

Session 1: Spirituality, Meaning,

After a brief presentation by David, the participants divided into 5 groups with the task of discussing the following questions and then reporting what was discussed.

1. What gives you inspiration and sustains you to continue struggling for health?

As people affected by the problems we are struggling for ourselves.

We feel connected to the life of the world and try to be aware of how our actions affect others. This helps us to stay committed and to practice our values and beliefs.

We have seen people suffering and the anger we feel makes us want to do something

Compassion and love for others

We need to see some successes, even if small, so we don't become too frustrated and discouraged

We must create practices to relieve the stress of doing this kind of difficult work, or we will become burned out. These might include things like creating a close community in which we live and work, relaxation and stress reduction practices like meditation, taking care of our own health.

Intellectual understanding of the problems and beliefs are not enough to sustain us or to motivate others. There is an emotional component that we need to share.

Each person has a dream of what they think the world should be like, but it will never be achieved in a lifetime. So the person develops ways of coping with that.

Some people get strength from religious tradition in which they were raised and some from inspiring people.

2. What can PHM do to support its activists in this area and to share with the communities in which we work?

Promote opportunities for PHM activists to meet so we can know each other as more than words in an email.

Make a page of the web site a place for people to share poems, music, stories, films, practices that are inspiring and help us to stay connected.