

## The 4 Interactive members of the One Human Being

- Physical
- Etheric (life body)
- Soul (Astral)
- Spirit (Ego)

To facilitate a clinical picture of the whole person, the doctors at Integrated HealthCare embrace the four aspects of the human being or four members as indicated by Dr. Rudolf Steiner (see [Anthroposophical Medicine](#)).

The physical body which is grounded in the mineral world (primarily carbon) is what we sense with our five senses.

The etheric body, or life body gives form to the physical body. It offers the forces of growth and proliferation. The plant kingdom exemplifies the physical and the etheric.

The soul or astral body allows motions and emotions. It is the member that is linked with knowledge from external sources which forms “primal memory.” The astral body keeps the proliferative forces of the etheric in check. We share the three members with the animal kingdom.

The spirit or ego is the fourth member expressing the level of individuation only known to human beings. The spirit (ego) furnishes life to the soul (astral) and is considered the seat of consciousness – awareness of inner activity, creative thought based upon inner experiences and self- contemplation are examples of this member of the being.

When seeing deeply into a “physical condition” all four aspects of the human being are in play. Understanding the dynamic, the interplay, in the members of the being, can bring great depth to how the doctor facilitates support through an understanding of why the individual is manifesting the condition and resulting symptoms.

