

MEMBERS SHARE

Editor's Note: In this issue we reinstate Members Share, where you have the opportunity to write a brief piece about each issue's theme. Here, two members share very different takes on reflection.

What is Really Going On?

Early in my nursing career, I learned to ask myself "What is *really* going on?" when all the pieces of readily available information about a patient didn't add up. This intuitive question facilitates my understanding when a patient or family member takes a stand that, on the surface, appears irrational.

Later on in my nursing career, I learned the value of applying "What is *really* going on?" to my *self*. It is especially helpful when I seem irrational.

Often this reflective practice must be done in the moment – in a meeting, with a patient, or at a family gathering. When time permits, I enjoy journaling. I begin by spilling my thoughts about a situation, event or relationship onto a page. Then I write, "What is *really* going on?" Insight often arrives immediately. Occasionally, gaining insight is a longer process and it takes a few days to arrive at the answer.

Reflecting on "What is *really* going on?" helps me to be more aware of my response and gives me more choices. Rather than simply reacting, I can choose to mindfully acknowledge, communicate, address, resolve, release, or nurture my emotions, attitudes, beliefs and experiences.

—Gale Lyman RN, HN-BC, CCM, CDMS, Amesbury, Mass.

Reflections on Eating

Eating is one life experience of which we all partake. "What we eat is who we are." I believe in that phrase and encourage those around me to understand it.

When we reflect on nutrition, we look at what and how we are eating. To be in balance we must eat mindfully and prepare food with a loving hand. That means paying attention to how we choose healthful foods, being thankful to the people who prepare the foods, relishing every morsel, and giving our bodies time to digest.

While studying macrobiotic nutrition (a whole foods- plant based diet with some fish), Herman Aihara, my sensei (teacher) said, "We become what we eat."

When we place food in our mouths, the energy of the flesh of the animal we are eating affects us. As we start to chew, the energy of the plant we are eating stays with us.

Clients usually come to my energetic and cranio-sacral practice for reasons other than nutrition, but inevitably food comes into the conversation. What are you eating? How do you prepare your food? When and how often do you eat?

As I work towards a Ph.D. in Holistic Nutrition I am accepting that other types of diets can also be healthful. What is important is that people still eat in a mindful way.

Reflect when you eat. Do it for balance, in a mindful way and joyfully!

— Marie Fasano RN, MN, MA, Payson, Ariz.

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