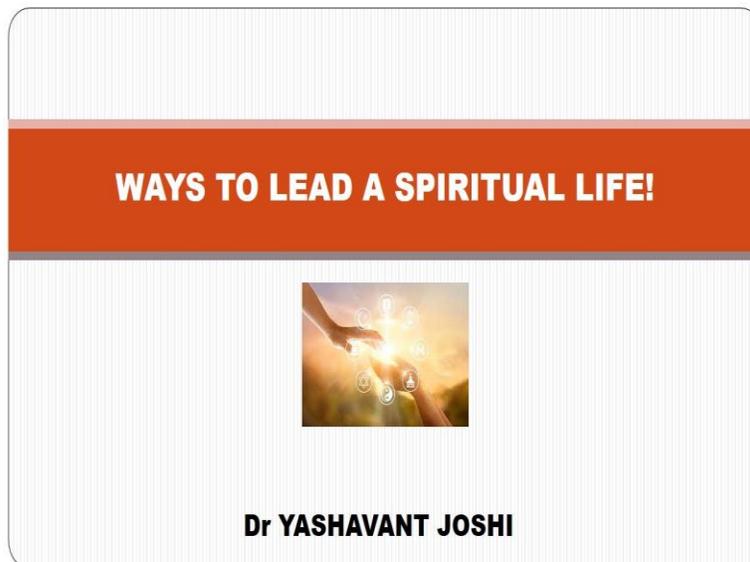


Basic Certificate in Palliative Care
Dr. Geeta Joshi
Dr. Piyush Gupta
Dr. Col. Yashavant Joshi
International Institute of Distance Learning
Indian Institute of Technology, Kanpur

Week-04
Lecture 05: Ways to Lead Spiritual Life!

This is week number 4 and lecture number 5. I am going to speak on ways to lead a spiritual life.

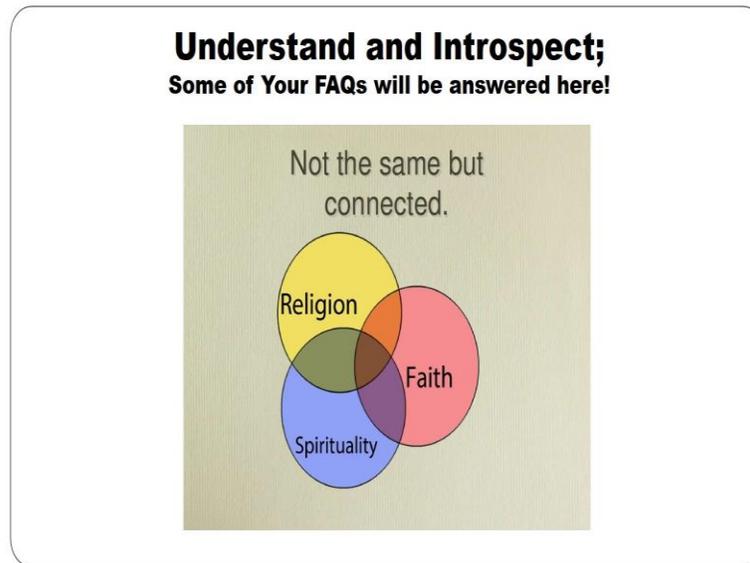
(Refer Slide Time: 00:20)



The lecture has been prepared by Dr. Yashwant Joshi and I am Dr. Geeta Joshi presenting this topic. When we talk about palliative care, we always say it is a holistic care addressing the physical problem of the patient, psychosocial issue and spiritual issue.

Spirituality is the way of life and spirituality is linked with our life in such a way we cannot separate it our life from the spirituality. So how to attend spirituality and this will help us in minimizing the stress in case of inadherent events in our life or health problems.

(Refer Slide Time: 01:17)



Spirituality, religion and faith these are interlinked things you cannot separate one from another. A person who is highly spiritual has some element of religion also in his practice because we are in our society we are brought up like that.

Faith is inner feeling of an individual towards God or almighty or some supreme power. Spirituality is related to something very vast universal some something which you cannot explain but it is still existing. So these three things are interlinked and when you address one the other one also gets importance.

(Refer Slide Time: 02:22)

What Is Spirituality?

Spirituality involves the recognition of a feeling or sense or belief that **there is something greater than myself**, something more to being human than sensory experience, and that the greater whole of which we are part is cosmic or divine in nature. ... An opening of the heart is an essential aspect of true spirituality.

What is spirituality? Spirituality involves the recognition of a feeling or a sense or a belief that there is something greater than myself something more to being human than sensory experience and that the greater whole of which we are part is cosmic or divine in nature. An opening of the heart is an essential aspect of true spirituality.

Recently I read somewhere in some social media message that a mother asked the child you do not know anything about spirituality you are too small to understand spirituality and all. Then the child says mother on earth we are into such a gravitation force which is exact in nature neither less nor more and that is what the spirituality is. So something which has decided about this gravitation force on the earth is something which is greater than the our self-greater than something more than the human being knows about and that is what the spirituality is.

(Refer Slide Time: 04:00)

Mahatma Gandhi Prayer, Faith, Spirit & Truth...



The nearest example of a spiritual man I know about is Mahatma Gandhi. He was highly spiritual, he believed in prayer, he had tremendous faith in God and superpower.

He was he had a true spirit in his deeds and his talk and everything whatever he did and he believed in truth.

(Refer Slide Time: 04:25)

1. Meditate...

- Meditation is when we listen. You can read all the spiritual books out there, but until you actually take the initiative to quiet your mind, it can be near impossible to hear your intuition and connect to your heart center.
- To start, try committing to just five minutes a day where you sit down, focus on your breathing, and ask the universe “What do I need to know right now?” If you struggle to maintain a consistent meditation practice, why not get started with some course..may be you can try Art of Living courses for some time. The guided practices will help you find focus, even when you’re feeling frazzled.
- **Meditation is NOT about not having thoughts! Meditation is not “Concentration”, it is rather “De-concentration”**. You will always have thoughts. So during meditation, observe your thoughts but try not to engage with them—just let them pass on through.
- Don’t worry about completely removing thoughts from your mind, as this will create tension and act as a distraction than a benefit.

How to build up the spirituality or how the ways towards the spirituality we are going to discuss in this lecture. First and foremost is meditation. Whatever type of meditation

you know start practicing it. You may start learning the meditation by doing certain courses of very reliable gurus like Sri Sri Ravi Shankar practicing art of living or Vipassana course.

Here in meditation it is not necessary that your mind should be absolutely blank, thoughtless. If you try to do that it will definitely you will put yourself into stress and tension. So meditation is observing your thoughts. Let the thought come in and let it go off. Just be observer and do not get involved in those thought process that is what exact the meditation is.

Another way of meditation is looking at your breath. Breath is the only eternal existence of life. So observe your breath going inside the lung and coming out of the lung and with each breath you can observe the feelings you are having in your body in your system. These are the various types of meditation. Meditation is not about not having thought as we discussed and meditation is not concentration.

It is rather deconcentration where you are relaxed. Aap ek sakshi banke jobi vichar chal raha hai usko dekte rathe ho (Hindi phrase meaning you are a witness who keeps watching whatever thoughts are going on) that is meditation. Start practicing every day sometimes if you do not have continuous time you can have a small slot of meditation in your daily routine like 5 minutes before lunch or 5 minutes after dinner or something like that.

(Refer Slide Time: 06:55)

2. Pray...

- Prayer is when we ask for help. This is a beautiful and powerful way to call on your own inner wisdom. Meditation is when we listen, and prayer is when we ask for help or affirm. Both go hand in hand. **Mahatma Gandhi practised this till he breathed last!**
- The beautiful thing about prayer is that you can pray whenever, wherever. Pray on the way to work, at your desk before a big meeting, or on an airplane before you take off...literally any time.

Second is prayer. Prayer is when you are asking for help.

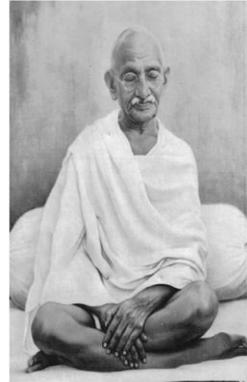
In everyday life we face so many problems and we need help from God or somebody and that is what prayer does. Mahatma Gandhi used to practice prayers morning and evening and his prayers were very famous where whole of the ashram people or his people around him used to gather for to attend his prayer and that is what he practiced till he breathed last. So and beautiful thing about prayer is you can do anywhere. You can do it while traveling by air or by train or whenever you are alone or when you are before sleeping after waking up anytime you can do prayer.

(Refer Slide Time: 07:47)

PRAYER!

Here are some simple and powerful prayers you can say any time:

- "I need a miracle."
- "Thank you for helping me perceive this situation differently."
- "May love light my way today."
- "Thank you for helping me see the sparkle of light that resides within all things."
- "I pray for guidance in shifting my thoughts."



Here are some of the simple and powerful prayers you can say anytime like I need a miracle in my life to solve my problem.

Thank you for helping me prayer to give for thanksgiving, prayer for gratitude these are very important and we always thank the God for whatever he has given to us and a feeling of gratitude will also make you feel very light, lighter and spiritual. May love light my way today thank you for helping me see the sparkle of light that resides within all things. I pray for guidance in shifting my thoughts. So, these are the prayers you can say every day to God Almighty.

(Refer Slide Time: 08:47)

3. Develop a gratitude practice...

- No matter how amazing life is, we all have those days when things just don't seem to be unfolding in the way we wish them to, when things come up that we need to work on, and we are more sensitive and just feel "off."
- By ending the day with thoughts of things you are grateful for, your perspective begins to shift and you realize that each day really is wonderful and full of gifts—all we have to do is take the time to appreciate them and open space up for so many more wonderful things to enter our lives. You can try writing a "Gratitude Journal" for yourself!

Develop a practice of gratitude as we said earlier no matter how amazing life is we all have those days when things just do not seem to be unfolding in the way we wish to do wish them to when things come up that we need to work on and we are more sensitive and just feel off.

By ending the day with thoughts of things you are grateful for like starting your day with a gratitude of waking me up from the sleep, waking me mobile, giving me life full of health, giving me food, shelter, giving me enough energy to do my work at office all these are the forms of gratitude you can do practice in your daily routine.

(Refer Slide Time: 09:45)

4. Journal your heart out...

- How many times have you read a spiritual book, and just skimmed over the exercises, promising yourself you'd come back to them later? Did you ever go back to them? If you are really ready to go deep..DO THAT! . Read the EXERCISES & PRACTICE!.
- They are there to help you unleash your inner guidance and bring up exactly what you need to work on. In my experience, if you're not doing the actual work, living out spiritual concepts becomes a lot harder to live on an experiential level.
- Journaling helps you document your journey and reconnect with the truth of who you are; the deeper you are willing to go in your practice, the more you will get out of it.

Journal your heart out whatever you feel you can write down in a book or in a diary. So, you can refer to it in your leisure time or wherever it required. How many times have you read a spiritual book and at the end of spiritual book they have given some exercise that do it yourself or promising yourself that you will come back to them later on usually we do not do it and we see we will do it later on no, but do it today only and keep that record. So, you can refer again and by doing this exercise you will come to know how much spiritual you are they are there to help you unless your inner guidance and bring up exactly what you need to work on and it will also remind you exactly which area you need to work on.

In my experience if you are not doing the actual work living out spiritual concept becomes a lot harder to live on an experimental level. So, journaling helps you document your journey and reconnect with the truth of who you are and the deeper you are willing to go in your practice the more you will get out of it.

(Refer Slide Time: 11:18)

5. Take care of your body.

- Our bodies serve as the container for our mind and spirit in this life. In order for your mind and spirit to be functioning at optimum levels, it's imperative that you keep your body functioning at peak levels.
- This can mean different things for different people. Don't give in to the latest diet trend or go gluten-free just because everyone else is doing it. Learn how to listen to your own body.
- YOUR body knows best, and if you tune in and listen, with a little experimentation you will find the high-vibe lifestyle that's perfect for YOU. **Love your Body and Yourself!**

Take care of your body. God has given us this beautiful instrument through which we can do so many things we can solve the society we can help people we can perform many many actions and many many work in our day to day life. So, look after your body love your body do not abuse your body by bad habits bad eating habits in this era of fast food and all and maintain your health by proper diet regular exercise positive thinking and many other things.

So, your body knows best once you after age of 40, 50 you know your body so thoroughly because sometimes or other you might have abused it sometime or other you might have fallen sick and you know how you have recovered from that problem health related problem. So, you know your body better than anyone else. So, try to heal your body wherever it is damaged in by psychological problem or health related problem you know how to take care of it.

(Refer Slide Time: 12:55)

6. Breathe...PRANAYAM

- Make note of how you breathe in stressful moments—are your breaths short and shallow? Or are you taking full, deep breaths and allowing oxygen to flow through your entire body?
- Practicing taking full, deep breaths is both healing and life-changing. If you have lived most of your life as a shallow breather, it can feel like learning to breathe all over again.
- **Learning to breathe:** When you inhale, the belly should expand outward, allowing your breath to completely circulate throughout your bloodstream.
- This will help your blood become more highly oxygenated, which will in turn fuel your organs and nerve cells, helping you think more clearly. As you exhale, your belly should contract inward.

Another thing is breathing exercise and we call it pranayama. One must know how to take deep breath when we are breathing normal breathing you are not aware about our breathing and you are expanding your lungs only 50 to 60 percent, but when you are taking deep breath you are expanding whole of the lungs almost 90 to 100 percent and proper oxygenation takes place and the more oxygen is taken inside the body. So, learn to take deep breath pranayama means taking deep breath holding the breath and letting breath go out slowly.

So, when you take deep breath your abdomen your belly should go out expand the lower part of your lungs and your tummy should be able to go out. When you breathe out the tummy goes inside and whole of your expired gases comes out through the mouth or nostril. Best way is to breathe out is by per slip expiration per slip expiration that will allow whole of your gases to go out from your lungs. So, learn to breathe take a deep breath hold the breath and take breathe out this is this way more oxygen will go into the body which will have a healing effect on the on various parts of your body.

(Refer Slide Time: 14:55)

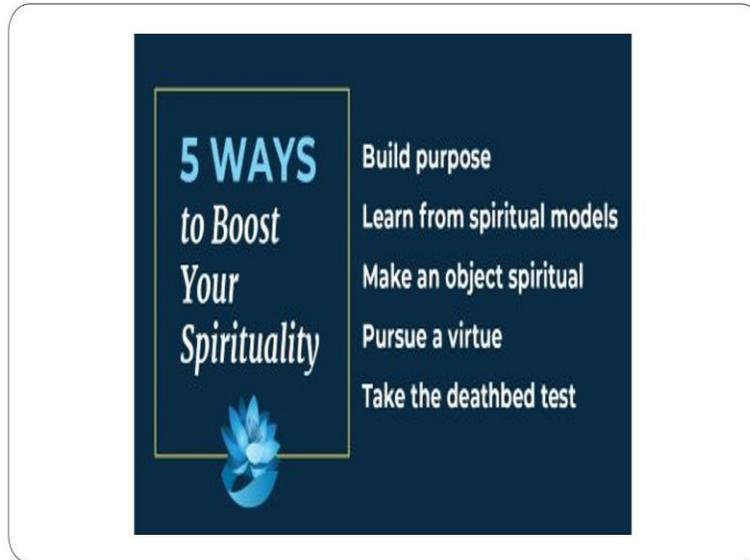
7. Surrender...to the Higher Spirit!

- Meditate, pray, and surrender. This is the part where you release control of the outcome and trust that life has your back and everything is working out for your highest good.
- What I have come to find is that when we truly surrender our attachment to a desired outcome, things often turn out a million times better than we could have ever dreamed.
- When you surrender to the greater life force within you, you begin to live in the flow. Put the high vibes out there, do the work, and then trust that what is coming to you is absolutely, divinely perfect.

Surrender to higher spirit in this era of technology we feel that by doing so we can solve this problem by doing this we can solve this problem, but no in certain area it is not in your hand not in hand of technology or anything else, but it is always a super power which will decide and solve your problem.

So, surrender to the higher spirit when it is not you are not able to solve certain problem just leave it to god that is what we have always learned from our elders and from our parents. So, when you surrender to the greater force life force within you begin to live in the flow put the high vibes out there. So, you feel that you are part of this higher force because you have surrender yourself to that it and do the work and then trust that what is coming to you is absolutely divinely perfect.

(Refer Slide Time: 15:57)



So, 5 ways to boost your spirituality build a purpose, lead a purposeful life, learn from spiritual models like Mahatma Gandhi, Sri Sri Ravi Shankar to certain extent Osho also, make an object spiritual anything you objective you take in life. Thank you.