

## CHAPTER 5

### CONCLUSION

The conclusion of this study is presented in two parts: (1) summary of the study and (2) recommendations.

#### *Summary of the Study*

The research findings describe the clients' experiences in using spiritual healing methods. Data was collected using in-depth interviews. Hermeneutic phenomenology was a method used to explore the lived experience of chronically ill clients using spiritual healing methods. Ten informants who met the inclusion criteria were recruited from the holistic center in a southern province in Thailand and data collection was conducted between May 2003 and July 2004.

The findings were analyzed using van Manen's thematic analysis. The findings were classified thus: (1) perceived meaning of "*spirituality*" (2) experiences of using spiritual healing methods in chronically ill clients, and (3) outcomes of using spiritual healing methods.

The perceived meaning of "*spirituality*" consisted of three themes: (1) power of life (2) awakening the mind to understand things as they really are and (3) moral conduct brings goodness, reflecting self-worth.

The experiences of using spiritual healing methods in chronically ill clients consisted of three themes: (1) Buddhist concepts in daily life (2) mind-body connection methods consisting of 6 subthemes (2.1) meditation can be divided into 3 groups (2.2.1) Anapanasati meditation consisting of meditation through breathing and meditation

through number counting (2.2.2) walking meditation and (2.2.3) meditation through praying (2.2) yoga (2.3) taichi / qigong (2.4) pranic practice (2.5) universal energy and (2.6) johrei, and (3) modified macrobiotics consisting of (3.1) healthy food (3.2) stick dance exercise (3.3) adequate rest (3.4) positive thinking , and (3.4) detoxification.

The outcomes of using spiritual healing methods consists of 8 themes: (1) having a peaceful mind (2) being mindful (3) relief from suffering (4) understanding the nature of life, attaining wisdom (5) gaining faith and belief in the Law of Karma (6) having loving kindness (7) enhancing body system functioning, and (8) complete recovery.

### *Recommendations*

The findings of this study provided a basis for further study of the lived experience of the clients in the south of Thailand. Nevertheless, several recommendations are suggested for further researches as follows:

1. This study focused on the chronically ill clients' experienced and all of them were Buddhism, so Buddhist teachings served as the basis for the study. It is necessary to hear from clients in other religions. Therefore, further research should explore perspective on spiritual healing methods by clients in other religions.

2. The research on experiences of chronically ill clients should be extended to cover other phases of illness which are crisis situations for critically ill clients.

3. Mind body connection methods should be provided as important daily activities for some informants. A suitable time and place should be provided for the clients and their families to practice. Nurses should be flexible regarding visiting times and permit clients and their family members to maintain their activities.

4. A participatory action research should be used to develop a care model to assist chronically ill clients and their families, in order to achieve practical knowledge, which is the optimum goal of nursing science.