

CENTERS
Existential Themes and Spiritual Pain and Healing

	The Four Great Existential Issues or Themes	The Four Themes in Spiritual Pain and Healing
Head Center	Death anxiety <i>versus</i> life – Basic need for security, becomes fearful when sense of security is missing or violated.	Wholeness <i>versus</i> hopelessness
Heart Center	Isolation <i>versus</i> connection – Basic need is for bonding and love. Becomes distressed when bonding is missing or violated.	Relatedness and love <i>versus</i> emptiness and depression
Body Center	Groundlessness <i>versus</i> grounded, meaning-holding or not holding a sense of responsibility or ownership – Basic need for self-worth. Becomes angry and rageful when sense of self-worth is missing or violated.	Forgiveness and responsibility (having one’s own ground and separateness) <i>versus</i> resentment and clinging
All 3 Centers	Meaninglessness <i>versus</i> meaningful life	Meaning in life (love in each moment) <i>versus</i> loss of purpose, despair

Working through loss and grief:

- Awareness
- Acceptance - radical
- Appreciation - gratitude
- Action
- Adherence - dedication