

• The ultimate universal health care plan: "I do not think that we will be able to attain health for all until we realize that we are all providers of each other's health, and value what we have to offer each other as much as what experts have to offer us."

HEALING & WHOLENESS
Kitchen Table Wisdom by Rachel Naomi Remen, M.D.

Judgment diminishes us more frequently than disease. Approval is also a form of judgment - it encourages a constant striving. A diagnosis is another form of judgment. It is an opinion and not a prediction.

- Kindness is often more important than competency.
- Cleaning up one's act may be far less important than consecrating one's life.
- Medicine is as close to love as science.
- Burnout only begins to heal when doctors learn to grieve. Burnout also happens because doctors don't know how to receive from their patients.
- We can become as wounded by the way we see an illness as by the illness itself.
- Perfectionism is learned and can be overcome. Perfectionists can't tell the difference between love and approval.

• **JUDGMENT p. 33**

Stress can affect us at the weakest link physically. Stress may be a question of a compromise of values as it is a matter of external pressure.

- Traps pg. 73
 - The Latin word *aequanimitas* is translated as "objectivity" but it really means "calmness of mind" or "inner peace."
 - Denial of death is the most common way we edit life.

- Mistaking illusion for reality is the root cause of our suffering.
- We usually look for role models but you may already be the role model you seek.
- Wholeness rarely means we have to add something to ourselves - it is about freeing ourselves from beliefs we have about who we are.
- It is our imperfections and even our pain that draws others close to us.
- Suffering is connected to wholeness.

• **FREEDOM pg. 103**

An unanswered question is a fine traveling companion. It sharpens the eye for the road. "I don't know" are magic words.

- Much of life can never be explained but only witnessed.
- Death is the great teacher and also the great healer. Death may be the final and most integrating of our life's experiences.

• **MYSTERY & AWE p. 289**

Listening is the oldest and most powerful tool of healing. Our listening creates a sanctuary for the homeless parts within the other person.

- Brokenness may be only a stage in the process. Only lifeless things are broken.
- Medicine is closer to gardening than to carpentry.
- A healer is someone who can see the movement toward wholeness in you more clearly than you can at any given moment.
- Dying people have the power to heal the rest of us in unusual ways.

• **LIVE & HELP LIVE p. 215**

One form of energy is anger. Anger is a sign of engagement with life and may be the first expression of the will to live after a DX.

- The conditions for healing are different for each person.

• **LIFE FORCE pg. 1**

The things we cannot measure are what sustain our lives.

Wisdom lies not in the struggle to bring the sacred into daily life but in recognizing that there is no daily life. We are always on sacred ground.

• **KNOWING GOD p. 259**

We hear God best when he shouts yet mystery is as common as a trip to the grocery store.

- A loving silence often has far more power to heal than words.
- Meaning is strength and survival may depend on it.

• **OPENING THE HEART p. 137**

Joy is a willingness to accept the whole and to show up to meet with whatever is there. Joy is more related to aliveness than happiness.

- The less attached we are to life the more alive we can become. Attachment closes down options, commitment opens them.
- The way we go to the grocery store may tell us everything about how we live our lives.

• **EMBRACING LIFE p. 167**

• "We are all wounded healers of each other. We have earned the wisdom to heal and the ability to care."



Notes

1) Meaning is strength and survival may depend on it.

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