

# ROOT OF MY PROBLEMS

What is the root of my problems. medical, emotional or spiritual?

Where to look for help?

- Many people facing challenges often wonder where to turn for answers. Are their struggles rooted in genetics, physical issues, emotional wounds, spiritual matters, or environmental factors? Some books claim that all problems are spiritual, while others attribute them solely to emotional experiences from one's upbringing. Still, some argue that inherited predispositions determine outcomes, and others believe that creating the right environment is the key to well-being.
- Just as with medical conditions, an accurate diagnosis is crucial to finding the right solution. **This course explores five main areas**—genetic, physical, emotional, spiritual and environmental—guiding you to make informed choices that lead to help, healing, and peace. In truth, the solution often involves a combination of these factors. Understanding where your struggles stem from and where to find help is a significant step on the path to wholeness.

## **Session 1: My Genetics**

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- Bell distribution of all conditions
- 10% of the population have a diagnosable personality disorder what are they

## **Session 2: My physical disposition the way I am made**

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- My natural personality a list of basic natural differences
- Use of medication for mental health and uncontrolled emotions
- Some simple questionnaires

## **Session 3: My Emotional disposition**

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- What are God given emotional centres
- How do emotions arise
- Buried pain and its reactions
- Your Empathy centre and the way you relate

## **Session 4: My Spiritual disposition**

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- Beliefs about yourself and God
- The enemy and effects on me
- Spiritual baggage
- Relating to Father, Son, and Holy Spirit

## **Session 5: My upbringing and environmental issues**

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- Wounds and pains from the past
- Learnt behaviours
- Healing of wounds and pains spiritually
- Healing of wounds securely