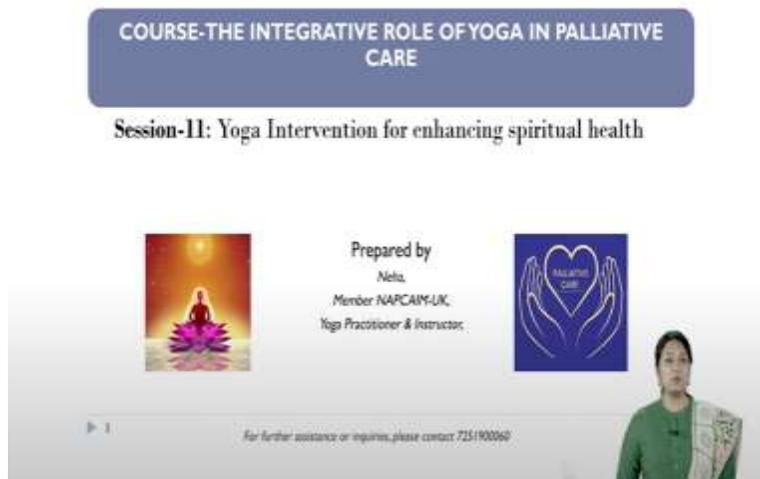


**Certificate in Integrative Palliative Care – 3**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-03**  
**Lecture 30: Yoga Intervention for Enhancing Spiritual Health**

(Refer Slide Time: 00:15)



**COURSE-THE INTEGRATIVE ROLE OF YOGA IN PALLIATIVE CARE**

**Session-II: Yoga Intervention for enhancing spiritual health**

Prepared by  
Nelta,  
Member NARCA/UK,  
Yoga Practitioner & Instructor.

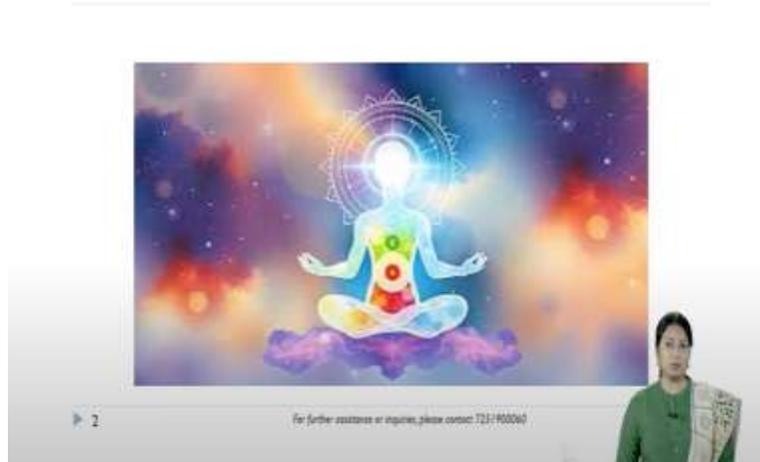
For further assistance or inquiries, please contact 725190060

1

In this session, we'll explore practices specifically designed to enhance the spiritual well-being of a human being, especially for those who are at the end stage of life.

(Refer Slide Time: 00:25)

## Understanding the Role of Spirituality in End-of-Life Care



When faced with a terminal illness, individuals often grapple with questions like, why me? These overwhelming thoughts can disrupt peace of mind, hindering, healing and diminishing the quality of life for both patients and caregivers.

(Refer Slide Time: 00:43)

## Key components for enhancing spiritual health



At this critical juncture, it is essential for healthcare providers to help patients and their families understand certain universal principles or laws. These universal principles includes law of karma, law of forgiveness, law of gratitude and acceptance and practicing yama and niyama for developing positive attitude.

(Refer Slide Time: 01:08)

**Spiritual Health: Vital for Well-being**

- Provides *\*purpose\*, \*inner peace\*, and \*connection\**
- Enhances *\*resilience\* in facing life's \*challenges\**
- Fosters *\*belonging\* and supports \*personal growth\**
- Encourages *\*meaningful relationships\* and \*fulfillment beyond material achievements\**
- Contributes to a *\*harmonious\* and \*enriched life\**

4 For further assistance or inquiries, please contact 7217400040

When we speak of spiritual health, it is vital for our existence because it provides a deep sense of purpose, inner peace and connection, which can greatly enhance overall well-being. It helps individuals navigate life's challenges with resilience, fostering a sense of belonging and encouraging personal growth.

By nurturing spiritual health, people can achieve a more balanced life, cultivate meaningful relationships and find fulfillment beyond material and physical achievements, contributing to a more harmonious and enriched existence.

(Refer Slide Time: 01:50)

**Practices for Nurturing Spiritual Health**

- Meditation and Mindfulness:** Engaging in regular meditation or mindfulness exercises helps quiet the mind, increase self-awareness, and connect with one's inner self.
- Prayer:** The many prayers is a way to seek guidance, express gratitude, and connect with a higher power or spiritual force.
- Gratitude Practices:** Regularly acknowledging and appreciating the positive aspects of life can enhance overall well-being and foster a sense of spiritual fulfillment.
- Nature Connection:** Spending time in nature can be a powerful way to feel connected to the larger universe and find spiritual solace.
- Law of forgiveness:** It aims at emphasizing the importance of letting go of resentment and anger towards others, as well as oneself. It suggests that forgiveness can lead to emotional healing, personal growth, and improved relationships. By releasing negative feelings, individuals can create space for compassion and understanding, ultimately promoting a sense of peace and well-being.
- Understanding the Law of Karma:** To incorporate law of acceptance.

5 For further assistance or inquiries, please contact 7217400040

Nurturing spiritual health involves a variety of practices that enhance inner growth and connection. Some of the common practices one can include in daily life to enhance their spiritual health is meditation and mindfulness. Engage in regular meditation or mindfulness exercises to help quieten the mind, increase self-awareness and connecting with one's inner self.

You can also include prayer. For many, prayer is a way to seek guidance, express gratitude and connect with a higher power or universal force. There are gratitude practices by which regularly acknowledging and appreciating the positive aspects of life can enhance overall well-being and foster a sense of spiritual fulfillment. Spending time in nature can be a powerful way to feel connected to the larger universe and spiritual solace. And then law of forgiveness, which aims at emphasizing the importance of letting go of resentment and anger towards others, as well as oneself.

It suggests that forgiveness can lead to emotional healing, personal growth and improved relationships. By releasing negative feelings, individuals can create space for compassion and understanding, ultimately promoting a sense of peace and well-being. And then there is the universal law of karma which is to incorporate law of acceptance.

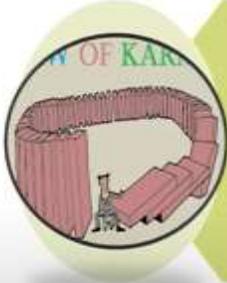
(Refer Slide Time: 03:36)



So we begin with the theory of karma which is crucial aspect in maintaining the spiritual health of the subject. What does the law of karma says?

(Refer Slide Time: 03:46)

### Karma and Spiritual Growth



- **Theory of Karma:** Every action, positive or negative, yields results in time, which are inevitable and unchangeable once ripened. Acceptance and going with the flow can ease this journey.

7 For further assistance or inquiries, please contact 7231900060



So, the theory of karma says that every action either good or bad bears the appropriate fruit or result either immediately or in future.

When this fruit of a previous action ripens, its effect is irreversible. One has to undergo it. No force in the universe can change its course. It is better at this time to accept the situation as an unavoidable one and flow with it as best as we can.

(Refer Slide Time: 04:16)

### Universal Principle



"Do good, Be good" applies to everyone. Karma theory suggests that a negative mindset can hasten negative outcomes, potentially manifesting as illness.

8 For further assistance or inquiries, please contact 7231900060



The spiritual principle do good, be good is preached by all religion and spiritual movements in the world.

The theory of karma applies to all without any exception.

(Refer Slide Time: 04:31)

**Terminal Illness as Karma**

Some view terminal illnesses, like cancer—even in young children and spiritual figures (e.g., Ramakrishna Paramhansa, Ramana Maharshi)—as karmic conditions.

9 For further assistance or inquiries, please contact 7251900560

A woman in a green shirt is visible in the bottom right corner of the slide.

According to the theory of karma, a negative thought pattern hastens the maturation process of the fruits of past ill actions, resulting in a disease.

(Refer Slide Time: 04:41)

**Influencing Dormant Karma:**

By cultivating attitudes through Raja Yoga's first two principles, Yama and Niyama, we can shape dormant karma before it fully manifests.

10 For further assistance or inquiries, please contact 7251900560

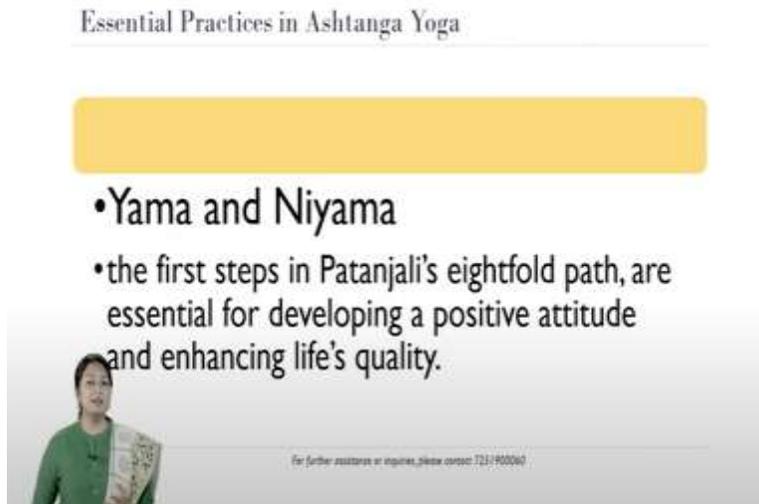
A woman in a green shirt is visible in the bottom right corner of the slide.

Some people believe terminal illness like cancer to be a karmic condition. This applies to small children and saints like Ramakrishna Paramahansa and Sri Ramana Maharshi too. We still have an opportunity to influence the outcomes of our karma while it remains in its dormant stage before it fully manifests.

By developing our attitude through the first two principles of Raja Yoga which is Yama and Niyama, we can shape and transform the potential effects of our karma.

(Refer Slide Time: 05:15)

Essential Practices in Ashtanga Yoga



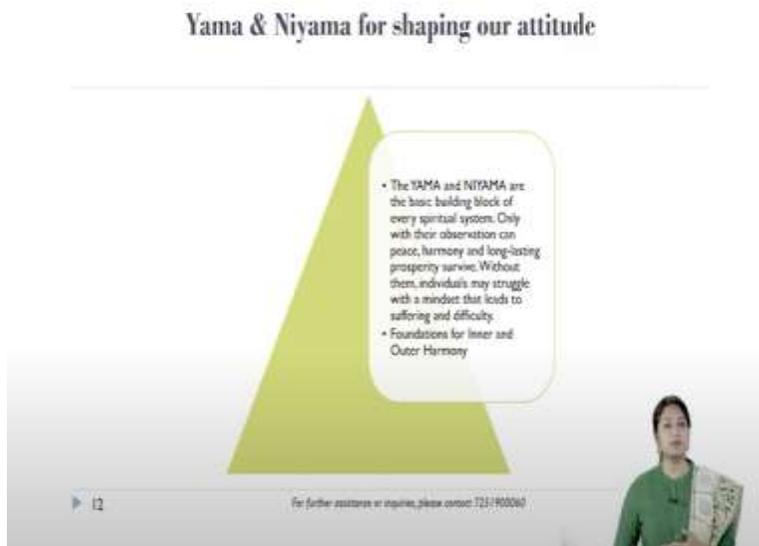
- **Yama and Niyama**
- the first steps in Patanjali's eightfold path, are essential for developing a positive attitude and enhancing life's quality.

For further assistance or inquiries, please contact: 721-900060

Let us now discuss the two essential limbs of Ashtanga Yoga that while they appear first in Patanjali's Eightfold Path are being highlighted here due to their crucial role in shaping our attitudes and guiding the quality of our lives.

(Refer Slide Time: 05:32)

Yama & Niyama for shaping our attitude

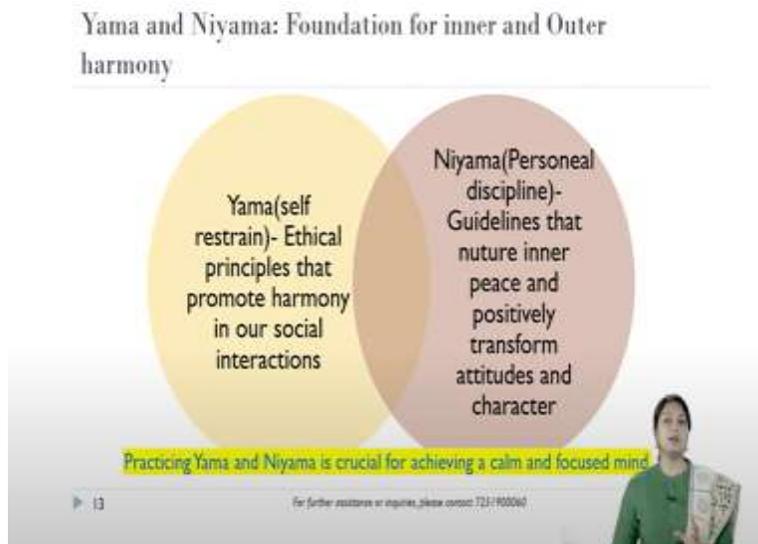


- The YAMA and NIYAMA are the basic building block of every spiritual system. Only with their observation can peace, harmony and long-lasting prosperity survive. Without them, individuals may struggle with a mindset that leads to suffering and difficulty.
- Foundations for Inner and Outer Harmony

12 For further assistance or inquiries, please contact: 721-900060

The Yama and Niyama are the basic building block of every spiritual system. Only with their observance can peace, harmony and long-lasting prosperity survive. Without them, individuals may struggle with a mindset that leads to suffering and difficulty.

(Refer Slide Time: 05:53)

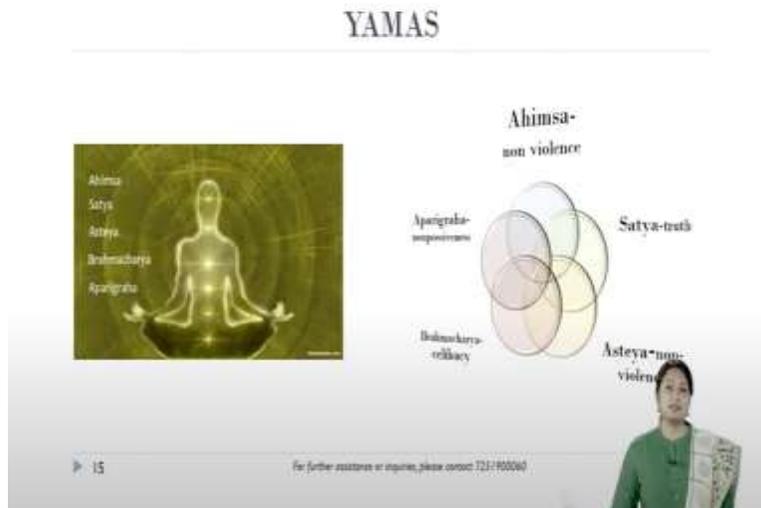


Yamas consists of self-restraints or ethical guidelines and Niyama involves personal disciplines. These yamas help to harmonize the social environment and niyamas help to harmonize the inner environment and transform the personality and attitudes. Without adhering to these foundational practices, the mind cannot attain the necessary quietude and focus.

(Refer Slide Time: 06:25)

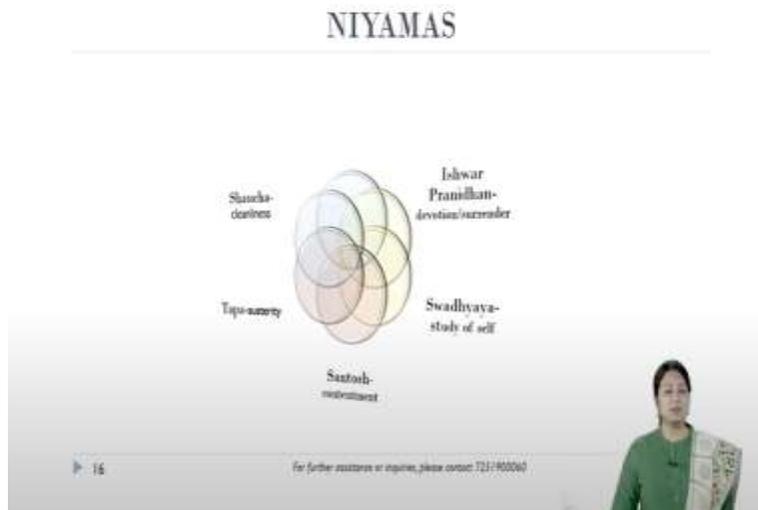


(Refer Slide Time: 06:27)



These five Yamas are Satya, Ahimsa, Asteya, Brahmacharya, and Aparigraha.

(Refer Slide Time: 06:35)



And the five Niyamas are Shaucha, Santosh, Tapa, Swadhya and Ishwar Pranidhan.

(Refer Slide Time: 06:43)

### First step on the spiritual journey?

it is best to choose just one yama and one niyama and try to perfect them over a period of time.

Choose any one of them- starting with the quality you feel most attracted to will make the task easier.

During this time the remaining yamas and niyamas will automatically start flowering in your personality. You will find that you also grow stronger internally.

17 For further assistance or queries, please contact 7217400040

As a first step on the spiritual journey, it is best to choose just one yama and niyama and try to perfect them over a period of time. Choose any of them starting with the quality you feel most attached to will make the task easier. During this time, the remaining yamas and niyamas will automatically start flowering in your personality. You will find that you also grow stronger internally.

(Refer Slide Time: 07:12)

### How to observe Yamas & Niyamas in every day life?

Ahimsa is the first Yama which means non-violence which is to be observed not just at the physical level but also at the speech and thoughts level. Violence can occur in action, in speech and in thoughts. Violence is a reaction when a desire or attachment is not fulfilled. Developing non-attachment leads to a non-reactive nature and to Ahimsa.

Ahimsa comes from strength and fearlessness, from care, love and consideration felt for others and from a willingness to cooperate. Observe your thoughts, speech and action to negate violence inside you so that our inner self fills with love & compassion.

18

For further assistance or queries, please contact 7217400060

The question is how to observe Yamas and Niyamas in everyday life? Let us take Yama first and delve deeper into the five social conducts.

Ahimsa. Ahimsa is the first Yama which means non-violence which is to be observed not just at the physical level but also at the speech and thoughts level. Violence can occur in action, in speech and in thoughts. Violence is a reaction when a desire or attachment is not fulfilled. Developing non-attachment leads to a non-reactive nature and to Ahimsa. Ahimsa comes from strength and fearlessness, from care, love and consideration felt for others and from a willingness to cooperate.

Observe your thoughts, speech and action to negate violence inside you so that our inner self fills with love and compassion.

(Refer Slide Time: 08:20)

### Satya or truthfulness

truthfulness in speech

observing complete truthfulness i.e. abstaining from hiding the truth or telling a half-truth, modifying the truth or coloring the truth with personal opinions

speaking the truth in the right manner and at the right time.

be aware of speaking unpleasant truth which can be hurtful such as calling a blind a blind.

By observing Satya one can be established in truthfulness which reap many benefits of peace and self-righteousness and eliminates fear which triggers weakening of immune system.

Satya or Truthfulness has various levels

19 For further assistance or inquiries, please contact 7217400060

The next yama is satya or truthfulness. Truthfulness has various levels as well which is truthfulness in speech, observing complete truthfulness that is abstaining from hiding the truth or telling a half truth, modifying the truth or even coloring the truth with personal opinions. Then speaking the truth in the right manner and in the right time and be aware of speaking unpleasant truth which can be hurtful such as calling a blind a blind. By observing Satya one can be established in truthfulness which reap many benefits of peace and self-righteousness and eliminates fear which triggers weakening of immune system.

(Refer Slide Time: 09:10)

Asteya or not stealing

**not stealing someone else's belongings,  
including non-material possessions**

- not stealing someone else's ideas or words
- not stealing someone else's opportunity by using unfair means
- The motive is important than the act. This yama means totally honest. Consuming more than one's needs can also mean stealing at times.

▶ 20 For further assistance or inquiries, please contact 7217400040



The next Yama is Asteya or not stealing. So not stealing someone else's belongings including non-material possessions, not stealing someone else's ideas or words, not stealing someone else's opportunity by using unfair means. All of these non-stealing comes under the Yama which is Asteya, the Yama of Asteya. The motive is important than the act. This Yama means total honesty.

Consuming more than one's needs can also mean stealing at times.

(Refer Slide Time: 09:45)

Brahmacharya 'Celibacy'

**Brahmacharya 'Celibacy'**

- In a broader and more appropriate sense, it means *reducing sense enjoyments to the extent that the mind can remain established in spiritual pursuits.*
- Brahmacharya can also be understood as "walking towards the divine" as 'brahm' means 'God' and 'charya' means 'to walk'. The type of food we eat, adequate and appropriate physical activity, associating with saintly people and exposure to sensual, tempting
- environments are important factors which influence this practice. Like the other yamas, brahmacharya needs to be observed in thought as well as in action. Practice of this yama induces a sense of oneness thereby creating harmony and balance at cellular level reducing the chances of fatal diseases.

▶ 21 For further assistance or inquiries, please contact 7217400040



Let's understand the Yama of Brahmacharya now. So Brahmacharya in its limited aspect means celibacy. In a broader and more appropriate sense, it means reducing sense enjoyments to the extent that the mind can remain established in spiritual pursuits. Brahmacharya can also be understood as walking towards the divine as Brahm means God and Charya means to walk.

The type of food we eat, adequate and appropriate physical activity, associating with saintly people and exposure to sensual tempting environments are important factors which influence this practice. Like the other Yamas, Brahmacharya needs to be observed in thoughts as well as in action or in speech. Practice of this yama induces a sense of oneness thereby creating harmony and balance at cellular level reducing the chances of fatal diseases.

(Refer Slide Time: 10:52)

**Fifth Yama *Aparigraha***

**Aparigraha** which means 'possessing only the bare minimum'.

**Parigraha** means the desire to possess more, **is the root cause of all the sufferings.**

Aparigraha can be external and material, or internal and subtle. It arises from non-attachment and non-motivation. Practice of this yama helps in creating a sense of space where peace, security and self-belief resides which fosters overall well-being.

22 For further assistance or inquiries, please contact 7237900060

The fifth yama is the yama of a parigraha which means possessing only the bare minimum. Parigraha means the desire to possess more is the root cause of all the sufferings.

Aparigraha can be external and material or internal and subtle. It arises from non-attachment and non-motivation. Practice of this yama helps in creating a sense of space where peace, security and self-belief resides which fosters overall well-being. So, we have understood the 5 Yamas, the social conduct which helps one develop an attitude of positivity and acceptance. Now let us briefly understand niyama which are also five in number.

(Refer Slide Time: 11:47)

### Niyamas- Shaucha

Shaucha means cleanliness.

The term is generally used for personal hygiene and cleanliness of the surroundings or external cleanliness.

Internal cleanliness can be achieved by yogic shatkarma through neti, shankhprakhshalana, kunjil, nauli, trataka etc. soon as we begin to cleanse ourselves internally, our thoughts and behavior also changes to positive.

Positive forces in the cosmos are attracted to a clean place and a clean person.

▶ 23 For further assistance or queries, please contact 7217400060



The first niyama is shaucha means cleanliness. The term is generally used for personal hygiene and cleanliness of the surroundings or external cleanliness. Internal cleanliness can be achieved by yogic shatkarmas through neti, shankhprakhshalana, kunjil, nauli, trataka etc. Soon as we begin to cleanse ourselves internally, our thoughts and behavior also changes to positive. Positive forces in the cosmos are attracted to a clean place and a clean person.

(Refer Slide Time: 12:24)

### Santosh

**Santosh** is being happily content with whatever one has and in whatever situation one is placed in.

We all need to have spontaneous (not forced) acceptance and trust in a higher force to successfully practice santosh. Practice of this niyama prepares one to accept the events of life positively.

Not having Santosh create high levels of stress which is the root cause of any disease.

▶ 24 For further assistance or queries, please contact 7217400060



The second niyam is santosh or contentment. Contentment in whatever we have and in whatever we experiencing. We all need to have spontaneous not forced acceptance and trust in a higher force to successfully practice santosh. Practice of this niyama prepares one to accept the events of life positively. Not having santosh or contentment create high levels of stress which is the root cause of any disease.

(Refer Slide Time: 12:55)

**Tapa**

Tapa which means 'austerity'.

It reflects self-control and the ability to tolerate any physical condition.

Tapa can be external and physical, or internal and mental. It strengthens and purifies the body and mind, and accelerates spiritual growth.

Tapa is not physical or mental torture, but a practice to gradually increase endurance.

25 For further assistance or queries, please contact 7217400040

Next niyam is the niyam of tapa which is also known as austerity, the practices that we diligently follow in being continuing to the path of our spiritual way. It reflects self-control and the ability to tolerate any physical condition. Tapa can be external and physical or internal and mental. It strengthens and purifies the body and mind and accelerates spiritual growth. Tapa is not just physical or mental torture but a practice to gradually increase endurance.

(Refer Slide Time: 13:35)

### Swadhyaya

Swadhyaya or 'self-study', observing or analyzing oneself.

*Swa* means 'self' and *adhyaya* means 'study'.

It also means studying the various scriptures which is essential for the process of transformation and spiritual growth.

▶ 26 For further assistance or inquiries, please contact 721-900060



Fourth Niyam is Swadhyaya or self-study, observing or analyzing oneself. Swa means self and Adhyaya means study. It also means studying various scriptures, sacred scriptures which are essential for the process of transformation and spiritual growth.

(Refer Slide Time: 13:56)

### Ishwar Pranidhana

Ishwar pranidhana or surrender to the Divine or God, means having total faith in the higher reality and accepting everything that happens as God's wish.

No situation or event is rejected or condemned. Instead, we try to discover the lesson behind adversity.

Surrender to God is expressed in thought, feeling and action.

▶ 27 For further assistance or inquiries, please contact 721-900060



The last and the fifth niyama is the niyama of Ishwar Pranidhana or surrender to the divine or God, which means having total faith in higher reality and accepting everything that happens as God's wish. No situation or event is rejected or condemned.

Instead, we try to discover the lesson behind adversity. Surrender to God is expressed in thought, feeling and action.

(Refer Slide Time: 14:26)



So, these were all about Yamas and Niyamas which develops our attitude and understanding towards the various cosmic laws of karma, law of acceptance and gratitude which ultimately reflects in our character and makes our life even more meaningful. Understanding, awareness, persistent effort and self-analysis are the four pillars to success in any spiritual practice. Do not lose heart when you do not succeed.

Continue your efforts with fresh zeal and determination. So up till now we have understood the concept or the law of karma and how the fruits either good or bad of our past karmas can be accepted easily with the practice of yamas and niyamas which are the first two foundational limbs of Ashtanga Yoga.

(Refer Slide Time: 15:25)

### LAW OF FORGIVENESS

The law of forgiveness is a transformative principle that emphasizes releasing resentment and granting pardon to others as well as oneself. It is based on the understanding that holding onto grudges and anger only perpetuates suffering and hinders personal growth.

Forgiveness is a crucial concept, often emphasized for its profound impact on emotional and spiritual well-being. Forgiveness is not merely about letting go of grudges but about healing oneself from the internal wounds caused by anger, resentment, and hatred.

29 For further assistance or queries, please contact 7217400060

So we are now covering the law of forgiveness. Law of forgiveness is a transformative principle that emphasizes releasing resentment and granting pardon to others as well as oneself. It is based on the understanding that holding onto grudges and anger only perpetuates suffering and hinders personal growth.

Forgiveness is a crucial concept often emphasized for its profound impact on emotional and spiritual well-being. Forgiveness is not merely about letting go of grudges but also about healing oneself from the internal wounds caused by anger, resentment, depression and hatred. Holding on to anger and resentment can indeed contribute to the development of disease both mentally and physically.

(Refer Slide Time: 16:22)

### LAW OF FORGIVENESS IN PC

Slide 30: LAW OF FORGIVENESS IN PC. The slide features two dark blue arrow-shaped boxes pointing right. The left box contains the text: "Holding onto anger and resentment can indeed contribute to the development of disease, both mentally and physically." The right box contains the text: "In palliative care, the law of forgiveness holds significant value as it can profoundly impact the emotional and psychological well-being of patients, their families, and caregivers. Forgiveness—both towards oneself and others—can facilitate healing and provide comfort in end-of-life situations." At the bottom right, a presenter in a green top is visible. A footer at the bottom center reads: "For further assistance or queries, please contact 7217400040".

Especially in palliative care, the law of forgiveness holds significant value as it profoundly impacts the emotional and psychological well-being of patients, their families and caregivers. Forgiveness both towards oneself and others can facilitate healing and provide comfort in end of life situations.

(Refer Slide Time: 16:47)

### PRACTICING FORGIVENESS INVOLVES SEVERAL KEY STEPS

Slide 31: PRACTICING FORGIVENESS INVOLVES SEVERAL KEY STEPS. The slide displays five white text boxes with black borders, arranged in two rows. The top row contains three boxes: "Acknowledge the Hurt: Recognize and accept the pain or offense without denial or suppression.", "Empathize: Try to understand the perspective of the person who hurt you, acknowledging their human fallibility.", and "Release Resentment: Consciously choose to let go of anger and bitterness, understanding that holding on to these emotions affects your well-being more than it affects the other person." The bottom row contains two boxes: "Communicate: If appropriate, express your feelings to the person involved, aiming for resolution and mutual understanding." and "Forgive Yourself: Address any self-blame or guilt you might be carrying, understanding that forgiveness is also about self-compassion." At the bottom right, a presenter in a green top is visible. A footer at the bottom center reads: "For further assistance or queries, please contact 7217400040".

One can practice forgiveness every day or wherever he or she feels the hurt inside. So this can be practiced by acknowledging the hurt, recognizing and accept the pain or offense without denial or suppression. Here, honesty is required. Be honest to all the hurt

and pain that you're feeling. One should not try to suppress and then empathize with it.

Try to understand the perspective of the person who hurt you, acknowledging their human fallibility. Then after acknowledging one has to release the resentment by consciously choosing to let go of anger and bitterness understanding that holding on to these emotions affects your own well-being more than it affects the other person. And if appropriate express your feelings to the person involved aiming for resolution and mutual understanding. And then at the last, it's very important to forgive your own self, address any self-blame or self-loathing thoughts or guilt you might be carrying, understanding that forgiveness is also about self-compassion. By integrating these practices into your daily life, you can foster emotional freedom and create space for healing and positive relationships.

(Refer Slide Time: 18:18)

### LAW OF GRATITUDE

In palliative care, the principle of gratitude is instrumental in improving the quality of life for both patients and their families. By acknowledging and valuing the positive aspects of life, even amid difficult circumstances, gratitude can offer meaningful therapeutic benefits in end-of-life care, fostering emotional healing and comfort during a challenging time.

- **Enhancing Emotional Well-being:** Gratitude helps shift focus from pain to moments of joy, fostering peace and contentment in patients by appreciating comfort, kindness, and memories.
- **Improving Relationships:** Expressing gratitude strengthens bonds between patients, families, and healthcare providers, creating a compassionate, positive atmosphere that enhances communication and connection.
- **Reducing Stress:** Focusing on gratitude lowers stress and anxiety, boosting emotional resilience and improving the overall experience for patients with serious illnesses.
- **Fostering Positive Outlook:** Gratitude helps patients maintain a positive perspective, improving their sense of well-being, dignity, and acceptance of their condition.
- **Encouraging Reflective Practices:** Practices like gratitude journaling or reflective conversations offer patients a sense of purpose and closure, helping them find comfort and meaning in their final days.

32 For further resources or inquiries, please contact 7217400040

After understanding the law of forgiveness, we will also try to briefly understand the law of gratitude which plays a greater role, a crucial role in palliative care. What is gratitude? Gratitude involves recognizing and appreciating the positive aspects of life even in challenging circumstances. By practicing gratitude every day in your life, one can have significant therapeutic benefits, especially in end of life care settings. How can it help in benefiting end of life settings? Let's see.

It helps enhancing emotional well-being. So practicing gratitude can help shift your focus from distressing symptoms and emotional pain to moments of joy and appreciation. For patients in palliative care, expressing gratitude for moments of comfort, acts of kindness from caregivers, and cherished memories can foster a sense of peace and

contentment. Practicing gratitude helps improving relationships as it strengthens relationships between the patients, their families and health care providers as well. When patients and families express appreciation for the support and care they receive, it fosters a positive and compassionate atmosphere. This improved communication and emotional connection can make the care experience more fulfilling for everyone involved.

Gratitude also helps reducing stress. It has been shown to reduce stress and anxiety, which is especially beneficial for patients facing serious illnesses. By focusing on what they are thankful for, patients can experience reduced levels of stress and improved emotional resilience, contributing to a better overall experience in palliative care. Practicing gratitude also helps promoting the positive outlook of our being. Even in the face of terminal illness, finding aspects to be grateful for can help patients maintain a positive outlook. This shift in perspective can enhance their overall sense of well-being and dignity, allowing them to face their condition with greater acceptance and inner peace.

And then at the last, gratitude also encourages reflective practices. In palliative care, gratitude practices such as keeping a gratitude journal or engaging in reflective conversations can provide patients with a sense of purpose and closure. Reflecting on positive experiences and meaningful moments can be a powerful way to find comfort and meaning in their final days. So by integrating the law of gratitude into palliative care, patients and their families can experience a richer, more positive end-of-life experiences, finding solace and meaning despite the challenges of serious illness. Thank you.