

# Chapter 5. Spiritual Being

# Introduction

- What is spirituality? Is it:
  - A sensitivity or attachment to religious values?
  - Relating to supernatural beings or phenomenal?
  - Relating to sacred matters?
  - Energy-based therapies as a channel of the Holy Spirit?

# Examples of Spiritual Assessment

- What is your religion?
- Do you consider yourself deeply religious?
- How many times a day do you pray?
- What do you need in order to say your prayers?
- Do you meditate?
- What gives strength and meaning to your life?
- In what spiritual practices do you engage for your physical and emotional pain?

# Spiritual domain nursing diagnoses

Dx and related factors	Point of differentiation	Assessment characteristics	Nursing interventions
Spiritual distress r/t challenged belief and value system	Disrupted in big live concepts that integrate the meaning of life	Expresses concern with meaning of life or death, questions the meaning of suffering, questions the meaning of own existence, and expresses anger toward higher power	Assess sources of support Ask how to be most helpful Listen to feelings Assist with providing appropriate religious materials. Provide privacy for praying
Readiness for enhanced spiritual well-being	Developing of inner strengths to understand life's purpose and harmony with all	Expresses feelings of hope: recognizes inner strength; states purpose of life; feels at peace with self, others, and higher power	Assess spiritual or religious preferences. Promote support from friends and family. Allow time for praying, talking, or journaling. Provide music.

# Spirituality in nursing

- Joan Haase et al. (1992)
  - Definition of spirituality in nursing literature
    - Connectedness (with others, nature, the universe or God)
    - Belief (in something greater than the self)
    - Creative energy “that is in constantly, yet dynamic, evolutionary flux.
  - Outcomes of spirituality
    - Purpose and meaning
    - Guidance of human values
    - Self-transcendence

# Spirituality

- Spirituality is simply the holistic quality of human life as it was meant to be, at the center of which is our relation to God.
- The spiritual is a homogeneous aspect, part and parcel of the biological (therefore social) nature of human beings (Willard, 1988)

# Concept of religion and spirituality

## Religion

- System
- Beliefs
- Organized
- Person
- Worship
- Practices

## Spirituality

- Personal
- Life
- Animator
- Being
- God (god)
- Quality
- Relationship
- Transcendent

# Clarification of spirituality

- Spirit from an inner self
  - Interiority - general human interest
  - Human dimension
  - Focusing on aspect of human nature
  - “Anything that cannot either be tested in a lab or bolted to the floor”
- The Spirit from God
  - A transcendent life
  - Being born from above
  - An encounter with a spiritual being separate from ourselves – either God or an evil spirit
  - A personal relationship with God
  - “a transference of God’s personality into the human life”
  - Happenes on the basis of repentance, faith, and discipleship.

# The Christian spiritual tradition

- Goal of true Christian Mysticism:

In meditative prayer there is no loss of identity, no merging with the cosmic consciousness, no fanciful astral travel. Rather, we are called to life-transforming obedience because we have encountered the living God of Abraham, Isaac, and Jacob. Christ is truly present among us to heal us, to forgive us, to change us, to empower us.

# The Christian spiritual tradition

- Warning against a mystical\* experience not being tested by the Scriptures - \* Mysticism: the belief that direct knowledge of God, spiritual truth, or ultimate reality can be attained through subjective experience
- Warning against Monism, the belief that “all is one.”
  - One eternal principle in the cosmos, denies a Creator above and separate from creation.
  - Hinduism, Buddhism, Gnosticism, Platonic philosophy, New Age
  - Everyone is God, removing all external ethical constraints
- Spirituality is man’s possession by God in Christ through the Holy Spirit (Lane, 1984)
  - For them I sanctify myself, that they too may be truly sanctified. My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. (John 17:19-21)
  - A dynamic personal relationship that results in a oneness of purpose and a reflection of Christ’s character in his followers

# Spirituality in Bible

- Old testament
  - The person as empowered by God
  - God that communicates with the human in dynamic relationship
- New testament
  - Dimension of the human personality whereby relationship with God is possible
  - Spiritual gifts are centered in restoring humanity's broken relationship with God

# Living in a spiritual world

- Let's share our experiences of hearing, encountering, or experiencing spiritual forces.

# Spirituality and Healthcare

- Healers

- Shamans: healers who gain their powers from the spirit world while in a trance (sleep, stupor) -like state
- Magicians: try to compel gods, demons or spirits to do their bidding

- Testing mystical experiences

- Are they initiated by human effort and techniques?
- Do they lead to pride?
- Do they lead to claims of secret knowledge that contradicts Scripture?
- Do they lead to mental and emotional disturbance?
- Do they lead to a more godly life?
- Is the person humble about them and hesitant to discuss them?
- Do they lead to greater love for God and others?

- Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world” (1 John 4:1).