3. COMMON SOURCES OF PATIENT STORIES

The Primary Arenas of the Human Spirit

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"IF SERVICE IS THE WORK OF THE SOUL AND MEANING THE LANGUAGE OF THE SOUL, THEN MYSTERY IS THE PRESENCE OF THE SOUL."

RACHEL NAOMI REMEN

MYSTERY AND MIST - (PARTIALLY VISIBLE)

A mystery is an entity so complex that it:
1) will never be comprehended,
2) can be only superficially understood from outside it, and
3) once it is entered, continues to endlessly deepen and unfold

WHAT’S ON YOUR MIND? HEART?

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Common Mysteries

The Primary Sources of Patient Stories
Interpersonal Spirituality
(Encountering People)

Personal Spirituality
(Regarding Oneself)

Transcendent Spirituality
(Engaging "The Beyond")

Communal Spirituality
(Participating with Groups)

Vibrancy of the Human Spirit

Primary Arenas of the Human Spirit

- Personal Spirituality
  - Self-regard
  - Physical Self Care
  - Emotional Self Care
  - Work
  - Sexuality
  - Development/Aging
  - Materiality
  - Nesting
  - Athletics/Dance
  - Hobbies

- Interpersonal Spirituality
  - Intimate Loving
  - Parenting
  - "Childing"
  - Siblings
  - Friend
  - Learning
  - Elders
  - Grandparenting
  - Helping
  - Help Getting

- Transcendent Spirituality
  - Nature
  - Losses
  - Mortality
  - Personal Deity
  - Religion
  - Creativity/Arts
  - Cosmic Harmony
  - Family of Origin
  - Ethnic Heritage
  - Neighborhood
  - Gender Group
  - Co-Workers
  - Peer Groups
  - Faith Groups
  - Nation
  - Human Community

TEN INTERPERSONAL SPIRITUALITY ARENAS

PARENTING

Relationship with your own offspring or one for whom you are a primary parenting-one
“CHILDING” (RELATING WITH PARENTS)

Relationship with your parents at any age

INTIMATE LOVING

Relationship with a cherished other, fed by the energy of emotional enthusiasm, and the potential for genital sex

FRIENDSHIP

Non-sexual relationship with cherished others for the enrichment of both

SIBLINGS

Relationship with your siblings
HELPING
Relationship with those you assist in improving their lives

GETTING HELP
Productive partnership with a savvy other person for your own benefit

GRANDPARENTING
Relationship with your offspring's offspring

TEACHERS
Relationship with those who help you encounter and master the new
THE ELDERS

Relationship with the older men and/or the older women

Interpersonal Spirituality
Engaging People

- Parenting
- "Childing"
- Romantic Love
- Friending
- Siblings
- Teaching
- Learning
- Helping
- Help Getting
- Elders

PHYSICAL SELF CARE

Caring for your own body while coming to accept its limitations

EMOTIONAL SELF CARE

Mature care of your own emotions while acknowledging their mystery
SELF-REGARD

Learning to treasure your own person

SEXUALITY

Dealing with the energy of sexuality and the urges of genital pleasure

WORK

Utilizing your best gifts in satisfying accomplishments

PLAY/LEISURE

Losing the sense of time in affective enjoyment
NESTING

Arranging and caring for your own living space

MATERIALITY

Relating to money and the material world

DEVELOPMENT/AGING

Meeting developmental tasks and life’s inevitable, irreversible limitations of appearance and function

ATHLETICS/DANCE

Stretching body and spirit in precise bodily movement and expression
HOBBY-ING

Significant involvement in a non-employment activity that delights you

PERSONAL SPIRITUALITY

- Physical Self Care
- Emotional Self Care
- Self-Regard
- Sexuality
- Work
- Play/Leisure
- Nesting
- Development/Aging
- Athletics/Dance
- Hobby-ing

NATURE

Maintaining a sense of wonder at the natural miracles and rhythms of the universe
PERSONAL DEITY

Relating to a Transcendent Being / Higher Power as personal

RELIGION

Spiritual nurture through use of religious symbols, beliefs and practices

MAJOR LOSSES

Integrating significant losses into your life

CREATIVE ENDEAVOR

Appreciating and/or contributing to the arts and the development of culture
MORTALITY

Facing your own death

COSMIC HARMONY

Seeking oneness with the forces of the universe

7 TRANSCENDENT SPIRITUALITY ARENAS

- Nature
- Religion
- Personal Deity
- Major Losses
- Creative Arts
- Mortality
- Cosmic Harmony

COMMUNI-PERSONAL SPIRITUALITY

Partnering with Communities
**FAMILY OF ORIGIN**

Living your place in the family in which you developed

**ETHNIC HERITAGE**

Owning and celebrating the values and practices conveyed by various original cultures

**NEIGHBORHOOD**

Involvement in your interpersonal dwelling surroundings

**GENDER COMMUNITY**

Identifying with and involvement with people of similar sexual orientation
PEER/WORK GROUP
Collaborating in mutually valued accomplishments

FAITH COMMUNITY
• Receiving spiritual enrichment through involvement with and contributing to a body of similar believers

CITIZENSHIP
Patriotism or enthusiasm for one's politically structured group

HUMAN COMMUNITY
Claiming a place in the human race and contributing to it's wellbeing
COMMUNI-PERSONAL SPIRITUALITY

- Family of Origin
- Ethnic Heritage
- Neighborhood
- Gender Community
- Peer/Work Group
- Faith Community
- Nation
- Human Community

WHY SPIRITUAL?

These aspects of life can be called spiritual because each one, a common aspect of human living, is:

- Uncontrollable
- Mysteriously complex
- Highly Influential (touches the soul)
- Beautifully Fulfilling, and
- Potentially Painful (partially healable)

PAY ATTENTION

Paying attention to events in these arenas creates opportunities to connect emotionally with others

Pay Attention