Buddhism and Spirituality

By Ecie Hursthouse





"Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature and to the significant or sacred."

National Consensus Panel Report, Improving the Quality of Spiritual Care as a Dimension of Palliative care: The Report of the Consensus Conference, October 2009.



Qualities of being: hope, love, meaning and purpose, transcendent identity, intrinsic value and dignity of the person.

Spiritual values that have an impact on coping and on healthcare decisions.

Relationship or connection to a transcendent power or to others (or to nature).

Spiritual practices that nurture the person or enhance wellness.

- George Washington University
- http:/www.gwish.org



Born 563 BC, in Lumbini, Nepal.

Family name was Gautama, rulers of the Sakya clan.

Predicted to become either a great political leader or a great religious leader.

Left the rich life seeking truth, tried asceticism, took middle way, meditated under 'Bodhi' tree achieved 'awakening'.



The Buddha is founder and guide

Take refuge in the Buddha, Dharma and the Sangha

Believe that the purpose of life is to develop compassion for all living beings without discrimination and to work for their welfare and peace;

and to develop wisdom leading to the realization of Ultimate Truth

Different ways of practicing in different countries - all Buddhists believe the above.



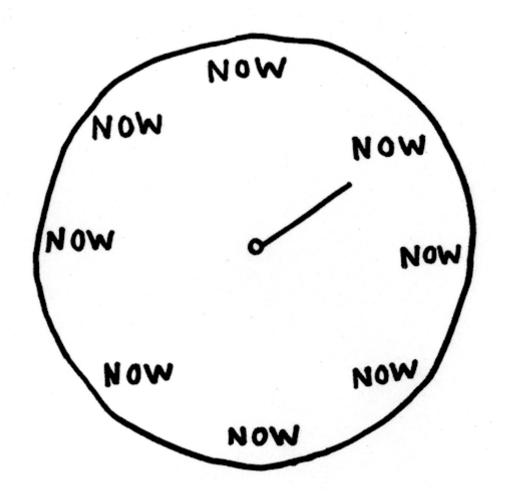
The Four Noble Truths: namely Suffering, the Cause of suffering, the Cessation of suffering, and the Path to the cessation of suffering

The law of cause and effect

Do not believe that the universe was created or ruled by a god.

Everything is conditioned, impermanent & arises in dependence upon other things.

Importance of NOW V W



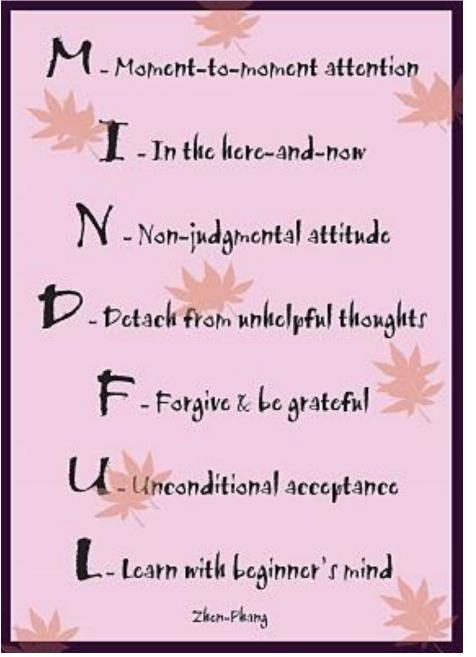
Importance of NOW













Mindfulness gives you time.
Time gives you choices.
Choices, skillfully made, lead to freedom. You don't have to be swept away by your feeling. You can respond with wisdom and kindness rather than habit and reactivity.

- Bhante Henepola Gunaratana -

OkyDay.com



"My religion is very simple.

My religion is kindness."

"Be kind wherever possible."
It is always possible."

- His Holiness Dalai Lama







Listen and acknowledge without judgment.

Open your heart with empathy & compassion.

Acknowledge "regrets" as lessons learned but discourage guilt, which is destructive.



Focus on the positive memories, celebrate achievements and rejoice in one's virtues.

Encourage gratefulness in everyone's kindness.

Rejoicing and gratitude lifts one's spirit and increases one's spiritual strength.



Support acceptance and contentment, feeling happy to leave the life one has known, to "let go" everything, even unfinished business, plans and dreams and giving up all attachments.



Corroborate faith, devotion & remind the Buddhist of his / her spiritual teachers and meditation practices.

Encourage expansive altruism and universal compassion with inspirational prayers and visualisation.

Referrals 828-3321

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