

The Nature of Man - Part II

Written by K.M.L. and edited by T.M. – White Stone Foundation: http://www.white-stone.ca/June 2021

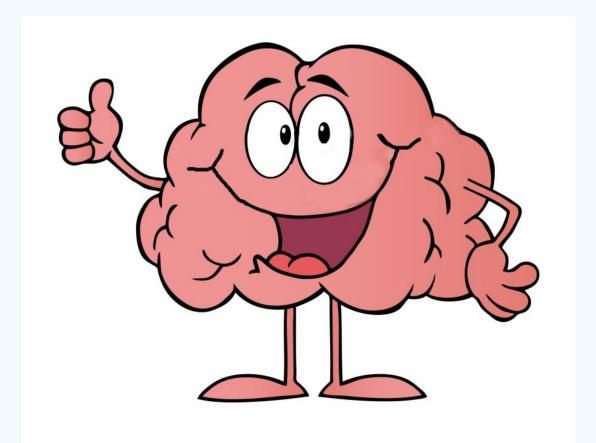
#### Hello kids!

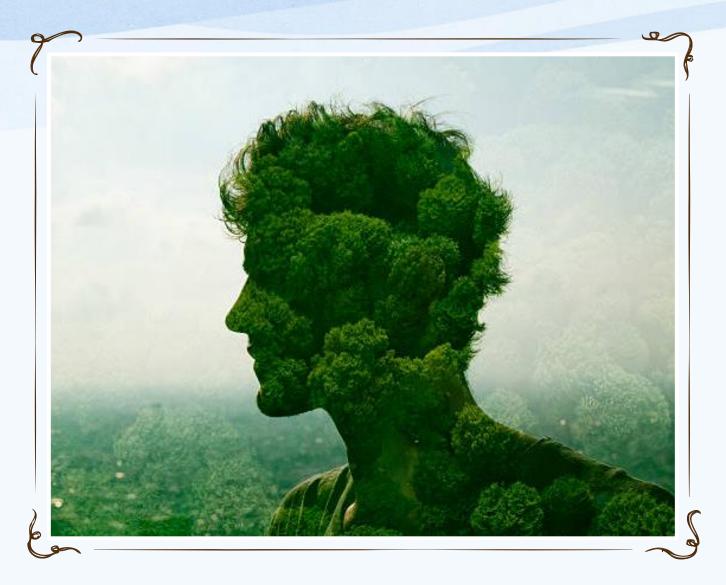
In this lesson, you will learn how to use your brain efficiently.

The Bible says in Psalm 139:14 that you are "fearfully and wonderfully made."

Did you know that your brain is God's masterpiece? When you go to Heaven, your body will be changed, but you will keep your brain.

That is why it is essential to understand how it functions.





Remember the lesson done by Éden à Éden (formally LGC) on the Nature of Man?

Let's have a quick revision.

### Your whole being is comprised of:

- your body (the house you live in),
- your mind and your soul (what is inside you).



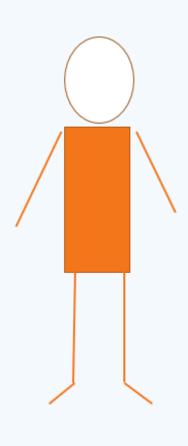


Your body is the seat of your lower powers. They are your emotions, your feelings, your

thoughts, your appetite.
God gave them to you for a reason, but we need to bring them under control.











#### **TEMPERANCE**

Your soul or spirit are the seat of your higher powers. You use them to control your thoughts and feelings. You also nourish them with knowledge of the Bible and methodology, and information from nature, science, etc. All this allows you to make good decisions and understand how to treat others, for example.



# Answer the following Questions

 My emotions are part of my...?

Higher powers

Lower powers

• My intellect is part of my ...?

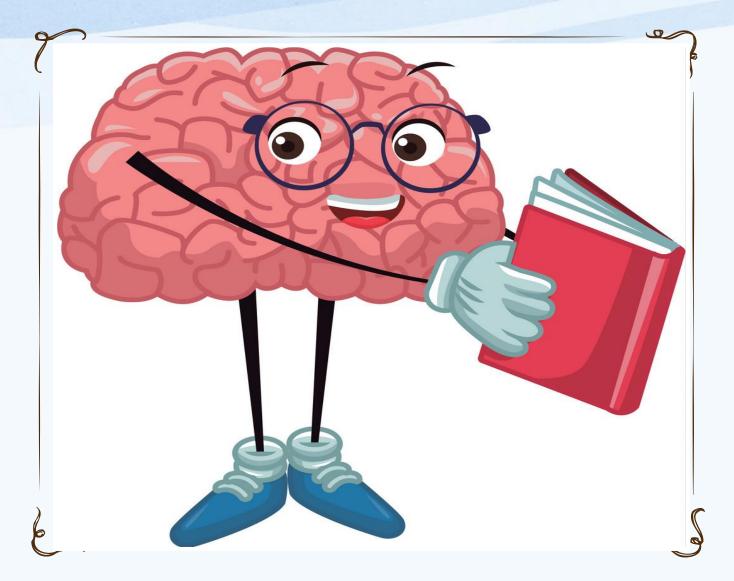
Lower powers

Higher powers

• My whole being is comprised of...?

Body, soul/spirit

My face, my body, arms, and legs



There is another way to look at your brain

# Your brain processes information in 2 different ways: by thinking fast and by thinking slow

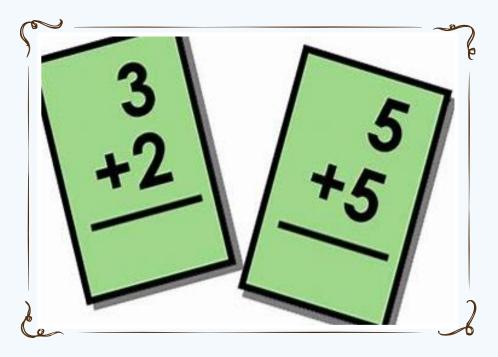
Slow Brain



Fast Brain



When you look at the little girl, your brain instantly realizes that she is angry. That is your fast brain in action.



When you see these math problems you must take time to think through them before answering. That is your slow brain in action.

## Your Fast Brain

Your fast brain corresponds to your lower powers.

It is when you use your intuition or instinct in a situation. It is always "on."

Let's say you touch a hot pot; you will instantly remove your hand and probably cry. Or, if you hear a noise you will react fast by looking in the direction of the noise and probably scream or run if it is a bee chasing you.

So God gave you a fast way of thinking for a reason. There are circumstances in which you need to react fast.

But sometimes, you need to control it. If your sibling bothers you, do not use your fast brain to fight or shout.





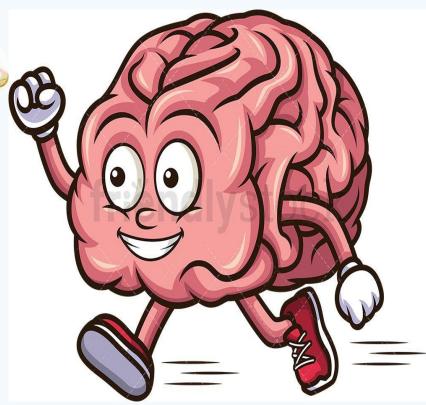
### I use my fast brain to:

#### Scan my environment



#### Respond fast to a situation





# Work automatically, instinctively and intuitively



#### Express my emothions



## Your Slow Brain

Your slow brain corresponds to your higher powers.

You use it to think through a situation, make good decisions, control yourself, or study.

Let's say you have the choice between a pastry and a fruit for a snack. Your slow brain would tell you to eat healthily; you would therefore choose...the fruit, right?



# I use my slow brain to:

Analyse a situation





Exercise self-control













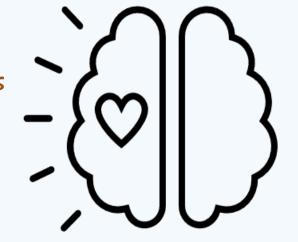




### To Summarize

The nature of man tells us we have higher powers and lower powers

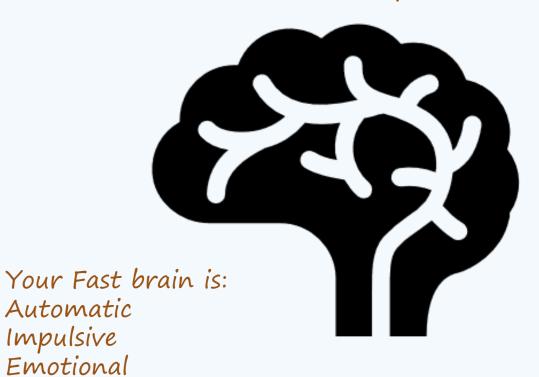
Lower powers
Thoughts
Feelings
Emotions
Appetite



Higher powers
Will
Knowledge
Temperance
Wisdom
Faith
Compassion

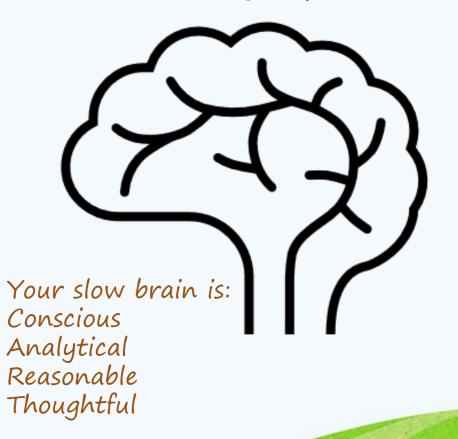
# Another perspective of the nature of man is with the Fast brain and slow brain

Fast brain = lower powers



Intuitive

Slow brain = higher powers



# Answer the following Questions

 My fast brain corresponds to my...?

Higher powers Lower powers

 My slow brain corresponds to my...?

Lower powers

Higher powers

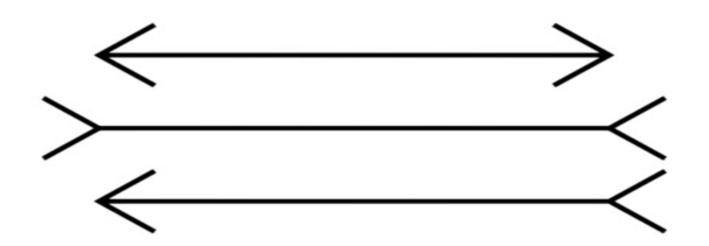
• To catch a ball, I will use my...?

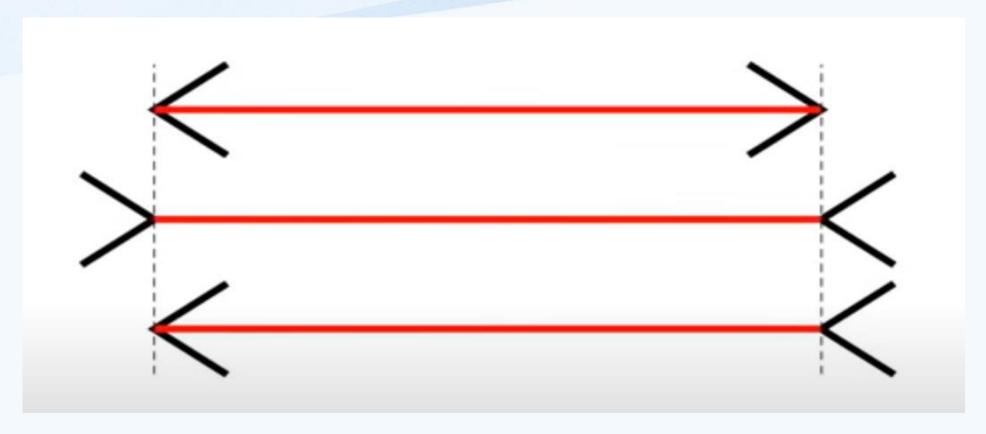
Slow brain

Fast brain

# Think Fast, Think Slow

Are these lines different lengths?

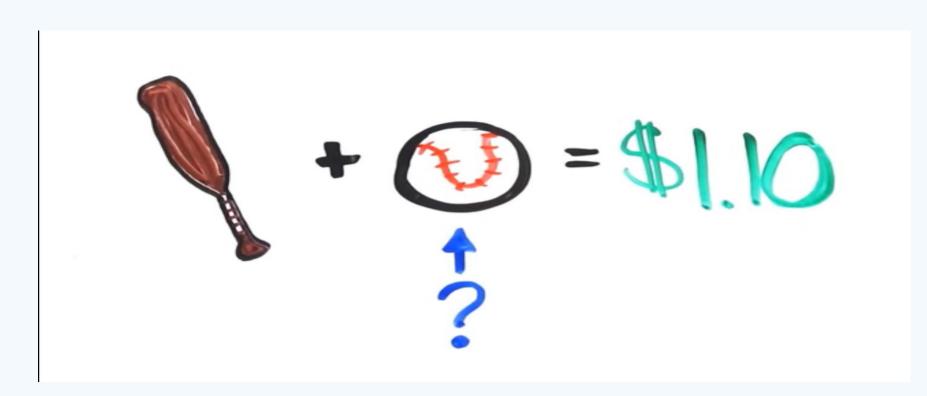


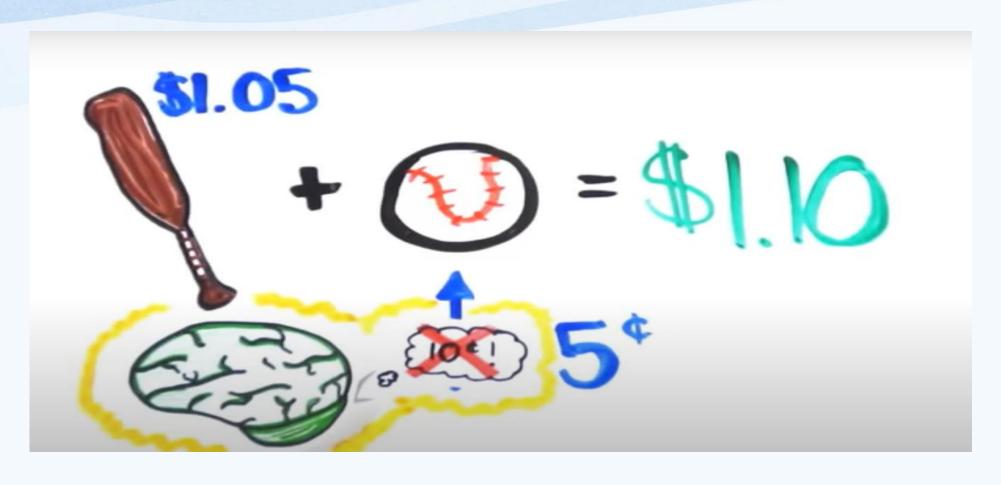


A: If you said the lines are different lengths, then you used your fast brain. Your fast brain gave you the illusion they were different because the brain cannot switch off the button "on." But by taking the time to analyze and measure the lines, you realize they are the same length.

### Think Fast, Think Slow

A bat and a ball cost \$1.10. The bat costs \$1 more than the ball. How much does the ball cost?





A: If you guessed 10 cents, then you used your fast brain.

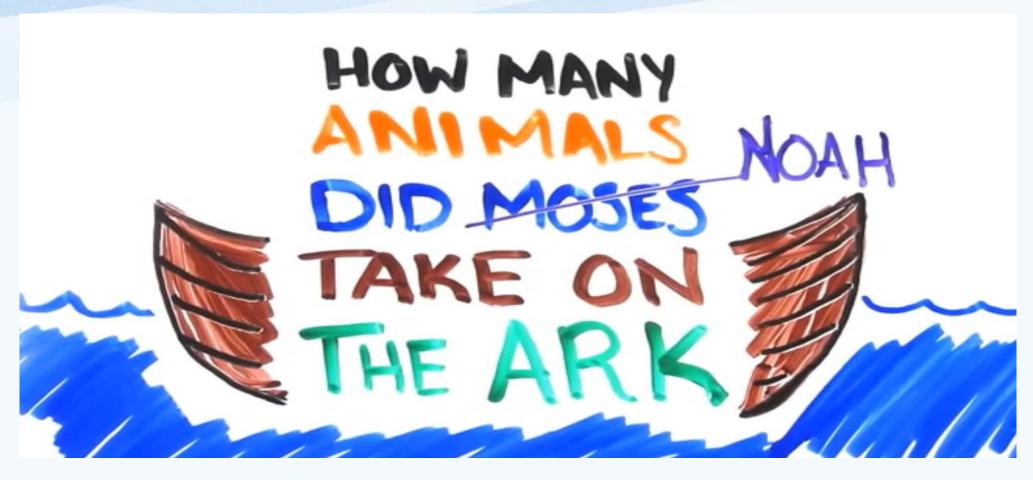
If the ball costs 5 cents plus a bat that costs \$1.05, it will set you back to \$1.10.

And \$1.05 is exactly \$1 more expensive than 5 cents.

### Think Fast, Think Slow

How many animals did Moses take on the ark?





A: Moses didn't take any animals. You did an excellent job of using your slow brain and analyze the question thoroughly. Noah took the animals on the ark.

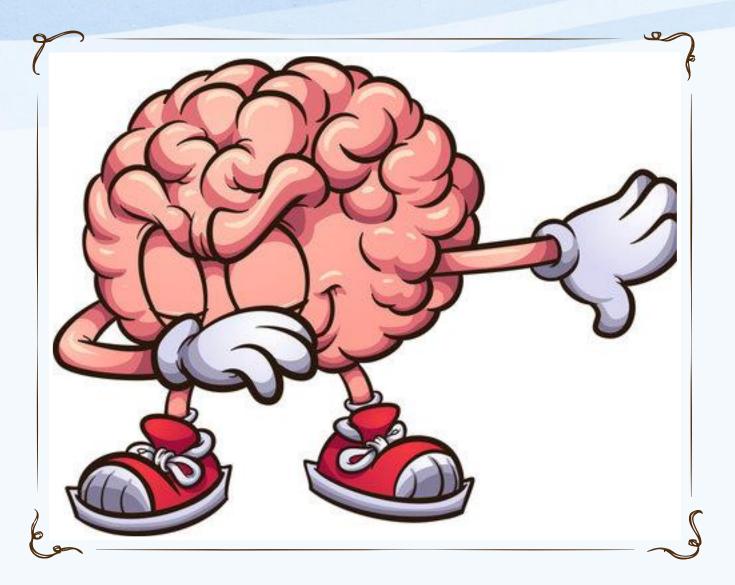
### Think Fast, Think Slow

What do you read?





A: If you used your fast brain, you read ABC. However, a careful analysis will show you that the B is 13. Notice the space between the numbers. If it were a B, the letter would be attached.



Thank You and God Bless!