

Purpose & Meaning in Terminal Illness

Beginning

- “Wild Geese”
- Psychotherapist Taiji Instructor
- Cancer
 - Two Sides
 - Feeling(s) the word brings up

Truth

My Truths

Body




9 Senses

Awareness

Various Truths

Truth or Belief

Stories

-  **Reveal our Truths**
-  **Source of Meaning**
-  **Connection to Reality**

Purpose & Meaning

Purpose

Goal or Mission

Giving a Reason

Ultimate Purpose

Individual Unbounded

Source

Creating ~ Discovering ~ Engaging ~ Given

Purpose & Meaning

- 🌐 Finding meaning thru Purpose
- 🌐 The Heart is the organ for Meaning
- 🌐 Individual or Collective
- 🌐 Ultimate Meaning
- 🌐 Relationship of Cancer and Meaning

Meaning Centered Psychotherapy

 Memorial Sloan Kettering Cancer Center

 Purpose of Program

Increase sense of Meaning & Spiritual
well-being

By bringing awareness: to one's truths,
our ability to connect and to our healing

Explore the sources of Meaning

Terminal Illness



Definition



Death



Dying



Saying Goodbye



In the end only three things matter:

How well have I lived?

How well have I loved?

How well have I learned to let go? (accept ~ release)

Life Is

Mother Teresa's Question

Life is _____, _____ it.

What makes life worth living

All of Life is Relationship

our relationship to Cancer

our relationship to Healing

our relationship to Control

Living

Resilience

Response

Expression

Hope

The Present

A Gift

Moments

Questions

Coming Home

Spirituality & Love

 **Meaning**

 **Self**

Acceptance

 **Love & Belonging**

Aimless

Legacy