



# Developing a new spiritual paradigm

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**THIS IS NOT THE TRUTH!**

- ▶ “it would be absurd to suggest to someone to enter a room that they were already in”

*St Teresa of Avila*

# No to Spiritual Bypass!



“I wouldn’t demand a lot of my doctor’s (clinician’s) time. I just wish that he would brood on my situation for perhaps 5 minutes, be bonded with me for a brief space, survey my soul as well as my flesh – to get at my illness – for each person is ill in their own way”.

*Anatole Broyard. ‘Intoxicated by my illness’*

“I’d like my doctor (clinician) to scan me, to grope for my spirit as well as my prostate. Without some such recognition, I am nothing but my illness ...How can a doctor presume to cure a patient if he knows nothing about his soul, his personality, his character disorders? “

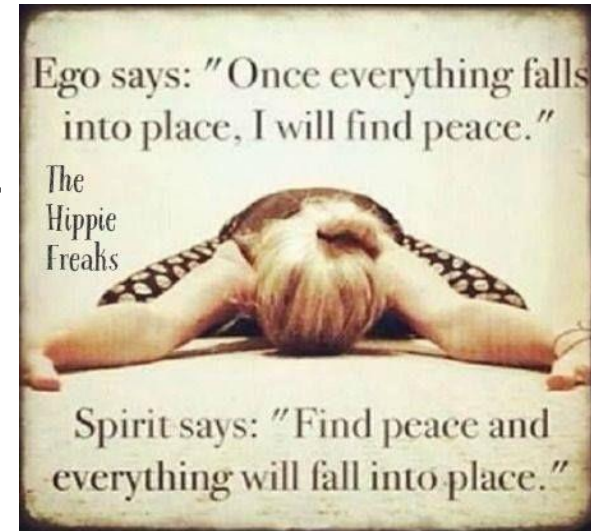
*Anatole Broyard, ‘Intoxicated by my illness’*





# The Incessant Drive of the Ego

- ▶ driven by self-images, the incessant drive of the ego, always trying to get somewhere...



‘we have to find a way to get beyond our self-images and our ideas about who we are. We have to discover the face we already had before we were born’

*Richard Rohr*





**Marymount**  
University Hospital & Hospice

# Haecceity

Haecceity or ‘thisness’ grounds the principle of incarnation in the concrete and the specific.

- ▶ What is *haecceity*? It’s you. It’s the unique identity inherent in each being. Each one of us has been given our gift, and that’s our little “*haec*.” It’s what makes me, me, and not somebody else. *Haec* cannot be cloned. It’s the part of me that is not to be replicated.

Duns Scotus

# Markers of Spiritual Maturity:

## James Hollis

- ▶ The principle of Resonance
- ▶ Encounter with the Numinous
- ▶ Growing up psychologically: learning to tolerate anxiety, ambiguity & ambivalence
- ▶ Does our spiritual practice engage us with the Mystery of all that is?

# The Enneagram



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# The Ground is Shifting

- a changing landscape with a growing confidence to articulate spiritual experience
- We need skilled navigators of the human experience as it presents itself to us in its embodied, psychological & spiritual complexity.
- Have we the most useful tools in our baskets?



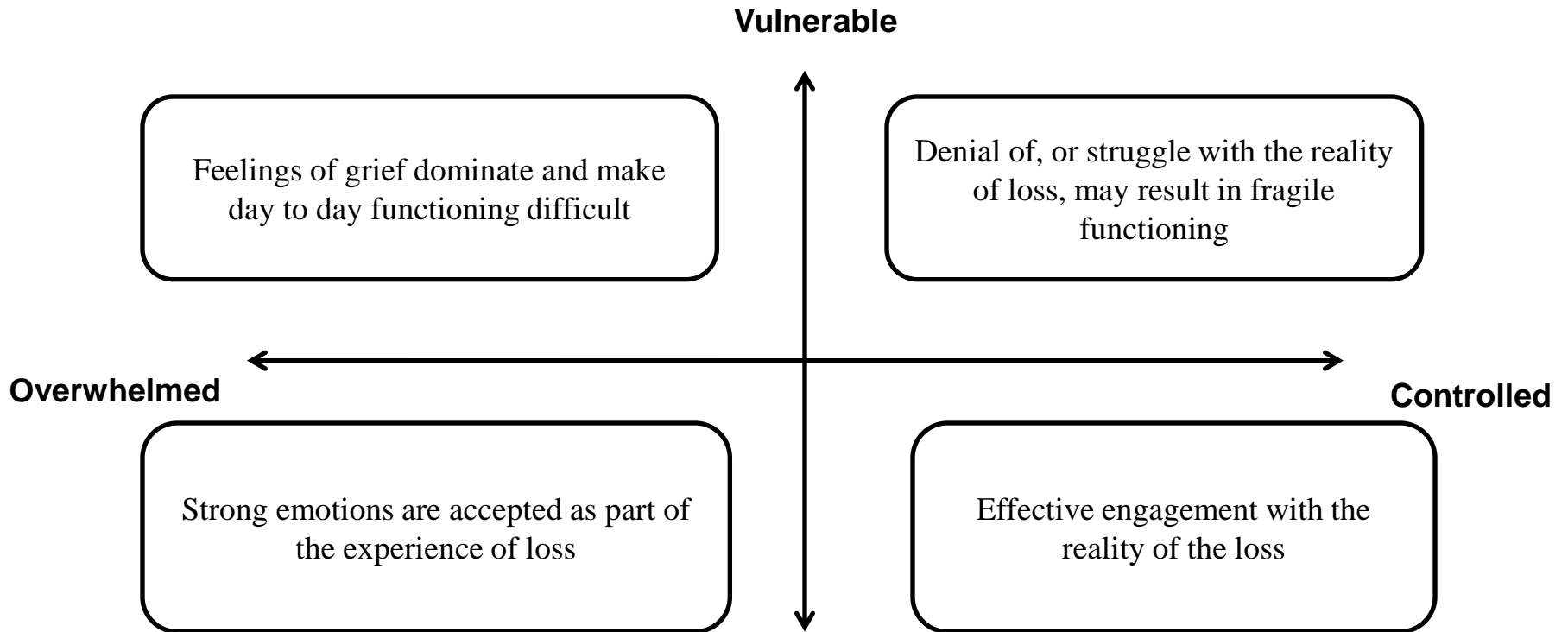
# Assessing Resilience

- ▶ ..... being able to confront the painful emotions of a loss, having a sense of inner resourcefulness equal to dealing with a loss, and an overall hopefulness about the capacity to accommodate a loss and its consequences.



## Linda Machin: Range of Response to Loss (RRL)

(co-existing stressful personal/circumstantial/social factors make coping with grief difficult)



(personal resourcefulness, positive life perspective, social embeddedness make coping with grief more possible)

# Adult Attitude to Grief Scale

Adult Attitude to Grief scale	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1. I feel able to face the pain which comes with loss.					
2. For me, it is difficult to switch off thoughts about the person I have lost.					
3. I feel very aware of my inner strength when faced with grief.					
4. I believe that I must be brave in the face of loss.					
5. I feel that I will always carry the pain of grief with me.					
6. For me, it is important to keep my grief under control.					
7. Life has less meaning for me after this loss.					
8. I think it is best just to get on with life in spite of this loss.					
9. It may not always feel like it but I do believe that I will come through this experience of grief.					

# Attitude to Health Change (AHC) (Patient)

Attitude to Health Change scale	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
1. I am able to face the feelings which arise as my health changes/deteriorates.					
2. For me, it's difficult to switch off thoughts about the changes/deterioration in my health.					
3. I feel very aware of my inner strength when facing the consequences of the changes/deterioration in my health.					
4. I believe that I must be brave in the face of my changing/deteriorating health.					
5. I feel a constant sense of sadness about the losses caused by the change/deterioration in my health.					
6. For me, it is important to keep the feelings about my changing/deteriorating health under control.					
7. My changing/deteriorating health makes it harder for me to make sense of life.					
8. I think it is best just to get on with life in spite of my changing/deteriorating health.					
9. It may not always feel like it but I do believe that I will come to accept the changes/deterioration in my health and its consequences.					



*Thank You*

  
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