

## Purpose & Meaning Presentation

- “Wild Geese”
- Background J Fields
  1. Psycho-therapist ~ Taiji instructor
  2. Cancer
    - a. Two Sides of Cancer
    - b. Feeling(s) that word brings up
- Truth
  1. My truths
    - a. Body
    - b. 9 Senses + Awareness
    - c. All of life is Relationship
  2. Various Types of Truths
  3. Truth or Belief
  4. Acceptance
- Stories
  1. Reveal our Truths
  2. Source of Meaning
- Purpose & Meaning
  1. Purpose
    - a. Reason something is done, created, or exists for
    - b. Goal ~ Mission
    - c. Purpose for Living
    - d. Ultimate Purpose
  2. Meaning
    - a. Meaning thru sense of purpose
    - b. Heart
    - c. Individual & Unbounded
  3. Created ~ Discovered ~ Encountered ~ Given ~ Engaged
- Meaning Centered Psychotherapy ~ MCP
  1. Memorial Sloan Kettering
    - a. Purpose & Meaning
      - 1) Providing: support ~ belonging ~ meaning/purpose ~tools
      - 2) Enhance a sense of meaning and purpose in the time participants have left, regardless of how long or limited that time is
      - 3) Facilitate a greater understanding of the sources of meaning that can be used as resources
      - 4) Explore personal issues and feelings regarding cancer
  2. Based on Victor Frankl’s Logo Therapy
  3. Exploring Sources of Meaning
    - a. Choice of attitudes
    - b. Ability to connect to life
    - c. Engagement with Life

- d. Understanding of one's past, present, future
    - e. Awareness & gratitude for life itself
    - f. Experience of connectedness
  - 4. MCP Translated
    - a. Purpose:
      - 1) To increase: an individual's sense of meaning and spiritual well being.
      - 2) By bringing awareness:
        - to one's truths
        - to our ability to connect and engage in life
        - to our healing
    - b. Based on Victor Frankl & Etty Hillesum
- Terminal Illness
    - 1. Definition:
      - a. "incurable ~ deadly ~ fatal"
      - b. an airport, train or bus station that allows transfer from one mode of travel to another and/or from one destination to another
    - 2. Deadly ~ Death ~
      - a. Confronting our Relationship to
        - 1) Unknown
        - 2) Fear
        - 3) Readiness ~ or Denial
    - 3. Dying ~ the Process
    - 4. Saying Goodbye
      - a. Loss
      - b. Grief
    - 4. In the end only three things matter:
      - a. How well have I lived?
      - b. How well have I learned to let go? (accept, release, let be)
      - c. How well have I loved?
  - Life Is
    - 1. Mother Teresa's question
      - a. Life is \_\_\_\_\_, \_\_\_\_\_ it.
      - b. One's experience
      - c. All life is relationship
        - 1) Our relationship to Cancer
        - 2) Our relationship to Healing
        - 3) Our relationship to Control
  - Living
    - 1. Resilience
      - a. Response
      - b. Expression
      - c. "Will to Live"
        - 1) Desire & reason to live
    - 2. Hope (incurable)
    - 3. The Present

- a. A gift
  - b. Moments
  - c. Our Presence
4. Questions: Coming Home

- Spirituality ~ Oneness
- Love & Belonging
  1. Aimless
  2. Legacy
  3. Components
- Home-work Coming Home to Myself
  1. What are two experiences or moments when life has felt particularly meaningful to you?
  2. Who am I? (4 answers)
  3. How has Cancer affected who you are?
  4. Looking back on your life, what has made the greatest impact on who you are today? (memories, relationships, teachers)
  5. Today, what are the meaningful activities, roles or accomplishments that you are proud of?
  6. What are three ways that you “connect with life”
  7. What brings you feel most alive?
  8. What is your relationship to the experience of love, beauty and humor...?
  - 9.
  10. In thinking about Death & Dying what thoughts and feelings come up?
  11. What would you consider a “good” or “meaningful” death?