

# 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
- Companioning

# 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.**