



The spirit, or human soul, is the rider; and the body is only the steed. The soul acts in the physical world with the help of the body.

– Bahá'u'lláh

	Soul	Body	Ego
	Rider	Horse	Dragon
Locations	Heart (seat of higher guidance)	Gut + body sensations	Head (mind, intellect, identity)
Signals	Subtle, calm. Requires receptivity	Feelings: Instincts, desires, cravings	Tension, urgency Fire: Shaming, blaming, judging Seduction: Charm, threats, jealousy Hoarding: Defending beliefs, status, possessions
Information	Provides clear guidance	Survival signals; raw emotional responses	Distorts reality, dichotomy
Response	Surrender, obedience	Care for & meet its needs	Discipline — tame the dragon
Training	Distinguish between reactivity and guidance	Encouragement, consistent connection	Teach reverence and detachment