



IAPCON 2025
32nd International Conference of the
Indian Association of Palliative Care (IAPC)

30th Jan 2025 -Pre Conf. Workshop | 31st Jan - 2nd Feb, 2025-Conference | AllMS, Jammu

Organized by: J&K chapter of IAPC and All India Institute of Medical Science, Jammu.



The Namasthe of Caring

NANDINI VALLATH

VIDYA VISWANATH

JAN 30TH 2025



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Outline

- Comprehending the spiritual domain in healthcare
- Relevance, Evidence & Challenges of Spiritual caring in Healthcare
- We The Tool - Spiritual Assessment
- How do we provide Spiritual Care?
Demonstration and Exercises
- Synopsis



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Comprehending the spiritual domain in healthcare



Core Attitude determines our Experienceand our Suffering

Perception filtered through mind sieve
(IEMM)

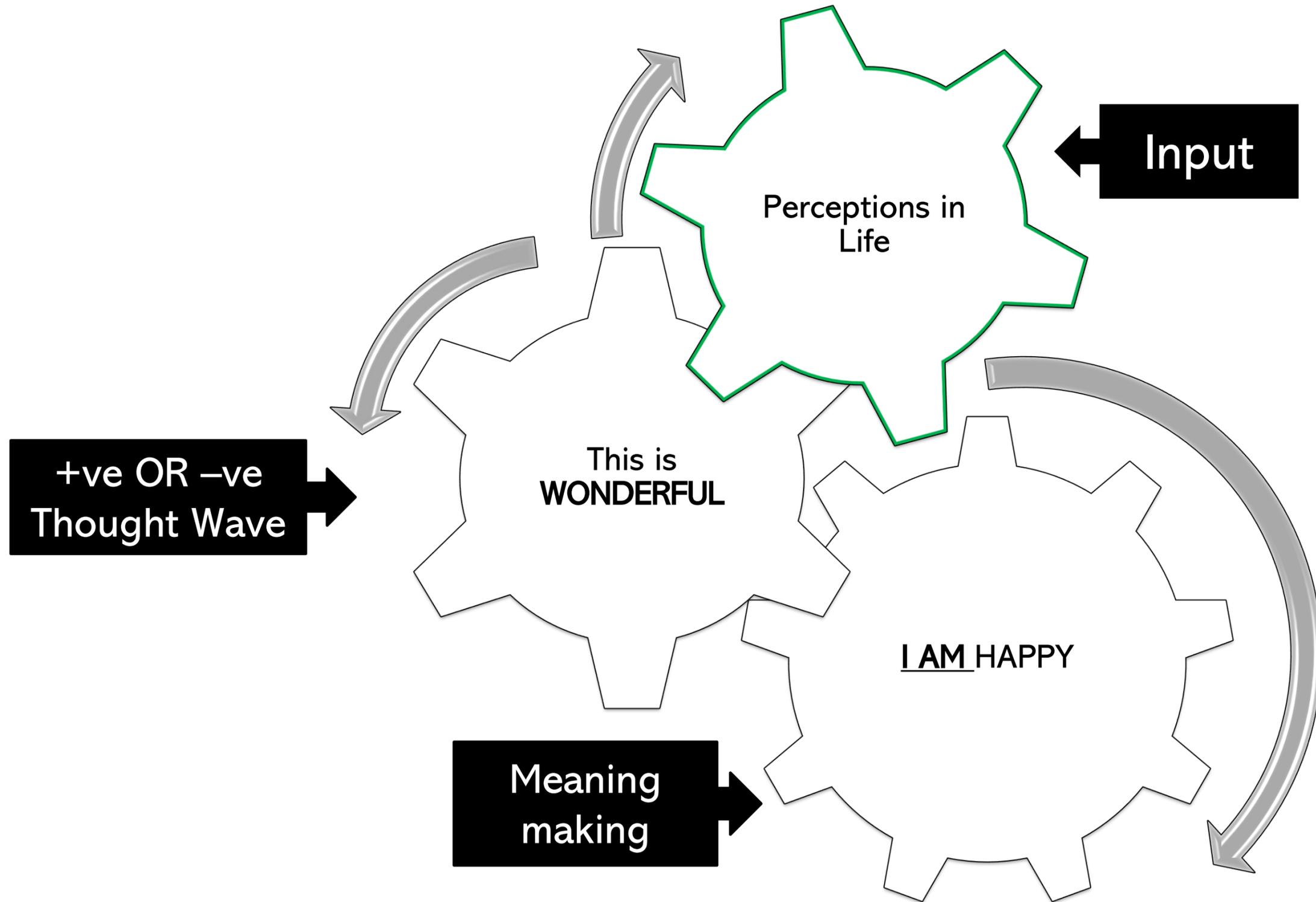
Interpretation creates thought waves

Colours our experience

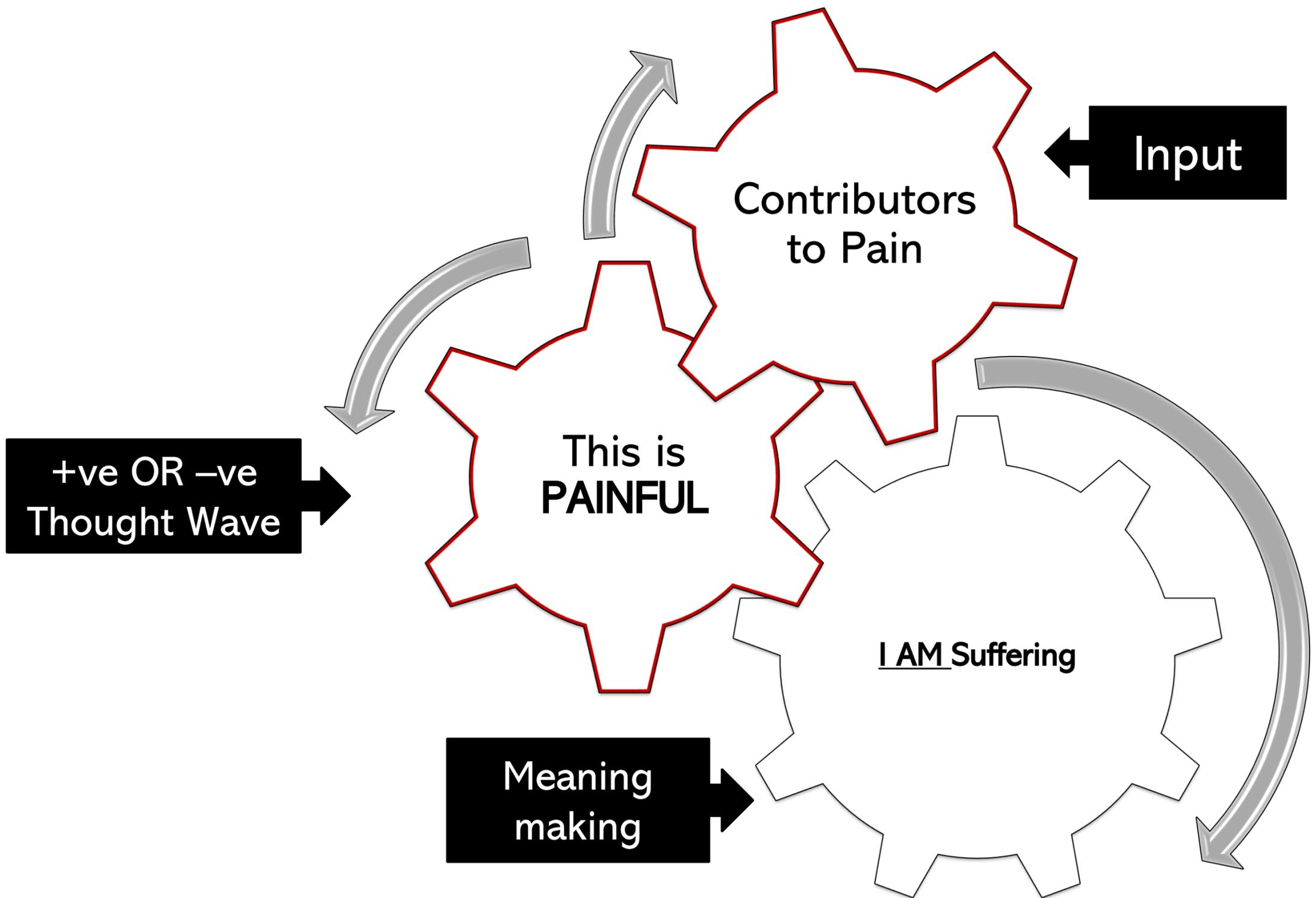
Makes meaning

Influences attitude, behaviours

Spiritual Core determines what we do with our Perceptions



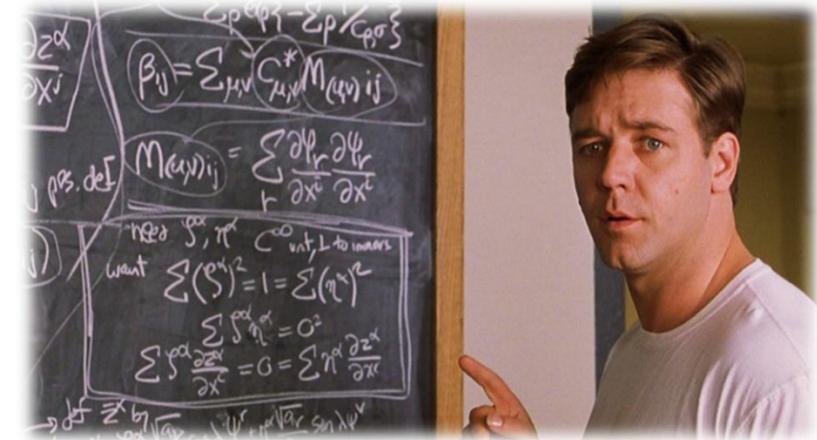
Spiritual Core determines what we do with our Pain



Core Attitude determines our Experience

...and our Suffering





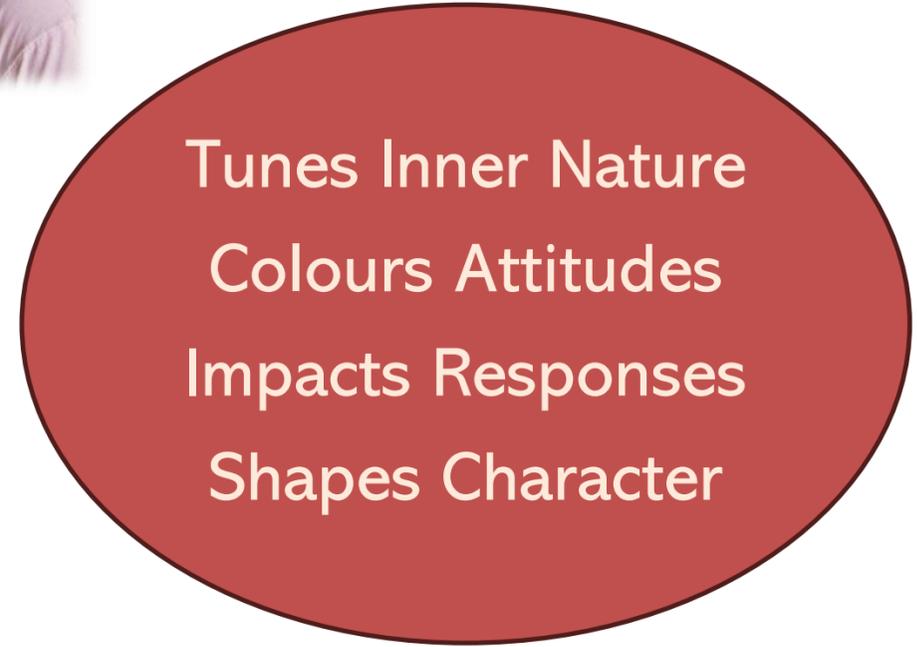
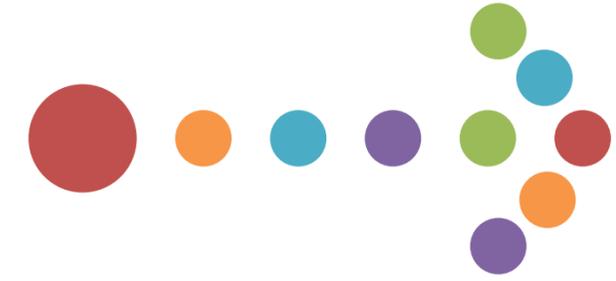
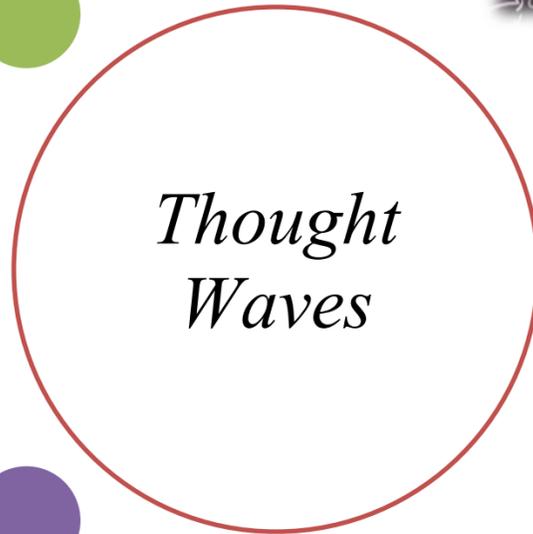
All that we See, Hear



All that we Feel



All that we Perceive



*Suffering depends not upon the factual happenings...
.....but upon the texture of one's mind*

बन्धुरात्मैव रिपुरात्मनः

Terminologies

- **Spirituality** ...is the connectedness to the moment, to self, to others, to nature, to the sacred and the significant
- It determines the way individuals interpret experiences... seek and express meaning & purpose in their life
 - *Values, Beliefs, Practices, Traditions*
- An existential crisis is a period of deep questioning and reflection about the fundamental nature of one's life, purpose, and existence



Terminologies

The quality or condition of being an individual person. **Impacts Dignity, Autonomy --> Suffering**

- **Personhood**

Negative inner conflicts on that life lacks meaning; questioning about one's identity.

- **Existential Crisis: stress, anxiety, despair, depression**

These are ‘Somethings Greater Than Oneself SGTOs, “I-ness”
...that people connect to.... that makes life fulfilling,
meaningful

I..... Me and Mine

- My self (Body, Mind, Intellect)
- My Family
- My Vocation / work
- My Community, Country

Exceeding I, Me/Mine

- Nature, humanity
- Art, music,
- Literature, poetry
- Science, Philosophy

Transcending I, Me/Mine

- Pursuit of Absolute Truth
- Meaning, purpose of existence
- God, religion, Guru, scriptures
- Basis of Consciousness, Sentience

These are ‘Somethings Greater Than Oneself SGTOs “I-ness”
...that people connect to.... that makes life fulfilling,
meaningful

I..... Me and Mine

- My self (Body, Mind, Intellect)
- My Family

Why me, why now?!

- We just got married; life just began....
- Our kids...so young...who'll be there for them;
- our dream house has just got completed to move in
- I want to forgive....want to bless my daughter, before I go
- I want forgiveness....I want to say sorry to my father
- Finally I got that long due promotion....
- I have so much more to do as the panchayat president
- Will I attain liberation, Kingdom of God, Pure-land of Budha

These are ‘Somethings Greater Than Oneself SGTOs, “I-ness”
...that people connect to.... that makes life fulfilling,
meaningful

- Now how will I be able to plant 1000 trees before I go...?
- I was ready to die for the freedom of my people... I could sacrifice my family, for this great cause... but now!??

Exceeding I, Me, Mine

- Nature, humanity
- Art, music,
- Literature, poetry
- Science, Philosophy

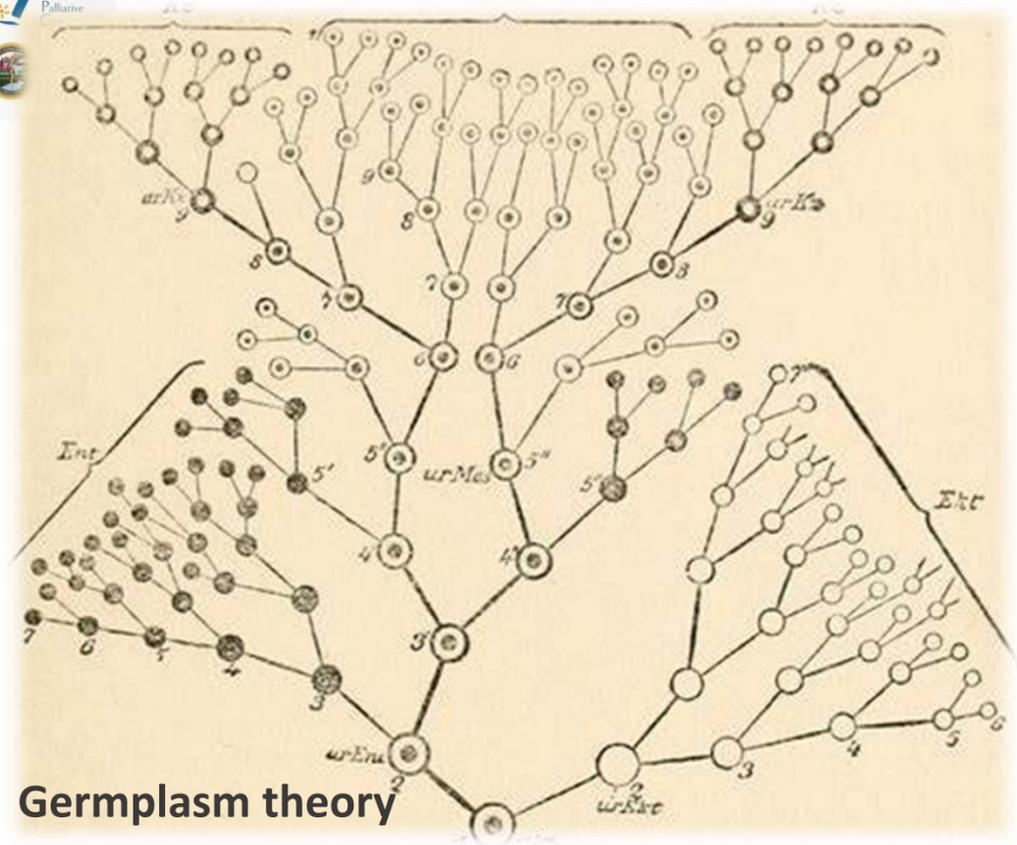
- Who will now complete this composition? Will my poetry die with me?
- I wish I had the health to complete this theorem..
- I was willing kill if necessary, who'll protect this ideology now?

These are ‘Somethings Greater Than Oneself SGTOs, “I-ness”
...that people connect to.... that makes life fulfilling,
meaningful

- Finally getting I shall learn what it feels to die...
- This is a transition of the form of my existence
- I am merging into the Absolute Truth which is all there is...
- At last Lord... I’m coming
- Peace to all.. I have had a fulfilled life... ready to go.
- Of course... take and use my body... all my organs for anyone who may benefit
- Do continue the study on me as I die

Transcends I, Me, Mine

- Pursuit of Absolute Truth
- Meaning, purpose of existence
- God, religion, Guru, scriptures
- Basis of Consciousness, Sentience



NASA-ISRO Earth Science Instruments Get Send-Off Before Moving to India

Feb. 3, 2023



Officials from NASA, ISRO, JPL, and the Indian Embassy held a send-off ceremony before the NASA-ISRO Synthetic Aperture Radar (NISAR) science instrument payload is transported to southern India for integration with the spacecraft bus, further testing, and launch in 2024. Credit: NASA/JPL-Caltech

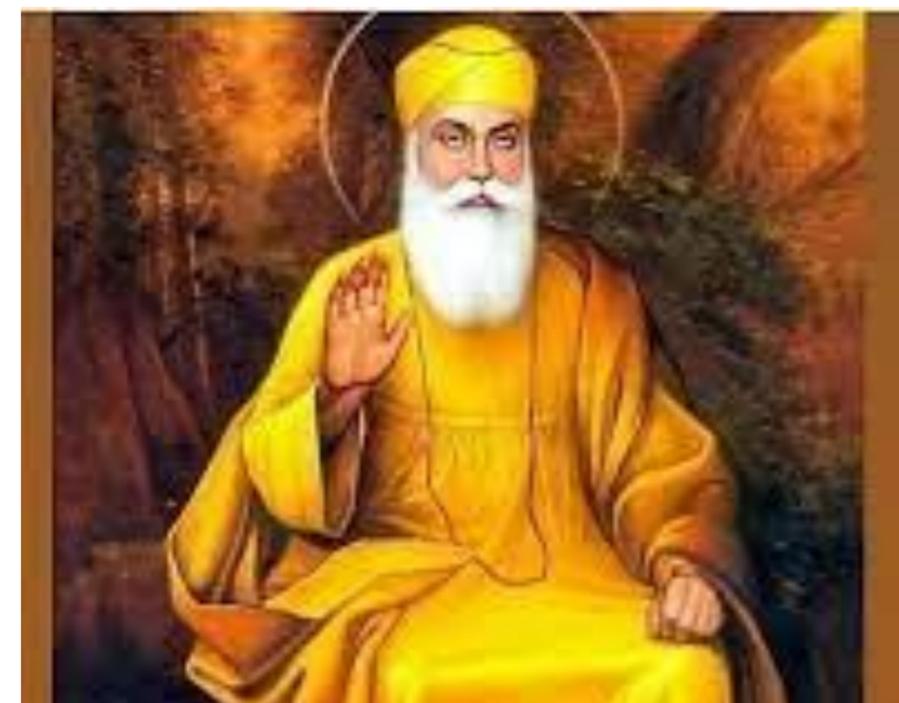
How we fulfill our need for connectedness to Something Greater Than Ourselves

VISION
To be a global leader of excellence in consciousness studies

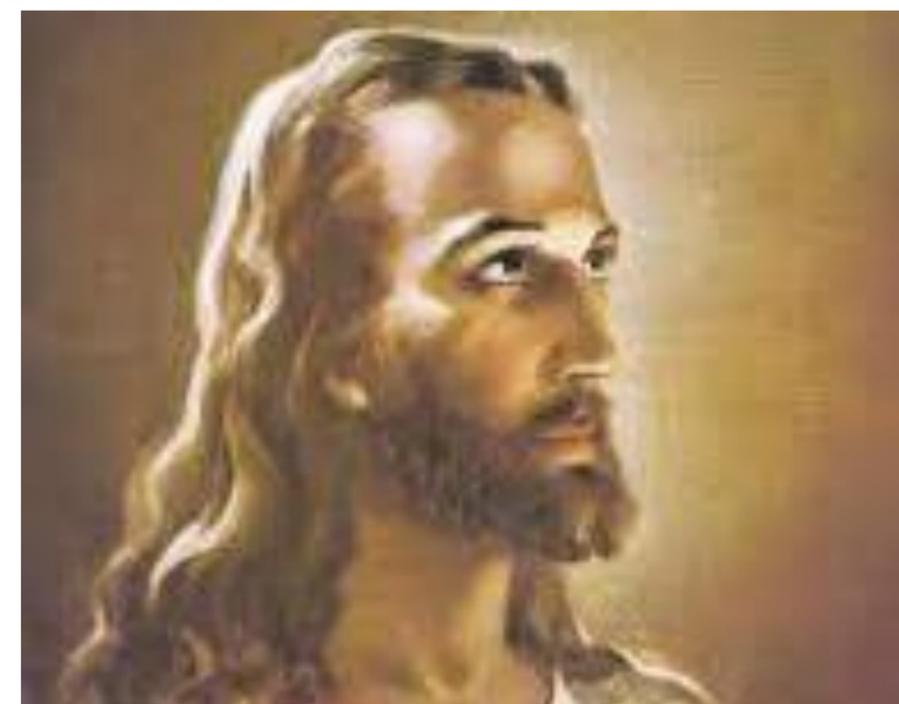
Mission



Religion, Scriptures as the selected SGTOs (± God Concept)



How we fulfill our need for connectedness to Something Greater Than Ourselves



“I ness” Identification level	Validation sought
I..... Me and Mine	My Self (Body, Mind, Intellect)
	My Family
	My Vocation / work
	My Community, Country, my Religion, my Culture
Exceeding I, Me/Mine	Nature, humanity
	Art, fine-arts, music
	Literature, poetry
	Science, Philosophy
Transcending I, Me/Mine	Pursuit of Truth
	Search for Meaning, and purpose of existence
	Seeking God / Grace through religion, Guru, scriptures
	Quest for the Basis of Consciousness, Sentience

When people feel disconnected from their SGTO,
that makes their life meaningless, without purpose

I..... Me and Mine

- My self (Body, Mind, Intellect)
- My Family
- My Vocation / work
- My Community, Country

More than Me/Mine

- Nature, humanity
- Art, music,
- Literature, poetry
- Science, Philosophy

Transcends Me/Mine

- Pursuit of Absolute Truth
- Meaning, purpose of existence
- God, religion, Guru, scriptures
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Spiritual Wellbeing ←-----> Spiritual Distress

Need for Validation

Need for Connectedness
Wholeness

Responsibilities,
relations, roles

Religious beliefs,
God concept

Hopes, values,
meaning, purpose

Peace, dignity, continuity,
Eternal, Absolute

I-ness, Personhood & SGTOs

Validation

Connectedness

