**The Clinician as Contemplative: Toolkit**

**1. Contemplative Presence Definition**

* **What is Contemplative Presence?**
  + **Contemplative presence** is the deep, attuned state of being with someone in a way that transcends technique, emphasizing intention and compassionate attention. It is different from mere stress reduction or mindfulness in its aspirational and directional orientation.

**2. Reflection Prompts for Inner Formation**

* **Personal Reflection Questions:**
  + Who am I becoming through the work I do?
  + What practices help me return to my truest self?
  + What sacred texts, stories, or rituals sustain me?

**3. Contemplative Practices for Daily Use**

* **Simplicity of Zen:**
  + **Sit Down, Quiet Down, Pay Attention** — A simple reminder to create space for stillness in your day.
* **Posture Awareness:**
  + Be mindful of posture, both physical and mental. Engage with the world from a place of grounding, intentionality, and presence.

**4. Practices for Building Presence in Caregiving**

* **One-Minute Monastery:**
  + Before each patient interaction, take a **three-breath pause** to center yourself.
  + Name the sacredness of the interaction silently or out loud.
* **Naming Sacredness in Ordinary Interactions:**
  + Acknowledge the sacredness of daily interactions, from brief exchanges to deep conversations.

**5. Contemplative Formation through Lectio Divina (“Divine Reading”)**

* **Living Human Document:**
  + Consider each patient or colleague as a "living document" deserving of your full, compassionate attention, as if reading a sacred text.
* **Four Movements of Lectio Divina:**
  + **Lectio:** Encountering the “Living Human Document,” as if for a first time.
  + **Meditatio:** Focus on what stands out, what demands attention.
  + **Oratio:** Recalibration with intentional and ethical commitmens
  + **Contemplatio:** Truly being with and responding to the patient.

**6. Tools for Integrating Spirituality in the Clinical Role**

* **Engaging in Ethical Attunement:**
  + Explore how your own spiritual or religious identity shapes your caregiving posture.
  + Remember, **“Preach the Gospel at all times, when necessary use words.”** Let your actions of care and attention embody your deepest beliefs.

**7. Using the Fruits of Contemplation in Healthcare**

* **Attunement & Recalibration:**
  + Contemplative practice helps recalibrate the clinician to experience wonder, mystery, awe, fear, joy, and grace in every encounter.
  + Use mindfulness to stay aware of your own emotional states and ensure ethical attunement with others.

**10. Closing Axioms for Reflection**

* **In the mind of the beginner, the possibilities are endless. In the mind of the expert, they are few.** (Shunryu Suzuki)
* **Unless you acquire the heart of a child, you cannot enter the kingdom of God.** (Psalm 131)
* **One moment of pure awareness, is one moment of pure enlightenment.** (Zen saying)
* Use these axioms as gentle reminders to stay open, humble, and curious in your ongoing practice.