

# Buddhism and Spirituality

*By Ecie Hursthouse*



# Spirituality



“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.

## 4 Domains of Spirituality

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>*

# Who was Buddha?

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' .

# Philosophy



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.

# Philosophy



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



# Importance of NOW



The present moment is the only  
moment available to us, and it is  
the door to all moments.

- Thich Nhat Hanh -





# Presence



# Mindfulness

**M** - Moment-to-moment attention

**I** - In the here-and-now

**N** - Non-judgmental attitude

**D** - Detach from unhelpful thoughts

**F** - Forgive & be grateful

**U** - Unconditional acceptance

**L** - Learn with beginner's mind

Zhen-Fhang

# Mindfulness



*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 -

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# Attitude



“My religion is very simple.

My religion is kindness.”

“Be kind wherever possible.

It is always possible.”

- His Holiness Dalai Lama

# Practice



**When You Talk, You Are Only  
Repeating What You Already Know.  
But If You Listen, You May  
Learn Something New.**

– Dalai Lama





# Spiritual Support

Listen and acknowledge  
without judgment.

Open your heart with  
empathy & compassion.

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



## Spiritual Support

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.



A vertical green bar on the left side of the slide. It features a close-up photograph of a thin, light-colored leaf or stem with several clear, spherical dew droplets hanging from it. The background of the bar is a soft, out-of-focus green.

## As Death Begins

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.





## As Death Progresses

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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Peaceful  
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**[www.amitabhahospice.org](http://www.amitabhahospice.org)**

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**[www.peaceful-passing.org](http://www.peaceful-passing.org)**

Our Companions offer free spiritual support to anyone of any faith or culture in Auckland, empowering the dying to pass peacefully.