



SELF-CARE NEWSLETTER JULY 2011

HEALING PRESENCE:

CREATING A CULTURE THAT PROMOTES SPIRITUAL CARE

From the Manager, Spiritual, Pastoral & Religious Care

Healing presence is the condition of being consciously and compassionately in the present moment with another or with others, believing in and affirming their potential for wholeness, wherever they are in life. We all know people in our work environment who walk into a tense situation and immediately calm everyone present.

Who might these folks be at SMC who bring a noticeable “healing presence” into every situation? How is it that they bring into a situation a “healing presence”?

How many of us identify healing presence as a personal strength or claim it as a personal development objective?

We can't take healing presence for granted especially in today's fast-paced, efficiency-driven, bottom-line oriented health care culture.

When one is truly present to another there is a healing presence:

- ❖ An alleviation of loneliness
- ❖ An affirmation of one's authentic self and invitation to wholeness
- ❖ Potential for spiritual bonding
- ❖ A deeper sense of our common humanity
- ❖ A recognition and acknowledgement of the other as a person
- ❖ An invitation to self-transcendence
- ❖ Possibility for greater self reflection & self-revelation
- ❖ Sharing on a deeper, spiritual level

A healing presence is simply not optional. A healing presence is everyone's responsibility.

Every one of us at St. Michael's Centre is capable of being a healing presence.

A healing presence can take many forms.

You cannot do healing presence –you become healing presence, expressing it gently, yet firmly, in various ways:

- ❖ Listening
- ❖ Holding
- ❖ Talking
- ❖ Being silent
- ❖ Being still
- ❖ Being in your body,
- ❖ Coming home to yourself
- ❖ Being receptive

You can deepen your healing presence by slowing down, by doing only one thing at a time, by reminding yourself regularly to come back to the present moment. You can encourage healing presence by being appreciative, forgiving, humble kind and respectful of self and others.

To offer a safe and open space – a healing presence - we must know our own self. This may involve the process of seeing where we came from, just as we can let it go and moving forward.

“Our prime purpose in this life is to help others.

And if you can't help them, at least don't hurt them.”