

# Spirituality, Contemplation, Prayer...

## What Do These Mean?



# What is spirituality?

- “the innate yearning, longing for harmony and wholeness”  
*(Sugunasuri Suwanda)*
- “the strength to go on”  
*(Statement of Eatwot, 1992)*
- “the experience of striving for self-transcendence, to be in a relationship with the other”  
*(author unknown)*
- “the energy within each person that looks for meaning and purpose in life”  
*(Hospice Association of Ontario)*





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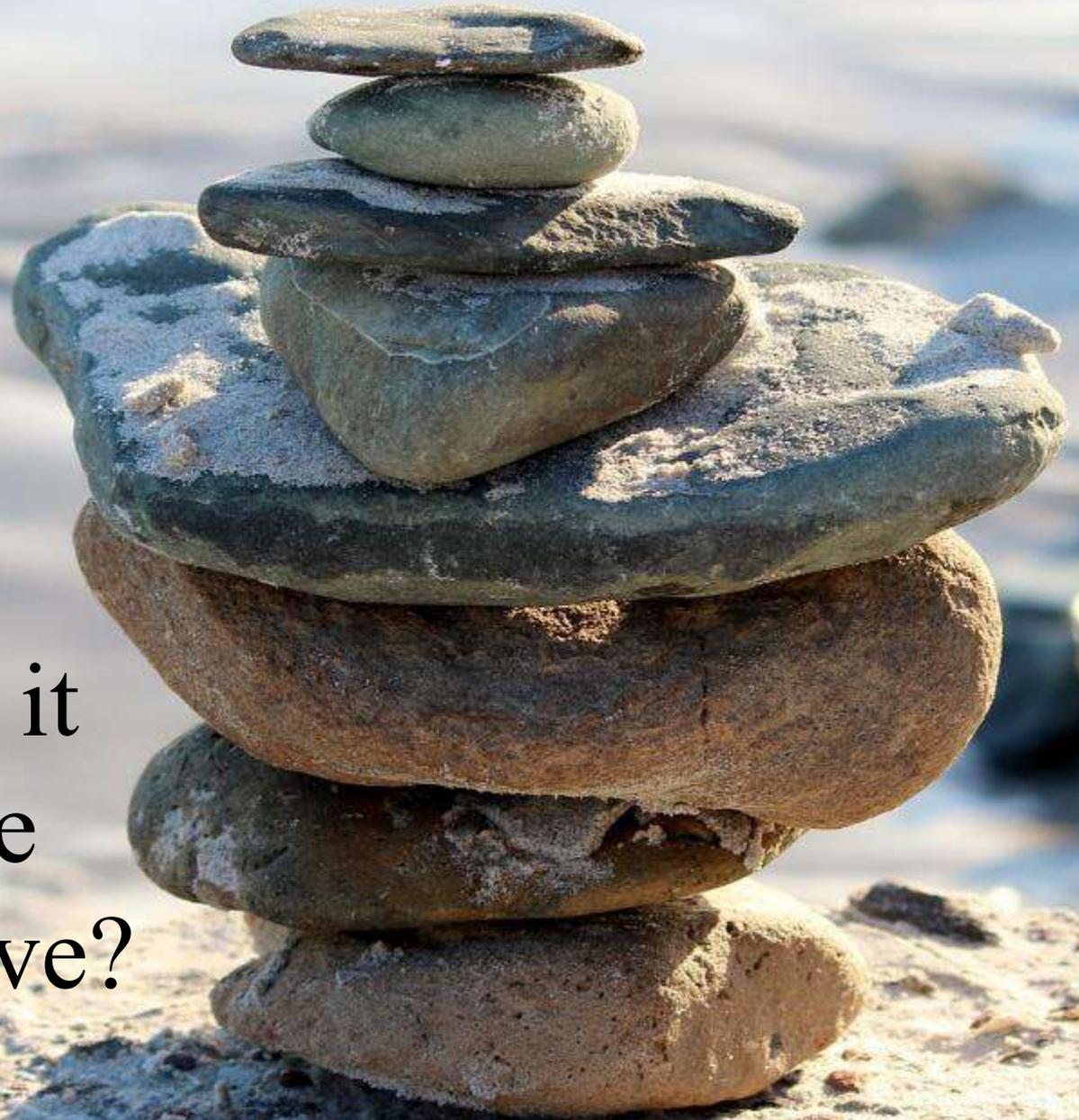
“Spirituality” is a very loaded word.

- For some it may involve a relationship to religion, theology, dogma, judgment, eastern thought...
- It may be a threatening idea for some
- It is often very personal, private, not talked about
- It is sometimes associated with one’s home life more than work/social life

What Does it mean for you?



What Does it  
Mean to be  
Contemplative?



**Cognitively**, contemplation, refers to thinking profoundly about something, as in: “involving quiet and serious thought for a period of time”

**Spiritually**, contemplation is a kind of inner vision or seeing, transcendent of the intellect, facilitated by means of practices such as prayer or meditation.

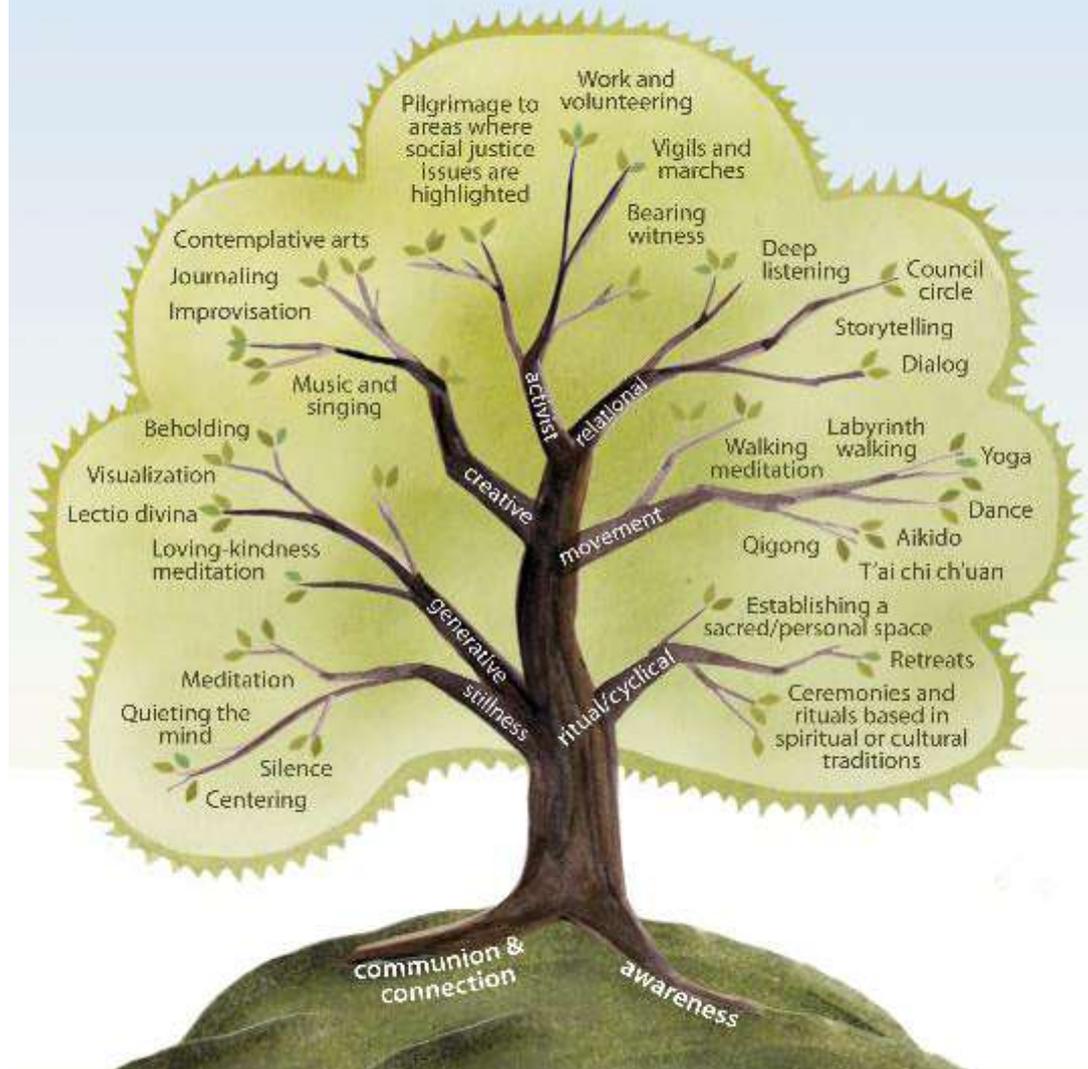
The word  
**contemplation** basically  
means “to think about an  
action before you perform it.”





In what ways in  
*your* life are you  
contemplative?

# The Tree of Contemplative Practices





Consider each of these images:

- What is the role of spiritual care in each situation?



# Ways individuals can find meaning

- Belonging to a caring community
- Telling their stories
- Healing old wounds
- Experiencing moments of transcendence or peak experiences
- Feeling valued by others
- Developing one's higher self or soul



# Your Role...

- Recognize a spiritual need
- Provide spiritual support
- Understand the person's (and the family's) spiritual beliefs
- Ask for help when necessary





# The Role of Prayer

- **The big question:**
- What does *prayer* mean to you?
  
- Who does it?
- When does it happen?
- What is the purpose of prayer?
- What does it change?



# Showing up for support with G.R.A.C.E.

**G**ather your attention

**R**ecall your intention

**A**ttune to self and other

**C**onsider what will serve

**E**ngage and end

