

## Overview of *HOW* I read

Because I love to read and love almost every form of literature, I follow a simple principle in choosing what I read. This principle makes it necessary to be picky so as not to be overloaded by my self-imposed "must read" list. ☺ Here's the principle...

Because I consist in three parts: Spirit, Soul & Body, I try to read 3 books/forms of literature to feed those three areas. I categorize my reading by these 3 parameters:

- 1) ***something beautiful***
- 2) ***something practical***
- 3) ***something Biblical***

The "Spirit" part of me is fed by choosing ***something Biblical***. The Word of God is directly connected to the Spirit of God that lives in me, thus, the Bible is always on my reading list. Sometimes I read by topic, other times I read a book in the Bible, but it is always a part of my reading regimen.

The "Soul" part of me includes my mind, will & emotions. The Soul is the part of me that makes me uniquely "me." It is the filter between Spirit & Body that solely determines my decision-making process. Thus, I read literature that equips me in making solid, wisdom-filled decisions. That part of my reading regimen fulfills the ***something practical*** aspect of Spirit, Soul & Body.

Finally, the "Body" portion of my life is reflected in my reading by associating me with ***something beautiful***. As hard as we try to avoid it, we are in physical form. We are sense-oriented to hear, see, smell, taste and touch. If we are going to get ourselves in trouble, it is almost always in this area. Rather than avoid this area or diminish its place in Spirit, Soul & Body, I choose to honor the physical world in which God placed me by trying to see & experience it from His perspective. That's why I exercise the physical part of me by recognizing the pure beauty of His creation that completely surrounds me. The ***something beautiful*** part of my reading discipline always necessarily includes things of art and beauty; stuff like classic literature by John Steinbeck, Poe or contemporary forms of literature as well. This category has a lot of leeway for me because I choose not to confine the parameters of beauty by my own sense of what it is.