

**CENTERS**  
**Existential Themes and Spiritual Pain and Healing**

	<b>The Four Great Existential Issues or Themes</b>	<b>The Four Themes in Spiritual Pain and Healing</b>
<b>Head Center</b>	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
<b>Heart Center</b>	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
<b>Body Center</b>	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
<b>All 3 Centers</b>	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