

**PRESENTATION  
LONELINESS AS A SPIRITUAL CHALLENGE  
MAY 30, 2014**

- I. VIEW LONELINESS AS AN EXISTENTIAL QUESTION  
AM I WHOLE?  
AM I WORTHY?  
DO I MATTER?  
WE ARE ALL SEEKING ‘WHAT IS MY PLACE OF  
BELONGING’?**
  
- II. EXPAND YOUR AWARENESS OF YOUR ROLE, TO  
TEND TO OR ADDRESS THE SPIRITUAL NEEDS OF  
YOUR CLIENTS**
  
- III. SELF CARE  
TRANSFORMING STRESS AND TRAUMA AND  
FOSTERING WELLNESS AND RESILIENCE  
(TRAUMA INFORMED SYSTEMS INITIATIVE, DPH)**

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## **LATINO VALUES**

**\*PERSONALISMO: LESS BUSINESS LIKE MORE PERSONAL, SHOWING RESPECT, ESPECIALLY TO ELDERS; USE MR. OR MRS. WHEN ADDRESSING; MUST ESTABLISH A PERSONAL TRUSTING RELATIONSHIP WITH PROVIDERS BEFORE THEY COMPLY WITH HEALTHCARE RECOMMENDATIONS**

**\*FAMILISMO: EMPHASIS ON THE VALUE AND RELIANCE ON THE FAMILY  
FAMILY VS INDIVIDUAL  
DECISIONS ARE MADE COLLECTIVELY RATHER THAN INDIVIDUALLY, MUST CONSIDER THE ENTIRE FAMILY WHEN MAKING PLANS**

**\*JERARQUISMO: RANK IS ESTABLISHED AND HONORED, IT IS USUALLY ALONG PATRIARCHAL LINEAGE, MALE RANKS FIRST**

**\*PRESENT TIME ORIENTATION: CLIENT IS IN YOUR OFFICE FOR A NEED, DEAL WITH IT, THEN YOU CAN ADDRESS OTHER NEEDS**

**\*ESPIRITISMO: WORLD IS INHABITED BY BOTH GOOD AND EVIL AND BOTH AFFECT HEALTH AND WELL BEING IN POSITIVE/NEGATIVE WAYS  
RELIANCE ON NATURAL OR FOLK HEALING  
CURANDERISMO  
ESPIRITISM  
YERBISTAS  
SANTEROS**

## QUOTES ON LONELINESS:

Loneliness is proof that your innate search for connection is intact.  
*Martha Beck*

Loneliness expresses the pain of being alone and solitude expresses the glory of being alone. *Paul Tillich*

We're born alone, we live alone, we die alone. Only through our love and friendship can we create the illusion for the moment that we're not alone. *Orson Welles*

The whole conviction of my life now rests upon the belief that loneliness, far from being a rare and curious phenomenon, peculiar to myself and to a few other solitary men, is the central and inevitable fact of human existence. *Thomas Wolfe*

Solitude is the profoundest fact of the human condition. Man is the only being who knows he is alone. *Octavio Paz*

People are lonely because they build walls instead of bridges.  
*Joseph Fort Newton*

Loneliness and the feeling of being unwanted is the most terrible poverty. *Mother Teresa*

\*“EACH OF US HAS A UNIQUE, ESSENTIAL PURPOSE, IF NOT MANY, TO FULFILL IN THIS LIFETIME. THINK OF THIS FOR A MOMENT:

THERE IS NO ONE ELSE ON THE PLANET, THAT IS HERE TO BE **WHO YOU ARE** AND TO GIVE WHAT YOU HAVE TO GIVE; **NO ONE ELSE.**

‘LIFE PURPOSE’ IS ALWAYS EVOLVING, PURPOSE IS SPIRIT SEEKING EXPRESSION. WHEN WE RECOGNIZE OUR PURPOSE AND OUR OWN INNATE TALENTS, AND FREELY SHARE THEM WITH ONE ANOTHER, WE CREATE A WORLD OF PEACE, HARMONY AND LOVE. WE BEGIN TO CHANGE THE WORLD BY FULFILLING OUR PURPOSE.” -OPRAH.

\*IN EVERY MOMENT, SOMETHING SACRED IS AT STAKE. -RABBI HESCHEL

\*MINDFULNESS:

THE ACT OF PAYING ATTENTION

IN A TOTALLY NEUTRAL MANNER

DEVOID OF JUDGEMENT, ANALYSIS AND CALCULATION

\*“THANK YOU FOR BEING SUCH A BEAUTIFUL EXPRESSION OF THE DIVINE.

REMEMBER,

YOU ARE PERFECT

YOU ARE NOT BROKEN

THERE IS NOTHING TO FIX

YOU ARE EXACTLY THE WAY THE DIVINE HAS CREATED YOU TO BE.’ -PANACHE DESAI

\*AS YOU CONTINUE ON YOUR PATH,  
KEEP IN MIND

**YOU, ARE THE GIFT**

# Our Deepest Fear Poem

By Marianne Williamson

Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness  
That most frightens us.

We ask ourselves  
Who am I to be brilliant, gorgeous, talented, fabulous?  
Actually, who are you *not* to be?  
You are a child of God.

Your playing small  
Does not serve the world.  
There's nothing enlightened about shrinking  
So that other people won't feel insecure around you.

We are all meant to shine,  
As children do.  
We were born to make manifest  
The glory of God that is within us.

It's not just in some of us;  
It's in everyone.

And as we let our own light shine,  
We unconsciously give other people permission to do the same.  
As we're liberated from our own fear,  
Our presence automatically liberates others.

**Note:** This inspiring quote is taken from Marianne Williamson's book [A Return to Love](#). Though often quoted as part of Nelson Mandela's moving [inaugural speech](#), "Our Deepest Fear" does not appear in the speech.