

# 3 DIMENSIONAL YOU

Spirit, Soul & Body



Holistic Wisdom for Today's Woman  
from the Think Deeper Show

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# 3 Dimensional You

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*Spirit • Soul • Body*

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**Holistic Wisdom for Today's Woman from the Think Deeper Show**

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## CHAPTER ONE

# The 3D Design

## *Your Spirit, Soul, and Body — Why It Matters Today*

*"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ."*

*— 1 Thessalonians 5:23*

You are a **three-dimensional being** – spirit, soul, and body – created in God's image. This is not just theology; it is your daily reality and your pathway to wholeness.

On the **Think Deeper Show** ([www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org)) we call this the "3D You." Your spirit connects directly with God. Your soul – your mind, will, and emotions – processes daily life. Your body is the temple that carries it all.

Women everywhere are flooding social media with raw stories of burnout, perimenopause chaos, hormonal fog, nervous-system dysregulation, and the craving for real self-care – sunlight, boundaries, breathwork, and spiritual reset. These aren't trends; they're cries for wholeness. This ebook equips you to answer them in 3D.

### The Three Dimensions at a Glance

- ◆ **Your Spirit** – The eternal, real you. Designed for intimate fellowship with God. The dimension that never dies.
- ◆ **Your Soul** – Your mind, will, and emotions. The bridge between the eternal and the physical. The place where transformation happens.
- ◆ **Your Body** – The temple of the Holy Spirit. God's magnificent design for carrying your spirit and soul through this earthly life.

When these three dimensions align under the leadership of the Holy Spirit, you don't just survive – you thrive with joy, peace, purpose, and power.

■ THINK DEEPER PROMPT — FROM THE SHOW

Which dimension feels most neglected right now? Take a moment to journal your answer, then join the conversation with thousands of women at [www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org).



## CHAPTER TWO

# You ARE a Spirit

## *Discovering Your Eternal Identity*

*"God is Spirit, and those who worship Him must worship in spirit and truth."*

— **John 4:24**

You are a spirit who has a soul and lives in a body. Your spirit is the real, eternal you – designed for intimate fellowship with God. In a world of roles and hustle, your spirit reminds you: *"You are already enough in Christ."*

Women everywhere share identity crises after career changes, empty-nesting, or hormonal shifts – exactly the topics we explore on **Think Deeper Show** episodes like *"Who Am I Beyond My Roles?"*

## Tip 1: Daily Spirit Identity Declaration

### ■ RESEARCH SAYS...

*A 2025 meta-analysis of 129 studies (nearly 18,000 participants) found that self-affirmations significantly boost general well-being, self-perception, sense of self-worth, and social well-being while reducing anxiety and negative mood. Effects last up to two weeks or longer, with stronger benefits for adults.*

### ■ SCRIPTURE

*"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light." — 1 Peter 2:9*

### ■ PRAYER

*"Father, I am Your spirit-child. Quiet every false label today and remind me who I truly am in You. I receive my identity from Your Word, not from the world."*

### ■ ACTION STEP

Every morning for the next 7 days, stand in front of your mirror, look yourself in the eyes, and declare your identity aloud for 60 seconds: "I am a chosen, royal, holy child of God." Track how your confidence shifts. Share your wins on the Show's community at [www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org)!

## Tip 2: 5-Minute Spirit Breathing

### ■ RESEARCH SAYS...

*A 2023 meta-analysis of 12 RCTs (785 adults) found breathwork produces a small-to-medium reduction in stress, anxiety, and depressive symptoms. A 2023 RCT showed just 5 minutes daily of cyclic sighing improved mood and lowered respiratory rate more than mindfulness meditation.*

### ■ SCRIPTURE

*"That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man." — Ephesians 3:16*

### ■ PRAYER

*"Holy Spirit, breathe Your peace into my spirit right now. I receive Your strength and Your calm in every breath I take."*

### ■ ACTION STEP

Set a phone reminder for 5 minutes daily. Inhale slowly saying "Father," exhale saying "I receive Your peace." Do this during your commute or while making coffee.



## CHAPTER THREE

# Nourishing Your Spirit

## *Prayer, Faith, Worship & Purpose*

*"Enter into His gates with thanksgiving, and into His courts with praise."  
— Psalm 100:4*

Your spirit thrives on connection. Prayer is conversation with God. Worship realigns your heart with heaven. Faith turns chaos into peace. These are not optional extras – they are the daily food your spirit needs to flourish.

### Tip 1: 10-Minute Soaking Worship Walk

#### ■ RESEARCH SAYS...

*A 2021 systematic review found shared music activities (including listening while moving) consistently improve mood and emotions across all studies reviewed. Music engagement also reduces stress, anxiety, and depression while boosting overall well-being.*

#### ■ SCRIPTURE

*"Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name." — Psalm 100:4*

#### ■ PRAYER

*"Lord, as I walk and worship, fill my spirit with fresh joy and purpose. Let every step be an act of praise and every breath a declaration of Your goodness."*

#### ■ ACTION STEP

Create a 10-minute worship playlist. Walk barefoot outdoors (earthing) while listening and softly singing. Do it 5 days this week. Journal one thing God spoke to your spirit afterward and share it with our community at [www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org).

## Tip 2: Daily Gratitude & Assignment Journal

### ■ RESEARCH SAYS...

*A 2023 meta-analysis of 64 RCTs showed gratitude interventions increase life satisfaction (6.86% higher) and mental health (5.8% higher), while reducing anxiety (7.76%) and depression (6.89%). A 2025 meta-analysis of 145 studies confirmed reliable boosts in well-being across 28 countries.*

### ■ SCRIPTURE

*"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." — 3 John 1:2*

### ■ PRAYER

*"Father, thank You for three gifts today. What is my assignment in Your Kingdom right now? Open my eyes to see what You have prepared for me."*

### ■ ACTION STEP

Each evening, write three gratitudes and one Holy Spirit question: "Lord, what is my Kingdom assignment today?" Review weekly. Join our live gratitude circle on the Show at [www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org).



## CHAPTER FOUR

# You HAVE a Soul

*The Seat of Mind, Will & Emotions*

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

**— 2 Corinthians 10:5**

Your soul is the bridge between your spirit and your body – the place where your thoughts (mind), choices (will), and feelings (emotions) reside and interact. A healthy soul brings peace, clarity, and alignment to your entire 3D being.

## Soul Tip 1: Taking Every Thought Captive

2 Corinthians 10:5 — *The Capture, Challenge, Replace Method*

### ■ RESEARCH SAYS...

*Cognitive restructuring – identifying, challenging, and replacing unhelpful thoughts – is a core component of CBT. Recent 2025-2026 meta-analyses show CBT produces moderate-to-large effect sizes in reducing repetitive negative thinking ( $g = -0.67$ ), anxiety, and depression, with lasting benefits across populations.*

### ■ SCRIPTURE

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." — 2 Corinthians 10:5*

### ■ PRAYER

*"Lord, help me recognize every thought that is not from You. Give me discernment and strength to take it captive and make it obedient to Christ."*

### ■ ACTION STEP

Practice the Capture - Challenge - Replace method three times a day for 14 days: 1. Write down the negative thought. 2. Ask: "Is this true according to Scripture?" 3. Replace it with a Bible promise. Review your journal weekly!

## Soul Tip 2: What to Think On

### *Philippians 4:8 — The Power of Intentional Thought*

#### ■ RESEARCH SAYS...

*Intentionally directing the mind toward positive, virtuous content is supported by positive psychology research. Faith-integrated practices incorporating Philippians 4:8 show significant reductions in repetitive negative thinking, anxiety, and PTSD symptoms, while increasing gratitude and emotional well-being.*

#### ■ SCRIPTURE

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things." — Philippians 4:8*

#### ■ PRAYER

*"Father, train my mind to dwell on what is true, noble, pure, and praiseworthy. Let Your goodness fill my thoughts today and crowd out every lie."*

#### ■ ACTION STEP

Create a "Philippians 4:8 List." Every morning write down at least one thing that is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. Spend 5 minutes meditating on your list. Do this daily for 21 days!

## Soul Tip 3: Transformed by the Renewing of Your Mind

*Romans 12:2 — Neuroplasticity Meets Scripture*

### ■ RESEARCH SAYS...

*Neuroscience confirms biblical wisdom: repeated focus on truth produces neuroplasticity – actual physical changes in the brain. Studies on Scripture meditation show increased gray matter in areas responsible for emotional regulation and decision-making, while calming the brain's fear center (the amygdala).*

### ■ SCRIPTURE

*"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." — Romans 12:2*

### ■ PRAYER

*"Holy Spirit, renew my mind daily. Transform me from the inside out so I can clearly know and do Your will in every area of my life."*

### ■ ACTION STEP

Choose one key Scripture (start with Romans 12:2). Read it, reflect on it, and speak it aloud morning and evening for 30 days. Combine with slow breathing. Track how your thoughts, decisions, and emotional responses change!



CHAPTER FIVE

# Renewing the Mind

## *Mastering Thoughts and Beliefs*

*"Do not be conformed to this world, but be transformed by the renewing of your mind."*

— **Romans 12:2**

The battlefield of the mind is real. What you think shapes what you feel, choose, and ultimately become. God's prescription for a transformed life begins right here – in the renewal of your mind through His truth.

## Mind Tip 1: Daily Thought Audit + Digital Detox

### ■ RESEARCH SAYS...

*A 2025 study found three weeks of screen-time reduction produced small-to-medium improvements in depressive symptoms, stress, sleep quality, and well-being. A one-week social-media detox reduced anxiety 16.1%, depression 24.8%, and insomnia 14.5%. Cognitive restructuring (thought auditing) is a core CBT technique.*

### ■ SCRIPTURE

*"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." — Romans 12:2*

### ■ PRAYER

*"Lord, help me catch every lie and replace it with Your truth today. Guard my mind from the noise of the world and fill it with Your peace."*

### ■ ACTION STEP

For 7 days, do a 3-step thought audit three times daily: 1. Catch the thought. 2. Challenge it with Scripture. 3. Replace it with God's truth. Replace your pre-bed scroll with 10 minutes of Scripture audio.

## Mind Tip 2: Overcoming Fear

*"God Has Not Given Us a Spirit of Fear" — 2 Timothy 1:7*

### ■ RESEARCH SAYS...

*The 2025 American Bible Society State of the Bible report shows weekly Bible readers experience significantly lower anxiety (4.3 vs. 4.8), lower stress (8.0 vs. 9.6), and higher hope (18.6 vs. 16.8) than non-readers. Bible engagement outperforms meditation, exercise, and time with friends for reducing anxiety. Neuroscience confirms that meditating on "fear not" Scriptures calms the amygdala while activating the prefrontal cortex.*

### ■ SCRIPTURE

*"For God has not given us a spirit of fear, but of power and of love and of a sound mind." — 2 Timothy 1:7*  
*"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand." — Isaiah 41:10*

### ■ PRAYER

*"Father, I reject the spirit of fear right now. Thank You that You have given me power, love, and a sound mind. Calm every anxious thought and fill me with Your perfect peace."*

### ■ ACTION STEP

Choose three "Fear Not" Scriptures. Write them on index cards or in your phone. Speak them aloud every time fear rises – for 21 days straight. Pair each declaration with three deep breaths. Journal the shift in your peace level weekly!



CHAPTER SIX

# Directing the Will & Stewarding Emotions

## *Choices, Boundaries & Feelings*

*"I have set before you life and death, blessing and cursing; therefore choose life,  
that both you and your descendants may live."*

— **Deuteronomy 30:19**

Your will chooses God's best. Your emotions are signals – not bosses. When you learn to direct your will toward life and steward your emotions with truth, you walk in extraordinary freedom and strength.

## Will Tip: Strengthening Your Will — Choose Life

*Walk in the Spirit (Galatians 5 & Romans 6-8)*

### ■ RESEARCH SAYS...

*A 2025 study on faith maturity found that higher levels of mature faith significantly predicted lower depression ( $p = 0.005$ ), lower suicidality ( $p = 0.012$ ), reduced anxiety, and higher psychological well-being ( $p = 0.001$ ). Intentionally "walking in the Spirit" strengthens self-regulation, leading to better emotional health and long-term outcomes.*

### ■ SCRIPTURE

*"I have set before you life and death, blessing and cursing; therefore choose life..." — Deuteronomy 30:19 "Walk in the Spirit, and you shall not fulfill the lust of the flesh... If we live in the Spirit, let us also walk in the Spirit." — Galatians 5:16, 25*

### ■ PRAYER

*"Father, today I choose life. Strengthen my will to walk in Your Spirit and not the flesh. Help me make decisions that honor You and produce the fruit of love, joy, and peace in my life."*

### ■ ACTION STEP

Each morning for 21 days, pray Deuteronomy 30:19 and Galatians 5:16 aloud. Then make one intentional "choose life" decision – forgive instead of holding offense, speak truth instead of gossip, rest instead of striving. Journal the choice and outcome.

## Expanded Tip 1: Boundary Script + Forgiveness Release

### ■ RESEARCH SAYS...

*Setting healthy boundaries reduces burnout, anxiety, and emotional exhaustion while increasing self-esteem and relationship satisfaction. A meta-analysis of forgiveness interventions showed significant increases in forgiveness ( $g = 0.54$ ) and reductions in anger, depression, and stress, plus gains in life satisfaction.*

### ■ SCRIPTURE

*"The joy of the Lord is your strength." — Nehemiah 8:10*

### ■ PRAYER

*"Jesus, give me courage to set this boundary with love. I release this hurt into Your hands and choose freedom through forgiveness."*

### ■ ACTION STEP

Write and practice one boundary script: "I choose peace over people-pleasing." Pair it with a forgiveness letter (not to be sent) for one person who has hurt you.

## Expanded Tip 2: Emotion Naming + Breath Prayer

### ■ RESEARCH SAYS...

*Affect labeling (naming emotions) decreases amygdala activity while increasing prefrontal cortex activity, reducing emotional intensity and distress. Simply naming what you feel begins to neutralize its power over you.*

### ■ SCRIPTURE

*"Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved." — Psalm 55:22*

### ■ PRAYER

*"Lord, I feel anxious right now – breathe Your peace into me. I name this feeling and I release it into Your capable hands."*

### ■ ACTION STEP

Use a feelings wheel or emotion list. When a strong emotion rises, name it out loud, pray the breath prayer, then journal one Scripture truth that speaks to that feeling. Practice five times this week.



CHAPTER SEVEN

# Honoring Your Body

## *The Temple with Natural Wellness Solutions*

*"Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."*

— **Romans 12:1**

Your body is not an afterthought – it is the sacred temple that houses your spirit and soul. Honoring it is an act of worship. God has filled His creation with natural gifts for your health and wholeness.

## Body Tip 1: Stress & Cortisol Balance with Ashwagandha

### ■ RESEARCH SAYS...

*2025-2026 meta-analyses and RCTs confirm ashwagandha significantly lowers cortisol (average drop ~2.36 mcg/dL), anxiety scores, and perceived stress, with 19-41% reductions in some sustained-release trials – especially helpful for women in perimenopause burnout. No serious side effects noted at standard doses.*

### ■ SCRIPTURE

*"Come to Me, all you who labor and are heavy laden, and I will give you rest." — Matthew 11:28*

### ■ PRAYER

*"Father, calm my nervous system with Your peace as I steward this gift from Your creation. Thank You for placing healing in the earth for Your children."*

### ■ ACTION STEP

Take 300 mg standardized ashwagandha extract daily (or as your practitioner directs) for 8 weeks. Pair with morning breathwork. Log energy and mood in a simple journal. \* Always consult your healthcare provider before starting any supplement.

## Body Tip 2: Rest & Sleep Support

*Valerian, Chamomile & Lavender*

### ■ RESEARCH SAYS...

*Randomized trials show valerian root (530 mg) improves sleep quality in postmenopausal women with insomnia (30% major gains vs. 4% placebo). Chamomile and lavender reduce night awakenings and daytime drowsiness. 2025 meta-analyses confirm benefits for sleep latency in women.*

### ■ SCRIPTURE

*"It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep." — Psalm 127:2*

### ■ PRAYER

*"Lord, quiet my mind and body so I rest in Your perfect peace tonight. I receive Your gift of deep, restorative sleep."*

### ■ ACTION STEP

Create a nighttime ritual: chamomile tea + 2 drops lavender essential oil on your pillow. Take valerian root 30-60 minutes before bed for 2 weeks. Track your sleep quality and share your results with our community!

## Body Tip 3: Hormonal Harmony

### *Black Cohosh & Vitex*

#### ■ RESEARCH SAYS...

*Meta-analyses and RCTs confirm black cohosh reduces hot flashes, night sweats, and mood symptoms. Vitex balances prolactin and eases PMS and menopause complaints. Combined formulas show up to 73% drops in hot flashes and irritability in clinical trials.*

#### ■ SCRIPTURE

*"I will restore health to you and heal you of your wounds, says the LORD." — Jeremiah 30:17*

#### ■ PRAYER

*"Creator God, thank You for these natural gifts. Balance my hormones as You balance all things. I trust You with every season of my body."*

#### ■ ACTION STEP

Under practitioner guidance, add Vitex or black cohosh for 8-12 weeks. Cycle-sync your meals and movement (light stretch/movement). Note symptom changes weekly.

## Bonus Tip: Morning Sunlight + Movement

### ■ RESEARCH SAYS...

*10-30 minutes of morning sunlight regulates circadian rhythm, boosts serotonin, cuts anxiety, and improves sleep quality. Every 30 minutes of outdoor light before 10 a.m. shifts sleep midpoint earlier and lowers poor-sleep scores.*

### ■ SCRIPTURE

*"The heavens declare the glory of God; and the firmament shows His handiwork." — Psalm 19:1*

### ■ ACTION STEP

Step outside within 30 minutes of waking – no sunglasses – and walk 10-15 minutes. Do it daily for 14 days. Combine with prayer or your morning Scripture declaration.

### ■ THINK DEEPER PROMPT — FROM THE SHOW

Future Think Deeper Show episodes dive into "Herbs as God's Pharmacy" and "3D Hormone Reset."  
Subscribe at [www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org)!



## CHAPTER

## Conclusion: Live the 3D Life

*"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be kept blameless at the coming of our Lord Jesus Christ."  
— 1 Thessalonians 5:23*

You were created whole – spirit, soul, and body. When these three dimensions align under the leadership of the Holy Spirit, you don't just survive – **you thrive with joy, peace, purpose, and power.**

Start small today. Pick one tip from each dimension this week and put it into action. Remember: *Knowledge without application changes nothing, but applied truth transforms everything.*

### A Personal Word from Linda Cross

Dear beloved sister,

As Co-Pastor of Harvest Church, my heart's deepest desire is to see you walk in the full, abundant life Jesus died to give you. You are fearfully and wonderfully made as a 3-dimensional woman. Never underestimate how powerful it is when your spirit is awakened, your soul is renewed, and your body is honored.

I'm cheering you on every step of the way!

#### I warmly invite you to:

- ◆ Subscribe to the **Think Deeper Show** at [www.THINKDEEPERSHOW.org](http://www.THINKDEEPERSHOW.org)
- ◆ Join us for live worship and teaching at [www.HarvestChurchLive.org](http://www.HarvestChurchLive.org)
- ◆ Support this ministry at <https://hci.churchtrac.com/give>
- ◆ Download your **FREE workbook, Scripture cards, and herbal guides** at [www.WomenTips.Info](http://www.WomenTips.Info)
- ◆ Share your 3D journey with me on X @[VideosbyLindaC](https://twitter.com/VideosbyLindaC)

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*"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."*

**— Jeremiah 29:11**



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With love and faith, **Linda Cross**

Host, Think Deeper Show – Take the DIVE! | Co-Pastor, Harvest Church

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References and full study links available at [www.WomenTips.Info](http://www.WomenTips.Info)

*Consult your healthcare provider before starting supplements. All suggestions are educational and informational only.*

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