

### Comparison of Religious & Nonsectarian Spiritual Perspectives on Service

<b>Perspective</b>	<b>Beliefs</b>	<b>Values</b>	<b>Service</b>
Buddhist (esp.Zen)	<ul style="list-style-type: none"> <li>(1) Nontheistic Buddha Nature.</li> <li>(2) Beliefs from traditions, sutras, direct spiritual experience; Nonattachment to beliefs.</li> <li>(3) Existence is suffering, caused by desire and illusion of separate self; suffering ends through disciplined lifestyle, meditation, and enlightenment.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task is to seek enlightenment.</li> <li>(2) Commitment to compassionate help toward all beings.</li> <li>(3) Transcendence of self/other dichotomy in virtuous living.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Mutuality and harmony in helping relationship.</li> <li>(2) Aim to help client clarify awareness, act realistically; beliefs; ultimately attain enlightenment.</li> <li>(3) May use meditation and connect with temple or meditation center-based support systems.</li> </ul>
Christian	<ul style="list-style-type: none"> <li>(1) Theistic and trinitarian.</li> <li>(2) Beliefs from Old and New Testaments, church traditions, faith experience.</li> <li>(3) People are prone to sin; relation with loving God yields reconciliation, meaning, and purpose.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task to love God and people.</li> <li>(2) Commitment to charity and justice.</li> <li>(3) Moral relation between individual needs, social welfare, God's will.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Agape love- based helping relationship.</li> <li>(2) Aim to help client meet physical and spiritual needs, reconcile with others and God.</li> <li>(3) May use witnessing, prayer, sacrament, clergy/ congregation referrals.</li> </ul>
Confucian	<ul style="list-style-type: none"> <li>(1) Nontheistic Dao.</li> <li>(2) Beliefs from Chinese classics, sages and religious teachers, and local traditions.</li> <li>(3) Benevolent human nature must be cultivated for benefit of person, family, society, and world.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life to cultivate sageliness and benefit society.</li> <li>(2) Commitment to lifelong learning, public service, family/social harmony.</li> <li>(3) Filial piety and complementary reciprocal relationships.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Helping relationship based on benevolence and harmony.</li> <li>(2) Aim to help client learn from life situations and harmonize relationships.</li> <li>(3) May use quiet sitting, self-reflective practices, qigong, acupuncture, herbs.</li> </ul>

Hindu (esp. Vedanta)	<ul style="list-style-type: none"> <li>(1) Nondualistic, with theistic and other forms.</li> <li>(2) Beliefs from Upanishads and Vedas, religious teachers, and local, family traditions.</li> <li>(3) Karmic bonds to suffering and rebirth can be released through spiritual disciplines (e.g., yogas); liberation comes through union with divinity (Brahman).</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task to achieve Liberation (moksha).</li> <li>(2) Commitment to respectful Nonattached service.</li> <li>(3) Nonviolent means and ends for everyone's attainment of truth and liberation.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Helping relationship honors the divine in all.</li> <li>(2) Aim to achieve welfare of all.</li> <li>(3) May use various yogas, rituals, and cooperative nonviolent community action.</li> </ul>
Indigenous Spiritual Perspectives of North America	<ul style="list-style-type: none"> <li>(1) Honoring the earth and sacred beings, holistic, relational, collectivistic.</li> <li>(2) Beliefs from cultural traditions, teachings of elders, and spiritual insights.</li> <li>(3) Human well-being requires balance and harmony within self, with community, land, nature, and spirit realm.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task to balance body/mind/feelings/spirit interrelated with community and all Creation.</li> <li>(2) Commitment to maintain or restore balance and harmony.</li> <li>(3) Honoring family, elders, ancestors, spirits of place, all relations in earth and sky.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Helping relationship based on respect, openness, humility.</li> <li>(2) Aim to help client toward balance, harmony, empowerment, resolving historical trauma.</li> <li>(3) May use symbols and stories of balance and connectedness, culture-specific ceremonies and healing.</li> </ul>
Islamic	<ul style="list-style-type: none"> <li>(1) Monotheistic.</li> <li>(2) Beliefs from Qur'an, community (umma) traditions and teachers, and body of law (shari'a).</li> <li>(3) There is no God but Allah and Mohammed is Allah's prophet; personal and social well-being comes from submission to Allah in all things.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task is to live in accord with will of Allah and the Islamic community.</li> <li>(2) Commitment to life of prayer and justice.</li> <li>(3) Community responsibility of almsgiving and protection of disadvantaged.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Helping relationship honors God and supports client in community context.</li> <li>(2) Aim to help client meet basic needs, as bases for living in accord with God and community.</li> <li>(3) May use almsgiving (zakat), mutual support in community, reflection on Qur'an, Odaily prayer, and religious practice.</li> </ul>

Judaic	<ul style="list-style-type: none"> <li>(1) Theistic.</li> <li>(2) Beliefs from tanakh, alakah, Jewish community.</li> <li>(3) People created in God's image but may be distorted by experience; sinful behavior requires reconciliation.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task to love God and people, uphold Jewish community.</li> <li>(2) Commitment to loving kindness and justice.</li> <li>(3) Compassion both inner personal quality and behavior</li> </ul>	<ul style="list-style-type: none"> <li>(1) I-Thou and communally concerned helping.</li> <li>(2) Aim to help client problem-solving in context of Jewish community.</li> <li>(3) May use Jewish role modeling, religious reflection.</li> </ul>
Existential	<ul style="list-style-type: none"> <li>(1) Theistic/atheistic/ nontheistic varieties.</li> <li>(2) Beliefs from direct experience and questioning conventions.</li> <li>(3) People are free; experience is intersubjective; people should cope with suffering by authentically making meaning.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task to take responsibility for making/ discovering meaning.</li> <li>(2) Commitment to uphold freedom and dignity of person.</li> <li>(3) Mutual caring and support between people.</li> </ul>	<ul style="list-style-type: none"> <li>(1) I-Thou and freedom promoting helping relationship.</li> <li>(2) Aim to help client overcome inner and outer barriers to free and responsible action.</li> <li>(3) Uses humanistic, eclectic, change promoting, client-centered, and experiential techniques.</li> </ul>
Transpersonal	<ul style="list-style-type: none"> <li>(1) Theistic/atheistic/ animistic/ nontheistic varieties</li> <li>(2) Beliefs from many cultural contexts; philosophical, scientific, and spiritual inquiry; personal and transpersonal experiences.</li> <li>(3) Human nature is oriented toward growth to establish between self-collaboration with ego and transcend it, integrating whole self, others, and cosmos.</li> </ul>	<ul style="list-style-type: none"> <li>(1) Primary life task is to attain self- integration, ego-transcendence and harmony with all.</li> <li>(2) Commitment to help individuals achieve full potential within just society and balanced world ecology.</li> <li>(3) Mutual benefit between self-actualization and other actualization</li> </ul>	<ul style="list-style-type: none"> <li>(1) Client-centeredness and mutuality in helping relationship.</li> <li>(2) Aim to help client actualize and transcend self in fulfilling relations with all others.</li> <li>(3) Mau use religious and nonreligious helping practices as client wishes (e.g., meditation, ritual, body therapies, healing imagery, dream work, collaboration with spiritual community, wilderness retreats, activism for environmental justice.)</li> </ul>

Adapted from Canda, Dyrud-Furman & Canda (2020).