

“Creative Approaches to Spiritual Care: Lessons from an Interfaith Perspective”

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Workshop Goals

As a result of this workshop, participants will:

1. Gain a series of practical creative tools that they can take home and apply in their spiritual care practices. The Creative Approaches we will investigate include:
 - ❖ Guided Imagery, Visualization, Art and Music at the Bedside, Creative Approaches to Meditation, and Prayer Tools for Stress Reduction.
2. The Interfaith perspective we will be using will enhance intercultural comfort and competency.
3. The creative tools we will be exploring can be useful for professional self-care.

Description

Even if you feel that you are not creative, or find interfaith material outside of your spiritual comfort zone, this workshop can give you take home tools and instill a sense of greater confidence for your spiritual care practice. Having taught these techniques to hundreds of individuals, I believe that at least one practice shared today can become a valuable part of your regular spiritual care vocabulary.

Before we begin Notice levels of:

Fear 0-10 _____, Anxiety 0-10 _____, Pain 1-10 _____

***Where are you experiencing this fear, anxiety or pain,
in your body, thoughts or feelings?***

Breathe Easy Visualization: Rapid Extubation Protocol after Surgery and as Spiritual Care Support Tool for Pain Management and Stress Reduction (Based on Buddhist Meditation practice)

In your mind imagine that there is the bud of a beautiful water lily. As you observe this beautiful flower it slowly begins to open. Your mind begins to warm to the radiant light that is shining from the center of the flower. The stem of the flower is long and delicate and slides gently down your relaxed throat. Your tongue rests loosely behind your bottom teeth, and is like a lily pad softly floating on the surface of the water. Your jaw is relaxed, and your mouth slightly open. The stem of the lily extends gently down your throat and into your chest. Your breath is like the current of the water flowing with a quiet easy rhythm.

Belly breaths: Key to Relaxation: Place one hand on your chest and the other on your belly. Begin by noticing which hand is moving up and down. Bring awareness to the belly and see if you can isolate the breath to the belly so that only the hand on the belly is rising and falling. The hand on the chest stays still. Practice one large and three gentle belly breaths. Practice breathing out through the mouth as if blowing a small white feather.

Your breath is like the current of cool refreshing water flowing with a quiet easy rhythm
Repeat ten times and practice hourly until belly breathing becomes habit.

Now Rate: Fear 0-10 _____ Anxiety 0-10 _____ Pain 1-10 _____

Your Greeting is the Bridge to your Meeting: Knowing the proper greeting or prayer can open the door of connection to those you may work with.

Interfaith greetings and useful phrases

Sikh: **Sat Shri Akaal or Sat Sri Akal** (Punjabi: sati śrī akāla) is a Sikh greeting in Punjabi (Sat = truth, Sri = great, Akaal = Timeless Being i.e. God). Complete usage is It means roughly, "He/She Be Blessed Who says Truth is God". It is so often used and so popular in Punjab that the Hindus and even many members of the tiny Muslim community use this as a greeting.

Hindu: "**Namaste**" The God in me beholds the God in You (said with palms together).

http://www.sikhiwiki.org/index.php?title=Sat_Siri_Akal

Buddhist: **Shin**

**May every link in Amida's chain of love be bright and strong,
And may we all attain perfect peace.**

Namo Amida Buddha.

The above Buddhist prayer adapted by G.R. Lewis, the Senior Teacher and founder of the Buddhist Faith Fellowship of Connecticut

The nembutsu is simply reciting the phrase:

Namu Amida Butsu ("I take refuge in Amida Buddha").

http://en.wikipedia.org/wiki/Jodo_Shinshu#The_Nembutsu

Metta Practice of Lovingkindness: **May you be free from suffering and the causes of suffering. May you know peace. (May we be free, May I be free, May all be free)**

Islam: **Customary greetings and phrases** (compiled by Timothy Conway, PhD)

Greeting: **as-Salâm Alaikum** ("God's Peace be upon you")

Response: **wa-laikum as-Salâm** ("And God's Peace be upon you") (always respond with this if someone greets you with Salâm Alaikum)

The customary invocation to begin any enterprise (a prayer, a speech, a journey, a business enterprise) is the basmala, which goes:

Bismillâh ar-ra.hmân ar-ra.hîm ("In the Name of God, most merciful and most compassionate.") This phrase also opens the most frequent prayer in Islâm, the Fâti.ha (see below for text), the opening sûra of the Qur'ân.

The shahâda, or basic Muslim profession of faith, is as follows:

Lâ ilâha illâ Allâh (there is no god but God),

Mu.hammad rasûl Allâh (and Mu.hammad is the messenger of God).

Whenever one speaks with the intention of doing something or having something happen, one always appends it with the saying inshâ' Llâh, "if it please Allâh" or "God willing."

Interfaith Visual Art Cards and resource <http://www.kuanyin.net/products/cards.html>