

Solution-Oriented Spirituality

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A New Definition of Spirituality

The Three Cs of Spirituality:

1. Connection
2. Compassion
3. Contribution

Dean Ornish

When I say spirituality, I don't necessarily mean religion; I mean whatever it is that helps you feel connected to something that is larger than yourself.

Connection



Pathways to Connection

- Soul/spirit/core self/intuition
- Body/sensory experience
- Another being
- Community/groups
- Nature
- Art
- God/universe/higher power/bigger picture, meaning and purpose

Pathways to Connection

- Connection with self
(Intrapersonal connections)
- Connection with others
(Interpersonal connections)
- Connection beyond self
(Transpersonal connections)

Solution-oriented questions to restore connection

- Where is a place you feel the strongest sense of connection with yourself?
- Where is a place you feel the strongest sense of connection with another being/person?
- Where is a place you feel the strongest sense of connection with something bigger, beyond yourself or something spiritual?
- Where was the place or when was the time you felt the most awe in nature?

Compassion



Solution-Oriented Spirituality

- **Compassion**
- **Passion=Feeling**
- **Com=with**

Carl Jung

Compassion for others

Everything that irritates us about others can lead us to an understanding of ourselves.

–Carl Jung

Compassion

A human being is part of the whole, called by us “universe,” a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest—a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. –Albert Einstein

Compassion

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

–Dalai Lama

Self-Compassion

Softening toward self

That I Would Be Good (Alanis Morissette)
from *Supposed Former Infatuation Junkie*

that I would be good even if I did nothing
that I would be good even if I got the thumbs down
that I would be good if I got and stayed sick
that I would be good even if I gained ten pounds
that I would be fine even if I went bankrupt
that I would be good if I lost my hair and my youth
that I would be great if I was no longer queen
that I would be grand if I was not all knowing
that I would be loved even when I numb myself
that I would be good even when I am overwhelmed
that I would be loved even when I was fuming
that I would be good even if I was clingy
that I would be good even if I lost sanity
that I would be good whether with or without you

The Guest House (Rumi)

This being human is a guest-house
Every morning a new arrival

A joy, a depression, a meanness,
some momentary awareness comes as an unexpected visitor.
Welcome and entertain them all!

Even if they're a crowd of sorrows,
who violently sweep your house empty of its furniture,
Still, treat each guest honorably,
He may be clearing you out for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing, and invite them in.
Be grateful for whoever comes, for each has been sent as a visitor from
beyond.

Solution-oriented questions to restore compassion

- **When was a time you softened towards someone else?**
- **When was a time when you softened toward yourself or felt some tenderness toward yourself?**
- **How have you shifted from judgment to understanding?**

Contribution

Doing something that eases the suffering of others, prevents suffering or makes the world a better place

Purpose and Meaning

- **Finding meaning in some mission or purpose that is beyond oneself and one's personal benefits**
- **Being of service to the world**
- **Caught up in something big**
- **Called to some activity**
- **Changing the world (or your small corner of the world)**

Bigger Purpose and Meaning

This is the true joy in life, the being used up for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake.

Life is no "brief candle" to me. It is a sort of splendid torch which I have got hold of for a moment, and I want to make it burn as brightly as possible before handing it on to future generations.

– George Bernard Shaw

From Man and Superman, Act III, Don Juan in Hell

The Secret of Happiness

“Find something more important than yourself and dedicate your life to it.” – Daniel Dennett

Contribution

Mitzvah Therapy

Contribution

Instructions for clients:

Become aware of some social injustice or victim situation that moves or touches you.

Every time you experience some recurrent problem, do one thing to contribute to the relief of the victim's suffering or to righting some social injustice. It may be writing a letter, making a donation of money or time to some charitable group, praying, or some other action you are moved to.

Ghandi

The best way to find yourself is to lose yourself in the service of others.

Albert Schweitzer

You must give something to your fellow men. Even if it is a little thing, do something for those who have need of help, something for which you get no pay but the privilege of giving. . . The only ones among you who will be really happy are those who will have sought and found how to serve.

Dr. Martin Luther King, Jr.

Life's most persistent and urgent question is: What are you doing for others?

The Talmud

The highest form of wisdom is kindness. Deeds of kindness are equal in weight to all the commandments.

Solution-Oriented Spirituality: Finding Contribution

- When you connect with your higher or bigger purpose and mission, how does your relationship with the challenge or problem you are facing change?**
- What resources or perspectives do you have when you are connected to your bigger purpose that can help you move through this issue more quickly or in a better way?**

Solution-Oriented Spirituality

AN EXPERIENCE OF SOLUTION-ORIENTED SPIRITUALITY

Solution-Oriented Spirituality

- Find moments of connection to something bigger
- Find moments of flow/expansion
- Bring them to bear on the problem

Solution-Oriented Spirituality

**Each person is born with an unencumbered spot,
free of expectation and regret,
free of ambition and embarrassment,
free of fear and worry,
an umbilical of grace
where we were each first touched by God.**

**It is this spot of grace that issues peace.
– Mark Nepo**



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