

## Section 1 – Discovering Our Dual Natures



### Introduction

## Mankind in the Mirror

*Distinguishing the difference between the dual natures of men and women along with God's purposes for them—the default Original nature versus His optimal Divine intent*

*While he is drinking he beholds himself  
reflected in the mirrored pool—and loves;  
loves an imagined body which contains  
no substance, for he deems the mirrored shade  
a thing of life to love. (Naso)*

**Metamorphoses**

*P. Ovidius Naso*

Have you ever walked into someone's home and caught an aroma of cookies baking that reminded you of Christmas time or your mother? Hearing a heavy steady rain on my roof reminds me of a time when as a boy I caught a nap in the hay loft of a tin-roofed barn. I will never forget how cozy it felt to be nestled in the hay. Chances are you see, smell or hear things that trigger past memories as well. Two things normally unrelated to each other have now become connected to each other. Neurologists refer to this as SNAGing (Stimulating Neural Activation and Growth)<sup>1</sup>. They say that when neurons of the brain fire together they become linked by forming new branches called dendrites.



Psychologists refer to this phenomenon as a *Mind Association*. Here is another association that you have likely made. Above are the universal symbols for male and female. We have come to associate this symbol with restroom facilities. This symbol, like many other symbols, is designed to guide us to a place of relief. You will see this symbol and many others throughout this book.

Just like the universal bathroom symbol is intended to be a guide for you, it is my hope that this book will also do the same for your marriage. The goal in using this symbol is to create an association in your mind that causes you, every time you see these restroom symbols, of the principles you will discover in this book. Hopefully you will be reminded often of these guides. As for finding that place of relief in

your marriage, nature calls and God beckons us to seek it out.

As time permits it is my practice to offer midweek opportunities for clients to email or text me. They benefit from the extra encouragement. My client Patty texted me one day asking the question, "Do I have a split personality?" What Patty is referring to, is clinically called *Dissociative Identity Disorder*. She was afraid that she may have multiple personalities. Patty's concern revolved around her discovery that there were parts of her that did not match. While *Dissociative Identity Disorder* could never be ruled out completely, especially when childhood abuse is a factor, what Patty was recognizing in herself was the duality of her nature. She recognized that she possesses a desire to good and to live a holy life yet she struggles with a such a strong desire to be loved that it has caused her to have nearly one hundred extramarital encounters throughout her life. The idea of dual natures is different than *dualism*. Dualism refers to the idea that humans are comprised of body and spirit only excluding the idea of a soul. Of which the spirit is most important.

The idea of having dual natures is promoted scripturally in Romans 7:19 where Paul writes "*For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.*" This is what Patty was observing in herself. There are two natures in all of us—a base, carnal, self-centered default nature that we will discuss as our "Original Nature" the nature we were born with. Contrasting our Original Nature is our "Divine Nature" which we were also born with as having been created in God's image. This one does not come so natural to us. It is one that is heavenly, altruistic and is our upgrade. It does not come naturally to us but is supernatural and must be cultivated. While it must

always be considered good that at least one person in a relationship have the upgraded version, God's best design intent would be for both to possess it. If they don't—the greater two people are different—the greater their potential for conflict.

Many couples have entered my office over the years entangled in confusion about what they could do to eliminate the conflict and pain that they experience in their marriage relationships. Often times their confusion stems from the various beliefs and opinions they receive from those trusted individuals around them. They come to me with paradoxical problems that cause them anguish over the decisions they face between two seemingly mutually exclusive outcomes. They know all too well that, "If they choose for "A" then they have to forfeit "B." Or, in some cases if they choose for "A" then they have to accept the consequences of "B." For many of them, there seems to be no acceptable alternatives.

To help couples make sense of what they are experiencing and why, it is important to establish a paradigm for understanding the true nature of the marital paradoxes they face. To do that it becomes paramount that we ascertain God's purposes and goals for creating the institution of marriage. We need to know what He had in mind. When we are able to understand that, we then have a basis of comparison for resolving those seemingly impossible life paradoxes that all couples must continually address. It helps us to choose those seemingly painful remedies when we know they are our best medicine.