

Spirituality and Hope at HKA

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Who Am I?

Spirituality is all about the answer to this big question.

Am I.....

my body?

my thoughts?

my family?

my job/career?

my relationships?

my emotions?

So Who Am I?

You are, I am , we are.....Inner Awareness – Your Essence – your core self – your soul, the non-material part of you that is who you truly are.

Neuroscience calls it your MIND.....

You are the conscious seat of awareness. That is who you are and that is what we call **Spirit. Spirit –**

- notices the voice talking in your head and can be aware of your thoughts
- knows if you are sad, happy, afraid
- is aware of the pain in your body
- is aware of the information provided by your senses – the awareness that sees what you see, hears what you hear
- is the centre of your willful intentions
- is capable of being aware that it is aware and
- is the continuity of being

Spirituality

Therefore.....

Spirituality means nurturing the spirit

And.....

Religion - is a specific set of beliefs and practices generally agreed upon by a number of persons or sects: e.g., the Christian religion; the Buddhist religion, which for those people, nurtures the spirit.

Our Spiritual Needs

- 1. To find MEANING in life, death and suffering.**
- 2. CONNECTION with one's spirit or SELF.**
- 3. CONNECTION with others at the level of the spirit.**
- 4. CONNECTION with the TRANSCENDENT, or something greater than one's self.**

Our Spiritual Needs

- When ill
- When dying
- When grieving

How we help at HKA

- Compassion
- Presence and Connection
- Active Listening
- Tolerance
- Validation
- Loving Kindness
- Companionship

Companioning

- Companioning is about honoring the spirit; it is not about focusing on the intellect.
- Companioning is about curiosity; it is not about expertise.
- Companioning is about learning from others; it is not about leading.
- Companioning is about walking alongside; it is not about leading.
- Companioning is about being still; it is not about frantic movement forward.
- Companioning is about discovering the gifts of sacred silence; it is not about filling every painful moment with words.
- Companioning is about listening with the heart; it is not about analyzing with the head.
- Companioning is about bearing witness to the struggles of others; it is not about directing those struggles.
- Companioning is about being present to another person's pain; it is not about taking away that pain.
- Companioning is about respecting disorder and confusion; it is not about imposing order and logic.
- Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.

Spiritual Care Practices

- Meditation, including Mindfulness
- Guided imagery
- Gratitude
- Art and music
- Journaling
- Time in Nature
- Spiritual direction and Pastoral counselling
- Religious ritual including reading sacred texts
- Attending worship
- Prayer

Resources of the Human Spirit

- **Hope**
 - **Courage**
 - **Compassion**
 - **Tolerance**
 - **Patience**
 - **Conscience**
 - **Will to Meaning** – our most important need is to find meaning
 - **Freedom of Will** – we always can make choices
 - **Self-transcendence** – to think about others and their needs
 - **Responsibility**
 - **Commitment**
 - **Values, Universal Truths**
 - **Awareness of Mortality, Finiteness, Fallibility**
 - **Humour**
 - **Imagination**
 - **Love**
 - **Forgiveness**
 - **Creativity**
 - **Kindness**
 - **Dignity**
 - **Persistence, Determination, Not giving up**
 - **Gratitude**
- Grace
 - Fairness
 - Non-attachment
 - Trust
 - Respect
 - Equality

HOPE

Hope

- for a good sleep
- for a peaceful death
- to have my pain managed well
- for one more Dairy Queen
- to make it to my son's wedding
- that I will survive this loss
- that I will find meaning
- to have connection

Realistic hope that sustains us

Spirituality and Hospice Care

We are all spiritual beings. Our ability to see that in the other, and face unafraid, their experiences, helps them to re-connect with or deepen their spirituality and meet their spiritual needs – a privilege and a blessing and the opportunity for healing and peace.