The Holistic Heart: The Healer’s Gift

Carla Mariano, EdD, RN, AHN-BC, FAAIM

Journal Reflection

What does a Holistic Heart mean to me?

“NURSE. One Who Through

Heart   Head   Hands
(Caring) (Knowledge) (Skill)
Gives to Others
Nurturance for healing:
Where one is
Understood through being heard and connected;
And
Fermented in all his or her humanness;
To feel
Safe and Special: unique, important, loved;
Becoming
Empowered to grow & find meaning & be.”
(Mariano, 2010)
H – Humility
Being humble about our place and purpose in the world.

No matter the credential, the accolade, the award, the prestige, it is the caring for others and helping others to awaken their healing/spiritual gifts and life mission that is to be cherished.

“Speak not of all you do, the eyes of God have already seen you do it”.

O – Openness
Openness to the world around us.

Practicing “wide-awakeness”.

Staying open to other’s conceptions and meanings.

Staying open to what our experiences have to teach us.

L – Love
Feeling love for all beings and for ourselves.

Living our own story and practicing loving kindness everyday.

If we could remember always that one loving thought indeed ripples throughout the world.

I – Intuition
Listening to our inner voice.
Learning to attend to it and trust it.

As the Tao Te Ching teaches us, “Without even going out of doors, one can know all one needs to know; Without even looking out his window, one can grasp the nature of everything; Without going beyond his own nature, one can achieve wisdom”

-Lao Tzu
**S – Sensitivity and Sincerity**

Living with a “beginners mind”. Allowing ourselves to be vulnerable.

Knowing ourselves and being honest and sincere in our search.

And never forgetting the enchantment of life.

**T – Tenderness**

Discovering the strength that lies in gentleness.

Being tender in all our endeavors.

Remembering the sacred-ness of our healing path and that of others and honoring both.

**I – Intelligence**

Being intelligent by staying curious.

Thinking about where the holistic field should be going and playing a part in it.

Marketing holistic nursing as both an ART of presence, authenticity, creativity, and intuitiveness, and a SCIENCE with theory and research underlying it.

**C – Caring**

Caring deeply for ourselves, for all others, and for the universe.

We can never forget that we are all connected.
H – Humor

How important and necessary a sense of humor can be.

There are so many unexpected happenings in our lives.

To laugh is to liberate.

E – Expression

Communicating one’s truth even when seemingly alone.

But always doing so respecting others’ truths knowing that there are multiple realities.

A – Appreciation

There are many in our lives that we should give thanks for. They have affirmed and encouraged our work and us as persons.

Be grateful to dear family, friends, colleagues, and Spirit. Journal

And also be grateful for clients and patients – if it were not for them there would be no need for us. If it were not for them, we would all be out of a job.

R – Release

Release is a difficult lesson. I am still learning to practice it.

“Let go of the outcome”.

When we practice compassionate non-attachment, it gives us such freedom.
**T – Trust**

“Trust the Universe”.

It truly does have the answers if we would just ask.

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**Practices**

To enhance living our personal and professional lives fully and meaningfully

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**Knowing**

Wide – Awareness

Reflection

Not Knowing

Always New

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“Are you a God”? They asked the Buddha

“No”, he replied.

“Are you an angel then”? “No”.

“A saint”? “No”.

“Then who are you”?

Replied the Buddha, “I am awake”.

Huston Smith
REFLECTION ala Robert Boostrom

BECOME AWARE of “For Granteds”
“LOOK AT WHAT IS TO BE SEEN”
Thoreau
Pay Attention to the Ordinary
- How To ---------
See Again

Boostrom (Contd.)
Know What You Don’t Know
Look For Patterns
Pay Attention
Be Thoughtful
Be Open
Be Willing

GO WITHIN
- Open ourselves to Universal Knowing
- Listen to our Inner Wisdom
- Let Spirit speak through us

“I have been and still am a seeker, but I have ceased to question stars and books; I have begun to listen to the teachings my blood whispers to me”
Hermann Hesse
“In the Beginner’s mind there are many possibilities; in the expert’s mind there are few. When we have no thought of achievement, no thought of self, we are true beginners. Then we can learn something.”

Suzuki

“Delicate Balance
“The profound ability to integrate opposites”

Birx

MOVE AND RIDE WITH THE WAVES

“Balance
“As long as there is a dualistic way of looking at things, there is no emancipation”

Suzuki

There is no “either/or”, rather “and/both”
“IF WE WERE GOING TO HEAL THE PLANET AND SAVE OURSELVES THROUGH A CHANGE IN CONSCIOUSNESS, THEN WE HAVE TO FREE OURSELVES FROM OUR EGOCENTRICITY, FROM OUR ATTACHMENT TO THINGS... FREEING OUR MINDS FROM FEAR”

Peter Russell

“Without breathing out, we cannot breathe in. If we give fully and completely [without clinging and holding on], when the next moment comes, we have room to receive what is next.”

Shoshanna

Letting go

Make a list of those things in your life you are greatly attached to. Stop and look it over, see what purpose they serve for you. What would happen if you let go of one of them? Each day let go of one - just for the day.

Shoshanna

Experience yourself directly
Respect, honor, and appreciate yourself for the unique human being that you are.
Be (you)tiful

Each of us gives to and receives from life something that will never be repeated”

George Kneller

Compassionate Action

Intimacy

Presence

Unconditional Regard

Passion

Our work – nursing – is a calling, not only to serve but to deepen our humanity. It is a spiritual practice

The tasks of Nursing are the tasks of Humanity: healing and relationship with self, others, the planet; developing a deeper understanding of human suffering; expanding and evolving an understanding of life itself; deepening an understanding of death and the sacred cycle.

Watson
We must revisit the foundations of our work. Caring is an ethic – it forces us to pay attention. Pause and realize that this one moment with this one person is the reason we are here at this time on this planet. When we touch their body, we touch their mind, heart, and soul. When we connect with another’s humanity even for a brief moment, we have purpose in our life and work.

Watson

REFERENCES