

# MIND TO MIND

Creative writing that explores the abstract side of our profession and our lives

*Stephen T. Harvey, M.D., Editor*

## Counterintuitive Gerunds

Kathryn Elizabeth McGoldrick, M.D., F.C.A.I.(Hon)

When I think of lessons learned during decades of living,  
my reflections coalesce around dualities and complementarities:  
yin and yang, obverse and reverse, warp and woof.  
As I navigated the ebb and flow of life,  
I wondered why  
there is a time to lead and a time to follow,  
a time to speak up and a time to be silent.  
Perhaps the tension is resolved by realizing  
To live is to embrace contradiction,  
to transcend logic-locked polarities.  
Teaching is learning  
from the questions of those “taught.”  
Believing is doubting  
that this is all there is.  
Laughing is weeping  
at the absurdity of life.  
Forgiving is remembering

Accepted for publication August 11, 2021. Published online first on September 7, 2021. From the Department of Anesthesiology, New York Medical College, Valhalla, New York. [kathryn\\_mcgoldrick@nymc.edu](mailto:kathryn_mcgoldrick@nymc.edu).

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our own imperfections.  
Failing is succeeding  
at recognizing new opportunities.  
Hoping is stumbling with every tentative step,  
yet trusting steadfastly in the next.  
Nurturing is letting go,  
encouraging independence.  
Accepting is rejecting  
intolerance that crushes understanding.  
Loving is appreciating  
that distance and mystery are inevitable.  
Mourning is celebrating  
a life well-lived.  
Dying is living on  
In the hearts of those whose lives we touched.