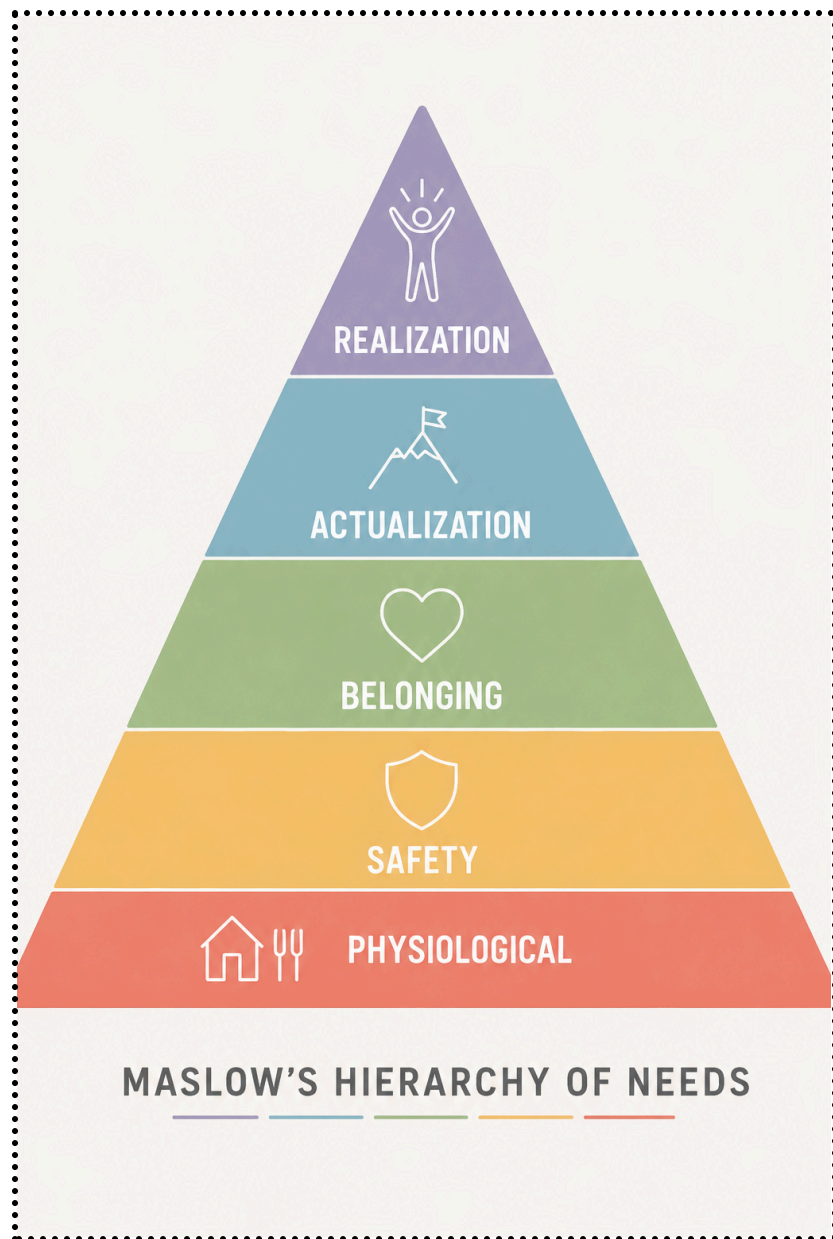


Beyond the Hierarchy: Mapping Wellness

an integrative thought proposal

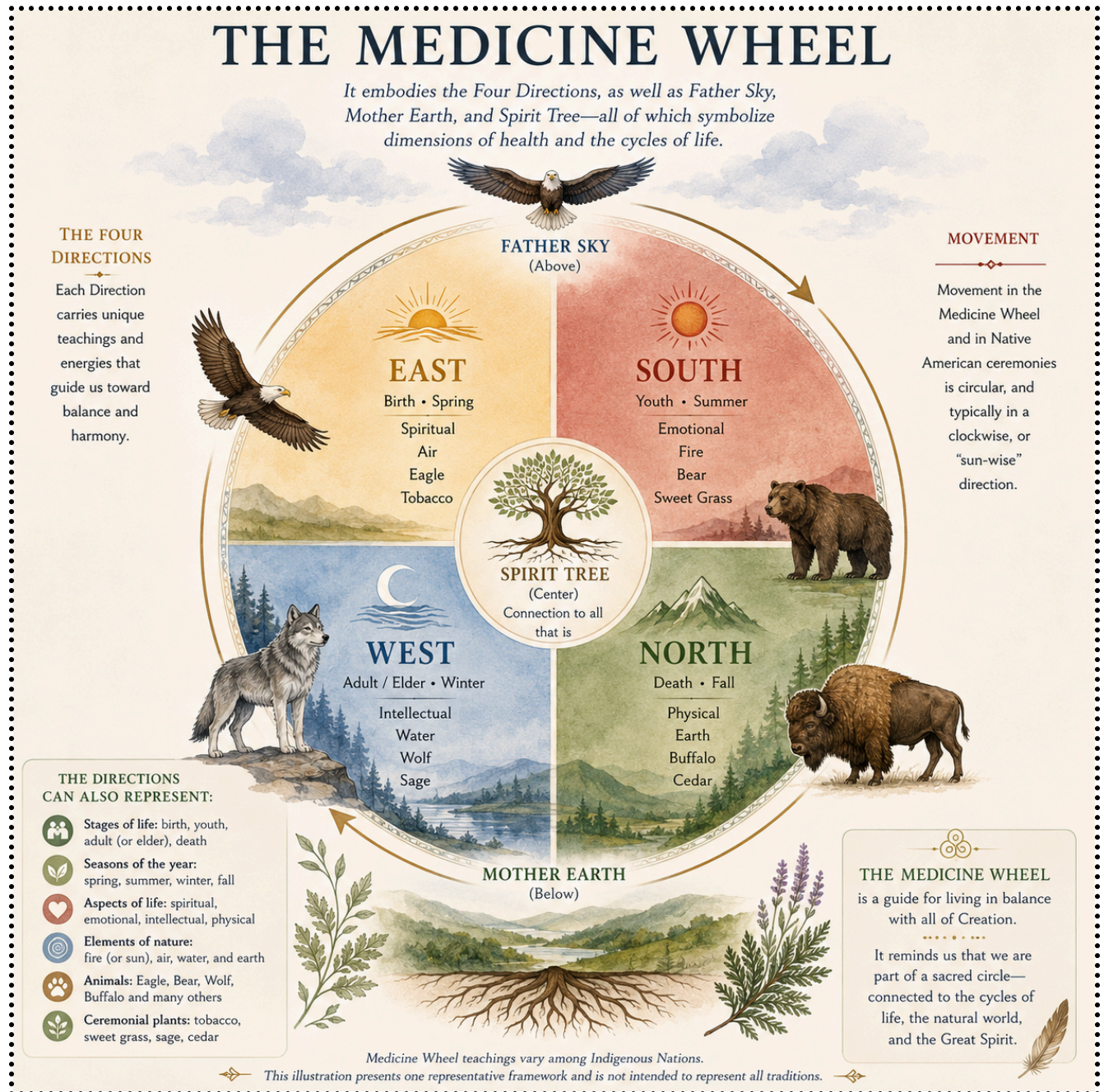


July 2026, by Delia-Αηλία Louise Scotch

1. Consider human need **dynamically**. Max-Neef's Fundamental Human Needs:



2. Consider human need **timelessly**. The Medicine Wheel:



3. Consider human need **integratively**.

The Quadratic Systemic Model of Wellness:

begins with the understanding that the human condition is inherently whole, consisting of its four parts: mind, body, spirit, and soul.



The model provides a simple, harmonious foundation for integrative wellness practice, defining wellness as a function of communication among the four dimensions: MIND, BODY, SPIRIT, & SOUL.

Each pathway operates in flux, continually influencing the whole system in favor of long-term, personalized growth in wellness. It is flexible and inclusive. The model rejects the pressurized, inhibitory drive of perfectionism, reminding us that we were never broken or fundamentally different. We all have the four dimensions within us. There are many ways to communicate.

The model encourages mindfulness, integration, and balance. It accepts learning and healing as life-long endeavors with no “finish line”. What does it look like in action? —*compassion, communication, and connection*. Wellness.

Quadratic Systemic™ Wellness Mapping

The communicative—*not accumulative*—structure emerges with remarkable elegance:

1 Person

2 Governing Laws

4 Domains

4 Intrinsic Principles

16 Communication Pathways

Each layer asks—and answers—a “big” question.

1 — Who am I?

The Whole Person.

2 — Where am I? What is reality?

Time and Love are the confines wherein life exists: reaching upward, firmly grounded.

 The Law of **Time**

you are here

 The Law of **Love**

4 — What am I?

Mind, Body, Spirit, and Soul.

4 —Why four parts, and how do they maintain their integrity?

Each domain is present in every living being and possesses its own communication loop through which it governs and maintains its unique nature. From its nature we identify four principles.

The Four Domains and Principles

The Domain	The Intrinsic Principle
Mind	Generation
Body	Preservation
Spirit	Consciousness
Soul	Truth

16 — How do the parts communicate?

Through a complete communication matrix, defined below:

“The 16 Ways” *Matrix of Communications*

Mind

*Mind → Mind = **Generation***

- Mind → Body = **Action**
- Mind → Spirit = **Affect**
- Mind → Soul = **Prayer**

Body

*Body → Body = **Preservation***

- Body → Mind = **Drive**
- Body → Spirit = **Experience**
- Body → Soul = **Meaning**

Spirit

*Spirit → Spirit = **Consciousness***

- Spirit → Mind = **Salience**
- Spirit → Body = **Imprint**
- Spirit → Soul = **Resonance**

Soul

*Soul → Soul = **Truth***

- Soul → Mind = **Vision**
- Soul → Body = **Will**
- Soul → Spirit = **Purpose**

Quadratic Systemic™ Model of Wellness

Father Sky
Law of Time

Four Domains



Mind



Body



Spirit



Soul

Four Intrinsic Principles



Generation



Preservation



Consciousness



Truth

Complete Communication Matrix

	Mind	Body	Spirit	Soul
Mind	Generation	Action	Affect	Prayer
Body	Drive	Preservation	Experience	Meaning
Spirit	Salience	Imprinting	Consciousness	Resonance
Soul	Vision	Will	Purpose	Truth

Mother Earth
Law of Love

Şifa olsun, ve hayırla olsun. — May it be healing, and may it unfold with goodness.

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The pursuit of a good thing is a good thing in and of itself.

Àşę