

INTRODUCTION

Human existence consists of three major components: the body, the soul, and the spirit. The soul is also comprised of three parts: the mind, the will, and the emotions. Discussions about the mind-body connection are prevalent, but there have been few discussions on the correlations of the mind with the other components of the soul, i.e., the will and the emotions. Additionally, there has been little dialogue as to how the human spirit is affected by the soul, and how the soul and the spirit can impact the body.

Racial and Ethnic Health Disparities is a major issue in our country; nevertheless, there are few examinations of how the disparate treatment affects the spiritual aspect of the lives of African Americans and other racial and ethnic minorities. Consequently, this body of work addresses the issue of racial and ethnic health disparities by closely exploring the impact of racism on the psychological and physiological health of the targets of this maltreatment.

As the most powerful spiritual force in the universe, the Holy Spirit can be a formidable intervention tool to address the disparity issue. Therefore, while maintaining the fundamental theological thematic thrust of the role of the Holy Spirit in the lives of Christians—*empowering Christian believers to continue the ministry of Jesus Christ*—an inquisition as to how the healing power of the Holy Spirit can be employed to address the current contemporary problem of *Racial and Ethnic Health Disparities* is presented. Discussions as to the role that the Holy Spirit can play in addressing this inequality, and other corresponding and related issues, are also offered.

Practical theological insights are made available as utensils to assist in the development of intervention and prevention strategies that inhibit

the propagation of these disparate conditions, in one of the richest countries in the world—the United States of America.

Chapter 1 discusses the concepts related to “Racial and Ethnic Health Disparities.” It provides statistical data that delineates the disparate health outcomes for African Americans and other ethnic minorities. It provides a discussion on social inequalities and the social determinants of health and their relationship to the disparate health outcomes that we see in our country today.

Chapter 2 briefly discusses the overall issue of “Racism in America.” The correlation between race, racism, and their long-term effects on contemporary American culture and society is explored. Different types of racism are defined.

Chapter 3 explores “The Psychological and Physiological Effects of Racism.” It discusses how racism impacts the lives of those who are targets of negative racial acts and activities. It discusses the psychological and physiological effects of slavery on the lives of those who were slaves and their descendants. The Willie Lynch method of *making* a slave is examined and discussed.

Chapter 4, “The Effects of Willie Lynch: Institutional Racism and Internalized Oppression,” looks at the methodology of *making* a slave and discusses the ideology behind the procedures that were applied. Correlations between the Willie Lynch method and institutional racism and internalized oppression are delineated.

Chapter 5, “The Anatomy of Toxic Treatment,” discusses how toxic treatment can negatively affect the total existence of a human being—body, soul, and spirit. The correlation between ill treatment and stored memories is discussed, and the multigenerational and intergenerational consequence of maltreatment is explored.

Chapter 6, “The Plight of Black Women,” briefly discusses the effects of simultaneously experiencing multiple forms of oppression, based on race and gender.

Chapter 7, “The Holy Spirit,” examines the doctrine of the Holy Spirit, in the New Testament Bible, and analyzes selected writings of Luke, John, and Paul as related to the role of the Spirit in the life of the Christian believer. It specifically explores how the power of the Holy Spirit can be employed to empower Christians to acknowledge and address spiritual bankruptcy.

Chapter 8, “The Holy Spirit: An Intervention Tool for Racial and Ethnic Health Disparities,” gives practical insights as to how to use spiritual tools to assist in the battle against illnesses, disease, and racism. It also discusses general practical issues pertaining to assessing the power of the Holy Spirit and identifying hindrances to the Holy Spirit.

Chapter 9, “Contemporary Practical Examples of the Power of the Holy Spirit,” offers a practical view of how the Holy Spirit is involved in the healing process, as articulated through the voices of Christian practitioners. A critical analysis of primary data collected from semi-structured interviews of believers—who are at different stages in their faith development and engage in a variety of Christian denominations—is presented.

This book is intended for a wide-ranged audience. It is the goal of the author that this work stimulates interdisciplinary discussions—which traverse socioeconomic and educational barriers and limitations—to address the issue of racial and ethnic health disparities. Consequently, this book is written to (1) scientific, medical, and social science researchers and scholars; (2) community leaders and activists; (3) clergy, religious leaders and scholars; and (4) lay individuals.

Writing about the Spirit of God is a daunting task and a sacred responsibility. Consequently, it is with great sensitivity toward and immense respect for God’s Spirit—the Holy Spirit—that I humbly submit the revelations expressed within this book. The primary reference source throughout this conversation is the King James Version of the Holy Bible.