

“The teachings of "Opening My Mind" and "Forget Me Not" have helped me to observed my ego and be more patient and effective in my daily practice as a physician. Applying implicitly the essence of Buddhism brings reliefs to my patients and especially to a few of my terminal patients”

As a practicing physician, AWE lessons have helped me become more effective in guiding my patients who come from various cultures and different social economic background.

The lessons on “opening my mind” assist me in accepting patients as they are because they come from different cultures with different needs. I become more tolerant to their requests which frequently are quite difference and unacceptable to our Canadian norm.

After the sessions on “forget me not”, I can quickly look introspectively to see how my ego is at work. The acting out of the ego frequently is detrimental to the well being of the patient and myself. By acting quickly to diffuse the over bearing ego, I can find a common goal which is beneficial to all parties.

In counselling patients with emotional issue, I have applied the essence of Buddha’s teachings (without mentioning his name) and have accomplished great relief for my patients. Buddha’s teaching on death has helped a few of my terminal patients through the last part of their present lives.

The essence of Buddhism can be applied to all patients with different religion, different culture and different socio-economic status.

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