

## Bhanté and resolving to leave government service

For the first year that Bhanté and I lived together, my continued presence at the NIH Clinical Center became an increase source of angst. On the one hand, my rapid promotion and networking skills assured a bright forward career path toward running the NHLBI, the Heart Lung and Blood Institute within the NIH.

During the year of my ambivalence, when I would ask Bhanté for guidance, he would giggle. Over time, one of the many behaviors he expressed had to do with his assessment of the other person's ability to assimilate and make live the answer to their question.

One day, my heart settled. It was clear that my path was to follow Bhanté regardless of the change in professional status.

As I walked into our apartment, Bhanté, in repose on the couch said, "Has your heart settled?" My response, "Yes". His comment, "Now we can talk." My comment, "For a year you have been giggling and avoiding my question. What is different?" He asked, "Has your heart settled?" My response, "Yes". Again, he said, "Now we can talk".

It became clear that Bhanté felt it was time for me to begin again in regard to spiritual and personal development. After a decade of practices and recognitions, it was an interesting challenge to appreciate his wisdom that this was a time for me to *get started*.

This episode has been told in more detail on several occasions. The essence is encapsulated above. Among the best decisions of my life was to close the academic medicine door and enter into the world of evoking human healing responses and personal renaissance.