

Wholecare



It's a way of life!

Where Your Head Goes Your Body Follows

*Sitting in a classroom
Thoughtful people
People full of thought
Busily writing opinions
In response to questions
On a midterm, I wrote
Great minds
Busy minds
Busy life
No time to breathe
Many are mothers
Many are wives
All are daughters
All have lives.
It doesn't matter really
What in life we do
What matters is our
Being.
The rich man has trouble going through the eye of the needle.
Why, I wonder.
Being poor
Helps.
Curious.
Poor in spirit
Poor in mind
Poor in thought.
What a paradox.
Rich in spirit.
Rich in mind.
Rich in thought.
Ah, yes, now
I remember
It's not through
The eye of the needle
The rich man travels
Rather*

Life is a healing journey and each of us holds healing wisdom.

Dr. Barbara Lynn Cull-Wilby, RN

Founder of Wholecare, est. 1994

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*It is through
Himself, Herself
For Heaven is within.
It is easier for a camel to go through the eye of a needle than for a rich man to enter the
Kingdom of heaven!
Rich with what?
Rich with money
Rich with pride
Rich with doubts
Rich with worry
Rich with possessions
Rich with self.
To Be or not to Be?
That is the question
What does it mean?
What is the answer?
No time to Be
Too busy doing
Trying to get through the eye of the needle
God that eye is small.
Again
Again
I am at crossroads
To Resign or not to Re-sign
These are the crossroads
But where is heaven?
Does it lie down one of the roads?
Which one?
Both?
Is it, perhaps, at the crossroads
Because that is where I am
And it is where I AM.
I Am, is His name, Her name
No decision needed, only Being.
So, is the choice to Be?
Sure.
How?
Simple.*

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How?

Breathe.

Too simple! #@

Yes, just breathe.

In or out?

Both.

Okay, so I'm breathing,

Now what?

Just breathe,

No expectations.

If no expectations,

Then what?

Breathe and Trust.

Too simple! #@

You want it complicated?

You want it difficult?

You want to struggle?

You want to doubt?

No!

Then just breathe

And Trust.

Trust what?

Trust your God.

Too simple.

You want more?

You want it complex?

You want to worry?

You want something complicated?

No!

Then why struggle?

Why so much effort?

Why not just

Practice

Breathing Fully,

Living Fully,

Dreaming Fully,

Desiring Fully,

Being Fully,

Breathing Fully?

Okay,

Okay,

I will,

I'll try.

Good.

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*I dream of
Being with
Esther and
Sarah and
Simon and
Joe.
In
My
Garden.
Beautiful flowers
Happiness
Bliss,
Tranquility
Peace.
Oh, this is too
Cinderella-like.
Like, let's get real.
You want it complicated?
Okay. . . Okay
I'll try
Again.*

*by **Barbara Cull-Wilby***

excerpt from Choosing Peace

– poems for our new health care attitude

– poems to heal our planet

*This poem is grounded in Dr. Cull-Wilby's research: **Living with Asthma: A Phenomenological Search for Meaning** (1993), funded by the Leonard and Kathleen O'Brien Humanitarian Trust, the Society of Respiratory Nurses of the Canadian Lung Association, the New Brunswick Nurses' Association, the National Health & Research Development Program of Health & Welfare Canada, the University of New Brunswick & the University of Rochester, New York. It also reflects the theory and practice of healing grounded in that research and published in the 2002 edition of: The International Journal of Human Caring.*

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