It is my concern that we have come to be so much about the body while being ignorant of the mind, that the heart, mind, and spirit are not even recognized in a medical or religious context. In our focus on the physical, we have forgotten the emotional, spiritual, and mental aspects of life. How are we ever to be whole if we do not care for our bodies and our minds? A well-rounded life is not just about what we eat or what we do for our bodies. It is also about how we think, feel, and act. If we want to live well, we must take care of both our physical and mental health.

The body takes shape both from what we have been taught from our parents and what we have been taught from the medical world. Women’s emotions to biological data have been neglected and not taken into account. How is it possible to live a life that is fulfilling and meaningful if we do not understand our own bodies and minds? We must work to understand ourselves in order to live a life that is fulfilling and meaningful.
Phenomena are the ontological inseparability of agentially intra-acting "components." That is, phenomena are ontologically primitive relations relations without preexisting relations. The notion of intra-action (in contrast to the usual "interaction," which presumes the prior existence of independent entities/relata) represents a profound conceptual shift. It is through specific agential intra-actions that the boundaries and properties of the "components" of phenomena become determinate and that particular embodied concepts become meaningful. A specific intra-action (involving a specific material configuration of the "apparatus of observation") enacts an agential cut (in contrast to the Cartesian cut or inherent distinction between subject and object) affecting a separation between "subject" and "object." That is, the agential cut enacts a local resolution within the phenomenon of the inherent ontological indeterminacy.