removing himself from his source which is God.

The above quote proved the assertion of St Ireneus that man is spirit with soul living in a body. This "breath of life" God breathed into the nostrils of man gave the body of man two things: man's spirit and his soul.

1. The spirit of man is the nature of God (the life of God) in a man.
2. The soul of man is the product of this nature of God (life of God) in a man.
3. The body of man is the product of the earth that houses the spirit and soul of man.

The above definition and analysis indicate that the life of the soul of a man (mind, will, and emotion) and the body depend on the health of man's spirit. If the spirit of man is alive it will definitely show on the soul and body. To clarify more, the spirit of man can be defined as "The breath of life" meaning the source of life. It is from this that the soul and body draw life. From the demonstration you will get to know that the source of this source (spirit of man) is God and there must be permanent connection to this source (God) for there to be life on earth. For vision to be established, for there to be peace on earth, for there to be health of body and soul, for there to be good human relation, there must be a well-built system for this connection (between man's spirit and God). There are two elements needed to serve as means and end to the connection of the spirit of God and man. They are Love and Prayer.

### Love and the Spirit of Man

The spirit of man is artless, simple and an innocent entity, meaning that it doesn't need stress and much load. The spirit of man is simple; it does not need complications of laws (dos and don'ts). Anything complex is a distraction

to the spirit of man, like the prescription of the laws. The spirit of man is so simple that you cannot see it with your eyes, feel it with hands, perceive it with nose, or taste it with tongue. It can only be seen, felt, touched, perceived, and taste with entity that is also simple and innocent, and that is “love.” This is the reason why Jesus came and said: “A new commandment I give you; that you love one another, as I have loved you, that you also love one another (John 13:34).” “Love the Lord your God with all your heart, with all your soul and with your entire mind. This is the first and the greatest of all commandments. And the second is like it: ‘Love your neighbour as yourself.’ All the law and the prophets hang on these two commandments.” (Matthew 22:38-40).” Any religious teaching, practice or doctrine that is outside love is a distraction to your spirit man. I suggest you run for your dear life!

All these religious teachings of today are a distraction to your spirit:

- Pay your tithe; it is a way to open heaven for God’s blessing; if not, canker worm will eat all in your pocket!
- Give so that you will buy heaven and runaway from hell fire after death!
- Sow seed; it will open doors!
- Come to our church and give your first fruit of the year, it is your life insurance of the year!
- Do 21days fasting and prayer so that your enemies will die!
- Give offering so that you will receive the blessings of God!

Let all that you do be for the sake of the love you have for Jesus Christ (God) who died for you and paid for your redemption; all other things shall be added unto you. “Therefore, take no thought, saying what shall we eat? Or, what shall we drink? Or, wherewithal shall we be clothed? (For after all these things do the gentiles seek :) for your heavenly father knoweth that ye have need of all these things. But seek you first the kingdom of God and its righteousness (love); and all other things shall be added unto you (Matthew 6:31-33). All these ‘do this, do that’ so that one thing or the other will happen to you! All are based on self and are devoid of “Love;” they are distractions to your spirit. Possibly, it is a way these so-called religious leaders use to strip you naked of all that you have suffered for in life. Come unto me, all ye that labour and are heavy laden, and I will give you rest (Matthew 11:28).

Only one thing can feed your spirit man and that is love. All that you do must be because you love your source (God) and this love you must transfer to men. For Farah Ayaad (<https://www.goodreads.com/quotes/tag/healthy-love>) you were never born to hurt in love, suffer in love, or break in love. You were born to love, to be loved, and to make love. Let all that you do be: I am doing this for the sake of the love I have for God, for it will help my neighbour, brother, sister, my people to move out from pain; it will make them happy; it will benefit that man that hate me! With this mind-set, you are connected to the source of life. The evidence of this explanation happens to every one after any act of charity. Okay, how do you feel after doing any act of charity that is devoid of what you will get or not get in return, done only because you love the Source (God). How do you feel within you? Definitely, there is a surge of peace all over you. This is because your spirit got intermingled with the spirit of the source of your life which is God. On the other hand, check this with me, all these you’re giving because this and that will happen to you and for these reasons your soul is endlessly waiting what he is not sure of, check, is it not restlessness to your spirit? You were told to sow a seed of one hundred thousand naira and be waiting for one million naira; please, during these your waiting moments, how do you feel? Definitely, like a pool master; a man playing bet-naija, restlessness all over. You see, you are betting with your source (God)! This is the highest form of stupidity.

You were told to repent so that you will not go to hell fire; so that you will go to heaven at last. Now all that you do is because you don't want to go to hell. Since your childhood you have been fed with this and have been living in this fear as you practise this kind of false religion, how peaceful are you? All that you do or don't do is because of fear of not wanting to go to hell. You have been conditioned to live in fear all through your life. What a wasted life! Check it yourself, with this mind set how productive have you being to God and humanity, if not being a gullible soul in the hands of these so-called religious merchandise. Okay, it means that if there is no hell fire and heaven you would have swallowed people alive? Decide today to live for love and die for love and you will find rest for your spirit.

Okay, check this with me! All these years that the so-called pastors and priests have been telling you to do this and that so as to get this and that, has it benefited you? Sometime every good thing that God did to you, they will tell you that it is because of one seed or offering that you give and this will make you not to understand the unmerited favour of God anymore and for you all that you are getting is as a result of your own effort of seed sowing and offering giving. Man, be wise! Is it not all these "your giving and sowing" what these yahoo men on suit in the name of pastors and priests are using to enriching their pockets. Have they not been riding latest cars, private jets and building mansions with your sweat and you becoming poorer and trekking the whole city on legs?

Jesus knew that you cannot do without "love" in order to remain perpetually connected with him that he went to the extent of saying that you should also love your enemies and those that persecute you. "You have heard that it was said. 'Love your neighbour and hate your enemy.' But I tell you, 'Love your enemies and pray for those who persecute you, that you may be children of your Father in heaven, He causes his sun to rise on the evil and good, and sends rain on the righteous and the unrighteous (Matthew 5 :43-43)." You may argue with this scriptural passage saying "My Pastors and My GOs have been teaching and helping me to pray for the death of my enemies, does it mean you know more than them?" They know the teachings of Jesus, but their intention is the problem. They know this but they have decided to teach you what you will like to hear so that they will keep you perpetually with them because of their belly. Look at the secret why God insist that you love at all cost, it is because everyone on earth is carrying His image (the breath of life ---Genesis 2:7). Even that mad man, that evil man, that witches and wizard man or woman is carrying the image of God with him or her; the only problem is that the evil environmental influenced his soul (mind, will and emotion) which is the instrument for serving God and humanity now to be for destroying humanity and dishonouring his source (God). He still has the chance of coming back to God. Your love is capable of this magic!

Get it right! This work is not saying that you will not do things that will benefit you, but let the end products of benefiting you extend to others.

1. You want to build a house so that you can welcome those who are homeless.
2. You want to eat well so that you will remain healthy to serve humanity with your gifts.
3. You want to exercise because you want to stay fit and strong to accomplish your vision.
4. You want to be financially stable so that you will have extra to establish others.
5. You want to wear good cloths so that your presence will be enticing to men's' soul for them to glorify God.
6. You want to marry so that you will have someone to help you in fulfilling your vision.
7. You want to beget children so that you will have those you will hand over your vision upon death.

Wow, man is basically structures to live for others and the channel for that is 'Love;' any other means is a distraction and death of the spirit. Love God and your neighbour and all other things will follow you. For there to

be stability, constancy and permanent relationship with your spirit and that of your source (God), this thing called Love must be there. Love is the permanent gum that binds the spirit of man with that of God.

### **Prayer and the Spirit of Man**

According to Routledge Encyclopedia of Philosophy (<https://www.rep.routledge.com/articles/thematic/prayer/>) Prayer is the act of connecting with the spirit of the source (God) so that his fountain of love will fill your spirit and reach to your soul, it is an act of communication to the divine (You pray because you want to feel the love of God. You want His love (spirit) to fill your whole being and once this is done your whole being is filled with light and you will know what to do at any time and how to do it. In fact, it directs your parts in this dark valley called earth. You pray because you want to be filled with the love of your father that will also direct your parts. With this everything you need is available. In prayer you are not asking God to fill your being with his spirit (love) but rather you are connecting with LOVE. Okay, let us use the word, “you are romancing with his spirit (love). Once there is this connection, you are filled with love. Also, in prayer you are making God’s tremendous power of love available on earth to influence you and influence others too. when you pray, God’s power of love is released to hit others to act in love and change the course of history. Prayer is therefore love structuring and restructuring the universe for the betterment of humanity.

Unfortunately, what we called prayer today is totally different from what prayer actually is. Our prayers are just asking God to fulfil our selfish wants to the extent you will see people asking God to kill whoever they feel is their enemy. Wow! They call it back to sender prayer. They even have the oil which they called back to sender oil. Here, instead of prayer doing the work of being a light to the spirit of man, it rather becomes a means of darkening the spirit of man. Matthew 6.... You see, God knew that you need all these things; upfront He has already made all things available to you. Just concentrate in loving God and humanity and forget all these distractions of asking for this and that which runs your spirit down and all other things will be added unto you. To get anything you need, all you have to do is to build a system for it and not by praying that it will develop wings and fly towards you. Life is not structured to be lived this way. God did not want you to continue disturbing him because of this or that which is what we called prayer today; for this reason, he created the world by systems and structured it to function by system too and not by the so-called prayer. Whatever you need today, just build a system for it and it will be yours. At any time, system will beat the so call prayer. With this kind of praying mentality many are in the slave camp of the so-called Men of God. What these so-called men of God did is just to build a bad system of defrauding you of your little resources. Shine your eyes! All you need is to fill your heart with love through prayer which will help you to build system for whatever you want and it shall be yours. God structured the world to function by system.

Loving God and humanity is seeking God’s kingdom which means discovering and developing your vision on earth. This is only the work of man on earth; every other thing is a distraction. If you must pray for your material needs, let it be for the purpose of your spirit-man being sensitive to help you know what to do and how to do it in order for you to get what you want. In fact, all that you have done is still connecting with the spirit of God for light. This is the sole aim of prayers.

### **System Building for Spiritual Health**

Having known that the only principal requirement for the spirit of man to be alive is love built through prayer; let us then build a system for man’s spiritual health using the following models:

1. It must be stable
2. It must be predictable
3. It must be automatic

### 1. It must be Stable:

Man's love and prayer life must be consistent no matter what may pose itself as an obstacle on the way! Structure your prayer to be an everyday routine so that it will produce the fruit of constant love. Do not say, "I will love in this situation, but for this one, no, I will not love." Love is not just an act but also an intention. Whatever you do must be for the good of your neighbour. Take for instance, your son is behaving rudely, will you say that you love him and for that you will not flog him for it will wound him? No, for you love him you will flog him very well so that he will stop this bad behaviour that will ruin his life. You are flogging him because of the intension of love you had for him. Okay, imagine your neighbour is threatening to kill you, will you fold your hands and allow him to go on with his plan because you are told to love. No, you will hand him over to police because you love him, for if you leave him to go on with his plans, he will kill you and commit murder thereby cutting your life short and destroying your vision.

Having understood the practical act of love with intention, therefore, love at all time. Let your acts of love and prayer which is an act of filling your mind and spirit with the spirit of the Divine be stable, meaning, let it be constant. Structure your prayer life as you deemed okay to your personality, but let it be simple and let it be an everyday encounter. Find a suitable place and time of the day that is best for you; devoid of distractions from people. With this the fountain of your spiritual health is in place.

### 2. It must be Predictable

Your acts of love and prayer must have predictable results. Do not pray amiss, meaning that the aim of your prayer must be specific so as to produce surge of love in your soul via your spirit. This surge of love will then be acting on your wiliness to pursue your vision which is for the purpose of blessing humanity. This is the end result of life. Without stability, there will be no predictability. When your acts of love and prayer are stable, it will automatically produce results that you already predicted. Remember, when your heart is filled with love which is a product of constant acts of prayer of love, you will be forced to engaged on something (vision) that will make this love to have concrete evidence. You see, prayer is not an end result on its own, rather is a search of love from God which will fill the spirit and soul of man to produce a concrete result when system is built for it.

To build a system for the health of your spirit man, you need prayer which is called love and love which is called prayer. Okay, the predictable result of prayer is love and the end product of love is vision which is producing heaven on earth using your passion and gifts as ingredients. With this analysis can you see why the prayers you have been taught all these years are not producing any result but rather a distraction to your soul and spirit; making you to be wicked and self-centred. This is because all it does is setting your heart to be waiting for magical results that will never happen. You were told to continue believing on God to do what He has giving you the gift of sound Mind, Will and emotion to do. This acts of believing sets your mind on endless wheel of distraction. You were told to continue waiting on miracles car, food, breakthrough, and sometime they call it miracle of total turnaround which will never happen. This makes you to be behaving like a man playing the game of money (pool master, bet nija man). You are filled with weariness of the soul all the time because of endless expectation. Please, set yourself free from all these mess. The end product of prayer is love and love produce vision (making your purpose come true) when you build a system for it.

NB prayer =love= vision=good life

### 3. Let it be Automatic

The will of God is that you shall prosper as your spirit prospers (3 John 1:2). The end result of prayer is building your spirit in love so that automatically there will be a physical manifestation of prosperity in all ramifications of your life. Once there is this constant flow of love to your spirit, prosperity will be working like an automatic

machine all around you. Automatic means something that works on its own outside your consciousness. Once your spirit is constantly filled with love through prayer and actions of love, the predictable results will be automatic, ever flowing. Because you want to be a blessing to humanity, which is the surge of love in you; your mind will automatically be creating new ways of manifestation or being creative which will be bringing new marvellous evident results all the time. At this stage, you don't sit down to think of what to do again, love for humanity that has overtaking your soul and spirit will be flooding new ideas out from your soul through your spirit like an over flowing water "pum pum, pum pum" and concrete evidence will be manifesting here and there.

### Summary

1. Constant acts of prayer of love
2. Predictable results of heart of love and peace
3. Automatic results of vision (prosperity)

### System Building for your Mental Health

The mind is the seat of reasoning. Here, all that we perceive with our five senses, from our environment is being fabricated. According to Okoroafor (2014:18), there is no greater force at man's service than his mind coupled with a strong self-image. The human mind is either the seat of worry or peace, depending on what you allowed to enter into your mind through the doors of your five senses. Yes, you may not be in control of what your eyes will see, your ear will hear, your body will feel, your nose will perceive and your tongue will taste, but you are in total control of either to allow them in or not. How.....?

### Mind and its Department

The mind is made up of two departments—the conscious and subconscious mind. The conscious mind receives information or signal from the five senses, but the subconscious mind is built with door, it has the capacity of either to allow inside or not what the conscious mind has received from the environment through the five senses. Here, man is in total control of his thought. One may also ask the question like, "What of some worrisome thoughts that come to us without our five senses having anything to do with it?" The answer is, "Every thought had its origin from the perception of the five senses and from here your conscious mind is capable of fabricating any kind of thought from it. But at this time is still a visitor staying at the corridor of the mind (conscious mind) knocking at the door of the subconscious mind to open door for it to enter.

For Fagothey (1959), the conscious mind is the seat of awareness (voluntary action) and the subconscious mind is the seat of unconsciousness (involuntary action). Whatever enters the conscious mind got recognized immediately but it doesn't stick there. It is like a vapour; it goes away immediately if no attention is given to it. The conscious mind is the entrance, the seat out or corridor of the subconscious mind, but the subconscious mind is the inner room of the mind of man. When you see, hear, feel, taste, and perceive anything, it is still at the door (conscious mind) knocking for you to open the door so that it will come in and stay, now not as visitor but as the member of the family. There is only one key to open this door and that is "giving attention." This visitor cannot force itself in until you give him attention. Only giving the knock attention opens the door for him to come in. Once it comes in, it is no more under your control but rather you are the one totally under its control. It tells you what to do, how to do it, when to do it. You are now a slave of your visitor. The visitor we are talking about is your thought which comes as a result of what you hear, see, perceive, touch and taste. It can be either a good or a bad visitor. As a bad visitor, it comes to kill and destroy you. As a good visitor, it comes to bless and give your life in abundance. Wow! This is really an eye opener. How can I then stop the bad visitor from coming in and allow the good visitor in all the time?

You cannot stop these visitors from knocking on your door all the time, for you are not totally in control of what you hear, see, perceive or feel. Things you see, hear, feel, perceive, and taste reach you through thought suggestions. Once you hear news, the next thing it does is to suggest thoughts to you. If it is good news, it suggests good thoughts, thoughts of love, joy, happiness, smile etc. to you and if it is bad news, it also suggests bad thoughts of worry, fear, depression, suicide etc. to you. Sometimes good news may also bring bad thoughts to you, but putting them in a right perspective is what matters. It is not the good news that brought about the bad thought but is the bad thought already living with you. For instance, one may hear the good news that his age mate bought a car and has also built a nice house. This bad thought of jealousy living with him and not the good news he heard may suggest to him to find a way to bring this his age mate down. Therefore, what you see, hear, feel, perceive or taste do not matter but what matters is guard over their thought suggestions, not allowing them to enter into your subconscious mind, depending whether they are good or bad thoughts.

Attention! Attention!! Attention!!!

When this visitor is knocking, no matter how frequent, no matter how loud, if it is bad thought do not give it attention, ignore! Do as if it is not there, focus your attention on something meaningful and pay attention to it. Do not try to stop it, for the more you are fighting to stop it, you are invariably giving it attention which is also a process of opening the door to this ugly visitor. If you give it attention, it turns to faith (bad faith) and you keep on believing it. Faith comes from hearing and hearing from the word or voice of anything. If you are giving it attention it will rise like a tsunami and destroy your life. If you notice that it is a good visitor, then give it attention by practicing the act of listening and listening to it over and over again, it will come in and live with you not as a visitor again but as part of your being (habit). Bad or good habit is formed as a result of giving thought attention.

Note: Whatever you see, hear, touch, taste and perceive that does not produce good thought in you, does not worth your attention!

Stop following people or joining organizations that do not give you good thought. Once these bad thoughts come in, it will start its dangerous work until it destroys you. It produces worry, fear, anxiety, depression, stress, sleepless night. All of its products will definitely affect your body negatively inform of high blood pressure, diabetes, barrenness, all manner of sickness because its target is your immune system. Therefore, guard your mind for it is the castle of your riches!

### **Build a System for your Mind**

Having known how thoughts enter your mind and the secret of keeping the door of your mind perpetually closes against bad thoughts and open to good thoughts. Now you have to build system for your mind so as to have good health, following these structures:

#### **1. The World is Shadow**

In the Platonic doctrine of forms or ideas, Plato is of the view that everything that the five senses can see, hear, feel, taste and perceive is shadow passing away like wind (Stumpf, 1994). None of these things worth worrying for! Although they support life but life does not depend on them. This principle may not sink into your subconscious mind until you consider the following questions:

1. That building that everybody cherished when you were a little kid, how does it look like today, and how does people value it today?
2. The richest men of your community during your childhood days, where are they and their wealth today?
3. Those your belongs of many years ago, that you are ready to kill if taken away, where are they today?
4. Those things you are about to kill yourself to get, the time you got them, what happened?

5. The things you are worrying yourself to get, tried all your possible best to no avail, the time they came was it not when you have removed your mind from them?
6. The people you are doing everything in order to be like them, you even went into depression and even about to commit suicide just to be like them, tell me the truth, the time you heard about their plight and their ending, what was your reaction? I believe your reaction was “Oh my God, all that glitters is not gold!
7. Those things you were deprived of the opportunity of getting or going into, at the end when you were told about the resultant effects, what were your reaction?

Having known how the world is, let it be dawn on you that everything in the world is an illusion. Everything in the world is passing away. Nothing on earth worth worrying or dying for! When these worries knocked on your door, do not pay attention.

## 2. Do not Entangled Yourself with Many

A lot of things will be seeking for your attention! A lot of people will be seeking for your attention! A lot of organizations will be seeking for your attention! But only one thing is necessary. Your kingdom!

Your kingdom is your vision, the reason, the purpose of your existence. This is the reason why that breath of life is still clocking tinkom tinkom. Any person, people, organisation that has nothing to do with this your kingdom, is not worth associating with. Outside your kingdom are excesses and worries. Get yourself out of it. Build your association around your Kingdom and you will have peace of mind.

Now begin to disassociate yourself from those outside your Kingdom!

- Who are your friends? .....cut-off excesses!
- Which associations do you belong to?.....cut-off excesses!
- What job are you doing?.....cut-off excesses!
- What kind of people do you hang out with?.....cut-off excesses!

After this “cut-off excesses” you will start to experience peace and your health is assured.

## 3. Your Kingdom is your Peace!

What are the activities of your day like? Many calls to answer and reply, many meetings to attend, many parties to attend, many popups on your phone to attend, many hand-outs, many things to do, buy, sell, many quarrel and arguments to engage in, but one thing guarantees your peace of mind and that is your vision. Let this consume your life. Many things are good but only few are necessary for you.

### Conclusion

- Close your door to bad visitors!
- Everything your five senses sees, hears, feels, tastes and perceives is shadow!
- Do not entangle yourself with many!
- Your vision is your peace!

Build your life upon these principles and your peace is guaranteed!

## System Building for Your Body Health

The most lucrative business today is the ones that have connection with curing of diseases. In our universities today, parents have no other course in mind for their children to read other than medical courses. They are ready to borrow to pay any amount of money to make sure that their children were given admission to read these medical courses. The reason is that sickness is the cardinal problem of humanity and people will pay their last kobo to be healthy. Hence, medical practise is one of the lucrative jobs. Everybody wants to be healthy at all cost but lack the system for good health. Remember what I said earlier, that the world is built on system and nothing in it will work well outside system.

Many scientific breakthroughs have been achieved on the production of drugs, health equipment, vaccines, training great medical personnel, building world class hospitals but still sickness and diseases still abound. Hospitals are everywhere with wonderful health experts but the problem of bad health is still ravaging humanity. The question is, “Why still sicknesses of various kinds on earth in spite of all these human efforts to combat sickness and diseases?” Just on secret is the answer “Building of system for good health.”

The human body can never follow any other rout apart from the one that the creator has fashioned for it from the beginning of creation. The truth is that everything on earth has the capacity of maintain itself including the human body. The human body is an intricate of systems made up of organs with cells. We have reproductive system, digestive system, excretory system, endocrine system, respiratory system, skeletal system, lymphatic system, cardiovascular system, and urinary system. All these systems have different organs operating under them and all these organs are made up of cells. These organs with the cells they are made up of are the structures that build these systems in the body. Having given examples of systems and structures using god’s nature in the introductory part, you can now see it applicable to the human body via body systems and organs (structures).

## Materials for the Building Up of the Body

All that your body needs to stay healthy is within, only what you need is to constantly supply the body with the materials it needs for this work and then build a system for it.

### Organic Materials

The body is organic elements and what it needs for is maintenance and build-ups will also be elements of organic materials. Any material that will enter your body must be natural! What kind of food do you eat, is it organic or inorganic (artificial)? If it is organic, your body is with the right material; if it is inorganic your body is with an enemy to fight with. Organic foods are foods that come directly from the soil. Organic foods have the same element with the body and then do the work of replenishing the worn out elements of the body; thereby keeping the body healthy. Go to a soil scientist and ask him the question “Of what elements is the soil and plants made of?” Then go to a biologist and ask him, “Of what element is the human body made of?” You will definitely receive a shocking answer that they (soil, plants, and human body) are made up of the same element. Attesting to this, Nutrientsforlife.org (<https://nutrientsforlife.org/10-way-soil-nutrients-are-similar-to-human-nutrients/>), has it that 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. If this is true, why suffer your body by feeding it with inorganic or over processed materials in the name of food. This will be making the body to be pouring its excess weapon of fight (insulin) just in trying to see if it can convert these inorganic materials to food for absorption. This constant fight will definitely make the body to be weak and diseases will invade the body and sickness of all kinds will develop. The chain will go this way: having develop these diseases, in the verge of trying to be healthy again you will move to the hospital for medication where all you will be given is more inorganic substances called drugs and the fight will continue; and the end result is death. Be wise, organic is life.

If all that you feed your body is hundred percent organic (food that come directly from the soil), all in good proportion, following the knowledge of six classes of food with vegetables and fruits always on your table, your body will be healthy. All the systems, organs, and cells will be in perfect alignment. Let your action follow the law of system building on this, meaning it must be constant, predictable and automatic. Here, hospital is far!

### Exercise the Body

The nature of the universe is that it was set on motion by the creator. According to BBC Science Focus Magazine, 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>). One of the characteristics of all living things is movement. Whatever that is not moving is dead. Look at the anatomical structure of the human body, every organ in the body is perpetually on motion. When the doctor uses sphygmomanometer to check your blood pressure, he is just checking the rate of its movement. When he uses the stethoscope to check your heart beat, he is equally checking the rate of its movement. In fact, everything in your body is in a state of movement. If this is true, it then means that you must consciously create a system to naturally put all these organs in their required movement. This movement is what we called exercise. For this movement to turn into system it must be stable (constant) predictable and automatic.

**Be Stable:** This exercise must be fixed in a way that it must be a regular or routine practise. It must be fix in such a way that you will not be giving any excuse why you could not perform at a slated time or period. There will be no reason like, "I am weak or not in the mood, therefore, I will not perform today." Constancy is the key! NB: As you exercise, do not be too hard on yourself so that the constancy will remain. If you are too hard on yourself, it is no more exercise but work.

**Predictable:** Predictability means that the result of this regular exercise is assured. This is to say that the quantity and quality of this exercise each day must be the same. Fix it in such a way that the duration, number, hardness of Monday exercise will be the same with that of Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday. This makes the body to get used to it and the result of it on the good functioning of the body will be predictable, known and measurable.

**Automatic:** This has to do with habit formation. It has to do with registering of the exercise on your psychic. With this exercise being stable and predictable, with time it will become automatic. This is to say that with time it will got registered on your subconscious mind and become part of you and you don't need any effort or push to exercise on a regular basis. It now become automatic, an addiction! Have you seen a drug addict in action, when his body needs to take in substance? He cannot be himself until he takes in the drug; that is an addiction, habit, it has become automatic. This is how exercise will be if you build a system for it. With exercise being stable, predictable and automatic your body will always be in a position to take care of its health regulation. This is because every day you are supplying it with the needed energy for rebuilding of itself and strong immunity for fighting against diseases.

### System Building for Happy Family Life

Family is a unit or platform on which any life must stand to survive. It is an arena of love, peace and mercy. Any unit or union that lacks these three characteristics is not a family; you can manufacture another name for it. Let's call it suffocation camp, prison pit or enslave zone. One may be carried away with the nuclear definition of family which means a union consisting of father, mother and children. No, we cannot limit our work to that of nuclear family definition but rather it is a part of the concept of family to be discussed here. According to Fagothey (1959:358), family is a group of human beings who chose to live together. Therefore, family is any unit with the characteristics of love, peace and mercy that enhances the soul of man in delivering his purpose on earth. Here,

family comprises of marriage, friendship and organization. When system is built for a happy family, life automatically becomes heaven on earth.

### **System Building for Happy Family Life**

Having gone through the previous pages of this work is believed that your heart must have been filled with love, peace and mercy which are the building block of a happy family. It is also believable that at this stage you must have discovered your purpose (vision) on earth and then you need a family (unit) to belong to for its sustainability and flourishing. Hence, having gotten the glimpse of the type of family you want to belong to, you now need to build a system that will not do the negative work of scattering instead that of sustaining you on this journey of vision delivery on earth. For this reason, any family you want to enter into whether conjugal family, friendship, organization, if it must sustain you vision, it must be built on the stable, predictable and automatic principles of awareness. Awareness is the principle of knowingness, openness, communication and unveiling. It asks the question of “The Why, The When, The Where, and The How of family. Here it is called the principle of 4Ts in family building.

#### **1. The Why of Family**

You are now a knowledgeable fellow; you must have known the reason why you want to enter into a union or unit. You are not committing your life to a union without any reason. There must be “The Why” of this commitment. Are you entering into a union because you mates have entered; because your mother called you and she is asking you to do so? What is the reason behind your trying to build or enter into a unit or union called family? If am ask to suggest, there is only one reason why a man or woman should think of entering into any relationship, whether conjugal union, friendship or organisation. This is because he or she needs a helper in building his/her vision. (Visit my book ‘Why Marring’). A helpmate here is one who will help you to find love, peace, joy and pleasure as you run the tedious task of vision. This purpose for entering into relationship must be stable in your mind! On the area of conjugal family which comprises of father, mother, and children, the children are mainly there to serve as generation next for your vision. They are meant to take your vision to the next generation, to keep the vision ever immortal, although not all the time for the children may not be interested in your vision for they have theirs to pursue. For this reason, charity organization for propagation of vision is necessary. Join one and if it is not their form one.

On the area of entering into union of friendship and organisation, the same reason for entering into conjugal union is still applicable. You need a friend or friends that will serve as brothers or sisters to you. Someone you will confidently open your heart to and let him know the pleasure and pain you are passing through on your road of vision. Who will look into your eyes and ask: “What is the problem?” You are also entering into an organisation because you need a group of people who has the same large heart of vision like you. People who knew there reason of being on earth. In fact, a group formed for the purpose of vision discovery and development. You don’t need a group of people who gather for the sake of eating and drinking, a group for showing who is rich and who is poor, whose main interest in attending ceremonies is for the purpose of flying wealth to show off. For this kind of group, run for your dear life, it is an arena of competition and comparison, a breeding ground for jealousy, acrimony and even untimely death.

Now you know the reason for family union and that its principal purpose is for the establishment of your vision on earth. State it clear-----I want to enter into a family because I need a home of peace, joy, love, and pleasure as I run my vision.

## Unit outside Conjugal Family

It is not everyone that will marry: “For there are different reasons why men cannot marry. Some, because they were born that way, other, because men made them that way; and others do not marry for the sake of the kingdom of heaven. Let he who can accept this teach do so (Matthew 19:11-12).

These people mentioned at the above biblical passage have vision to pursue which is the reason why they were born. But more specifically, the scriptural passage mentioned those who decided not to marry for the sake of the kingdom of God (their vision). Basically, they need union or unit that will give them peace, joy, love, pleasure like those in conjugal family as they run their vision. Equally, they also need generation next for the immortalization of their vision.

Get it right, not all men and women are meant to marry; although in African tradition, all must marry. This was born out of the ignorance of our forefathers who were not well informed about the psychological and biological build-up of the human person. Jesus the creator of man understood this well; so, He made it clear that not all men were meant to marry. He is aware that many will doubt him and he ended it with the statement “Let he who can accept this teaching do so (Matthew 19:12).”

These people have vision, their reason of being born, their assignment on earth. Therefore, they need unit, union that will show them love, peace, joy and hope as they run this herculean task of vision. Here, I see the need for friendship or circle of friends. This friendship, Aristotle called it a treasure that some men searched for all through life without finding it. This kind of friendship was exemplified in the scripture between David and Jonathan. “As soon as he David had finished speaking to Soul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul. And Jonathan stripped himself of the robe that was on him and gave it to David, and his armour, and even his sword and his bow and his belt. And David was successful wherever Soul sent him (1Samuel 18:1&4). To portray how deep their friendship was, in 2 Samuel 9, when Jonathan died alongside his father, David fulfilled his oath to Jonathan by taking Jonathan’s crippled son as one of his sons. Here, we are talking of a disabled son of Jonathan that David adopted to be taking care of! What a friendship!

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother (Proverb 18:24). A friend loves at all times and a brother is born for a time of adversity (Proverb 17:17). Iron sharpens iron, so one man sharpens another (Proverb 27:17). Greater love has no one than this, that he lay down his life for his friends (John 15:13). Perfume and incense bring joy to the heart and pleasantness of a friend springs from their heartfelt advice (Proverb 27:9).

To put it more vivid, friendship is very important that both the married and the unmarried cannot do without it. Many have lost their peace, joy and hope that friendship gives because the irrational tradition of “If you are married, leave your friends and face your wife; leave your friends and face your husband.” What an evil tradition that is born out of selfishness! Man is a rational being, all that needs to be done is one giving conjugal family its place and friendship family its places. My book “Why Marry?” will give you more wisdom on this. For the unmarried circle, friendship is your family. Understand how to go about it so that it will indeed really become a family to you.

## 2. The When of Family

You don’t enter family/friendship in ignorance. You must be fully aware of what you want before entering into a relationship. Friendship family or conjugal family is best entered into when vision has been fully discovered. This helps you to select wife/husband or friends based on areas of interest. For Fagothey (1959:365), companionship must result from the fact that the two are best suited to each other. Move with those who are moving in the same

direction with you! If you build your family based on mutual interest, it will then have the rope that bind you people together. If this is not their no marriage or friendship will last!

### 3. The Where of Family

When we talk of “The Where of Family” we are not talking of the geographical location, but of the atmosphere your family should be surrounded with. Here, I believed the biblical passage that says: “Put in your heart where your treasure is!” This means, build your family around your vision. Let those in your family circle be interested in your vision. Let them be obsessed by it! Let them be those who will not like to see your vision collapsed; those who always give you good advice on the way to go about your vision. If you family must be those who carry your vision at heart, it them means that there should be closeness, for you need their love care and encouragement as you run the tedious task of vision. Therefore, build your family base on nearness or proximity. You must be close to your family.

### 4. The How of Family

Here, we are meant to be specific about number. You know your vision and its requirements; therefore, you know the number of people that should be very close to you (number of your family members). Remember, as these people are there for you both at the good times and at the bad times so should you be to them also. Sometimes family may turn to be doing the negative works of distraction instead of the positive work of coordination. This is normally as a result of the personalities and the number of people in your family. On the area of conjugal family (father, mother and children), the work of training them the way you want is more demanding than those of friendship. Therefore, on the area of friendship, Aristotle suggests few numbers but with accurate selection. Hence, he said “A lack of brotherly love leads to the vice of egoism, while the person who is too friendly with everyone is also vicious in their own way. The friend to all is a friend to none (<https://bigthink.com/personal-growth/do-you-have-true-friendships-why-aristotle-thinks-you-dont/>).” On that of conjugal family, I suggest fewer numbers. This is because you need much time for running vision that you need not to bear too much load of raising children. Decide the number of children you want on time whether biological or adopted and how you want to train them. Let none come by accident!

### Inheritance

In Nigeria, an intestate succession exists when an individual dies without writing a will (Animashun & Oyeneyin, 2002). Inheritance means possessions obtained from predecessor through laws of intestacy. Here, a person receives property by inheritance. Having known that we have strong tradition concerning inheritance; therefore, for those married, if your children don't have the capacity of taking your vision to the next generation, I know you already belonged to charity organization that was suggested at the middle of this work and is called organization of men and women of vision but if not, I suggest you form one and handover your vision to them to take it to the next generation, but give a directive of answering to the financial call of your immediate family by means of monthly allowance. Same is applicable to those without conjugal family. Give your vision to the charity organization you belong to or you formed but let them answer to the financial call of your father's family by means of monthly allowance too.

### Conclusion

Having answered the four questions of System Building on family that comprises of The Why, When, Where and How of family, which is taught as meaning vision driven, readiness, nearness and manageable number respectively, the three principles of system building must now come to play their role which is stability, predictability and automatic. Therefore, always build your family on the stability of vision driven, readiness to help all the time, nearness for proper monitoring and caregiving and manageable number; then the predictability

outcome that is automatic will be produce which is love, peace, happiness, productivity and mercy. Thanks for a well-built wonderful and prosperous family.

Justice has really been done to this work by bringing to limelight the rich and powerful nature of man's spirit, mind and body that have been ignored for years due to aged-longed-ignorance men have been wallowing in. Until a system is built for the harnessing of this rich and powerful nature of man, no breakthrough in history will be achieved. The spirit of man that is his divine nature cannot be known and properly utilized if not properly studied. The mind which is the reasoning faculty of man will turn against him if not well guarded and trained. The body, which is man mechanical tools will be wasted and destroyed is not well taken care of. Family which is the setting for human relationship will be turned to war zone if not well prepared for. Therefore, this work is a masterpiece in the hands of both the learned and the unlearned to serve as a tool for well meaningful living.

### Recommendations

- This work "System Building: A Phenomenological Import to Spiritual, Mental, Body and Family Wholeness" is recommended for every school teacher as a tool in his/her hands in forming the next generation under his/her guidance.
- Every educational curriculum planner should also have this work as a handbook, serving as a compass to guild them as they work.
- No family will be stable in ignorance; hence, this work is a formidable tool for happy family life in the hands of parents and of young people who are about to enter family life.
- Our political sector needs the knowledge of system building for planning and leadership of the state. Hence, this work will be of help to those at the corridors of power.
- Religion practices devoid of knowledge will definitely turn into an abuse of human life. Therefore, this work should be made available to those under formation to priesthood in different religious formation houses, to serve as an eye opening on the intricacies of human life.

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