



# Transformation of a Clinician to a Healer:

## Exploring Synergies Between Vipassana Meditation the ICR Way

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This is indeed a fitting Topic to be taken on the auspicious Birth anniversary of our **Founders: Dr L D Dhawale- July 21, 1884 and Dr M L Dhawale- July 14, 1927.** Both lived life fully and powerfully. Through their living they set an example of how to live Life with Fulfillment and experience Peace and Harmony while being intensely involved in Work. The ICR Way has thus come to mean: **INTENSE COMMITMENT TO RESPONSIBILITY IN PATIENT CARE, LEARNER CARE AND SELF CARE.**

**PHYSICIAN → A HEALER:** A physician exists to heal. All of us aspire to become healers and in fact Homoeopathy offers the potential to go beyond mere symptomatic relief to actually heal the patient as expounded in the six Aphorisms of Organon. In the ICR we have long recognized the making of an unprejudiced observer as a central issue in the training of the Homoeopathic physician. For, only one who is unprejudiced can heal both himself as well as the patient.

**Clinician → Healer:** Why are we talking of this transformation? Are we not already healers?

We soon discover that becoming healers is far from easy, it demands much from us - physically, emotionally, intellectually and spiritually. Often we find ourselves severely short of resources to continue on this path. Most settle down in the comfort zone of delivering symptomatic cures to patients and in the process limiting themselves to clinicians - successful ones at that. Success becomes its own enemy and saps the will to aspire higher! Those who continue on the arduous path often get wounded in the process - feel lonely, anxious, frightened and depressed.

How then does one navigate this journey? How

does one actualize the potential within oneself to become a healer? What does it take to become one? What can aid this transformation which demands to see deeply onto ourselves, our personal fears, beliefs prejudices, and opinions, so that we may stand thoughtfully, clear-sightedly on reality?

**VIPASSANA MEDITATION** is a powerful process which has the potential to aid this transformation. Vipassana meditation was discovered 2500 years ago by Gautam Buddha. Vipassana in Pali means *insight* - to see things as they really are. It is a non sectarian art of living in harmony with the laws of nature. Vipassana's goals are liberation from suffering and spiritual transcendence. It leads to inner peace, which those who practice it learn to share with others. Healing - not disease cure but the essential healing of human suffering - is the purpose of Vipassana. There are two aspects of this technique - developing *awareness* of the reality within and developing *equanimity* - capacity to observe without judgement or reaction. The new vision produced by the practice of awareness and equanimity results in graduation from the previously unconscious, gripping identification with somatic pain and pleasure. Increased objectivity affords freedom from suffering.

**SESSION PLAN** is not envisaged. This as a conventional set of presentations. But more as a dialogue to explore the synergies that exist between Vipassana and the ICR Way and how this can be leveraged for an effective transformation. And if this is done at the student level or new graduate level, so much the better for their own evolution as an effective healer.