

Spiritual care

MINDFULNESS



WHAT IS SPIRITUALITY?

- * a broad concept with room for many perspectives.
- * includes a sense of connection to something bigger than ourselves
 - * Involves a search for meaning]
- * refers to the kinds of activities through which a person seeks meaning
 - * search for the sacred
- * informs the way we relate in the world, with people, patients
 - * Unseen ground of our being

- **WHAT IS “SPIRIT”**
- Greek: “pneuma “ - breath
- **(Gen 2:7 “....and God breathed into them the breath of life...”)**

- *“You are not a human being in search of a spiritual experience. You are a spiritual being immersed in a human experience.”*

- (Pierre Teilhard de Chardin)



MINDFULNESS

-
- is a useful activity
 - practice
 - discipline
- in spiritual growth



SCIENTIFIC BENEFITS OF MINDFULNESS

the brain can build itself

- better concentration and clarity in thinking
- increased calmness
- decreased stress and anxiety
- more skillful responses to difficult situations
- increased empathy and understanding of others
- decreased pain in response to illness or injury
- enhanced physical health




**YOU CAN'T STOP
THE WAVES
BUT YOU CAN
LEARN TO SURF**



INTERNATIONAL



A dramatic landscape featuring a sunset or sunrise over a mountain range. The sky is filled with dark, heavy clouds, with a bright, golden light breaking through near the horizon, casting a warm glow on the mountains. The foreground shows the dark silhouettes of the mountain peaks.

The unexamined life
is not worth living.

Socrates

Carol Swanepoel

Centurion Hospice

2nd Floor, DBM Gardens Building, Golf Park, Raapenberg Road, Mowbray, 7700
Tel: 021 531 0277 | Fax: 021 531 1706 | Email: info@hpca.co.za
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Palliative Care – Relief of suffering
