

**Lissa Rankin - NY Times Best Selling Author of *Mind Over Medicine*, and her newest release, *Sacred Medicine: A Doctor's Quest to Unravel the Mysteries of Healing* - Episode  
244**

**Show Notes**

**In this episode:**

- Lissa shares her experience with the polarization between the holistic wellness world and the conventional medicine world, which was exacerbated by the COVID-19 pandemic
- How developmental trauma can lead to binary thinking, and how binary thinking can be unhelpful and even dangerous
- The importance of compassion for self and others when we face trauma
- The dark side of individualism
- Striking the balance between trusting your intuition and attunement to your external reality to make good decisions
- Opening conversations that encourage vulnerability, humility, and curiosity between polarized groups for shared learning and healing
- Finding doctors that bridge the gap between conventional medicine and holistic healing via the Whole Health Medicine Institute
- Recruiting doctors as your allies and partners in healing
- Lissa's quest for healing that took her on a journey around the world
- The wisdom of Indigenous ways of living and being
- Lissa's paradoxes of healing that can help you navigate the world with both intuition and discernment

**Notable quotes:**

"We have a right to stand up for ourselves and not comply with what the doctor says AND there's a place for knowing that we're not public health experts and that we need to cooperate together for a collective goal." – Lissa Rankin

"We have to be careful in distinguishing between intuition and an unconscious reaction to trauma." – Lissa Rankin

"State creates story. If your nervous system is experiencing threat, the mind tries to make up a story to make sense of it." – Lissa Rankin

"You can heal yourself AND you can't do it alone." – Lissa Rankin

"That's how change begins - by putting a little crack in our dogma and beliefs." – Lissa Rankin

“Devastation, the ecocide, and potential species extinction is the consequence of having been robbed of the Indigenous, reciprocal way of living and being.” – Lissa Rankin

### 3 Pearls of Wisdom (+ 1 bonus for Extraordinary Women Radio’s 5<sup>th</sup> anniversary):

1. Keep an open mind **and** don’t be so open that your brains fall out.
2. Be clear in your intention to heal **and** surrender attachment to outcomes.
3. Trust your intuition **and** follow the science and apply critical thinking.
4. Your thoughts influence reality **and** your thoughts cannot control reality.

#### Resources:

##### Dr. Lissa Rankin – Sacred Medicine

- Website: <https://lissarankin.com/>
- Whole Health Medicine Institute: <https://wholehealthmedicineinstitute.com/>
- Sacred Medicine Workshops: <https://courses.lissarankin.com/sacred-medicine-workshop53198755>
- Book, *Sacred Medicine: A Doctor’s Quest to Unravel the Mysteries of Healing*: <https://www.amazon.com/Sacred-Medicine-Doctors-Unravel-Mysteries/dp/1683647424>
- Facebook: <https://www.facebook.com/lissarankin>
- Instagram: <https://www.instagram.com/lissarankin/>
- LinkedIn: <https://www.linkedin.com/company/lissa-rankin-md/>
- Twitter: <https://twitter.com/Lissarankin>

Link to the show: <https://www.kamiguilddner.com/ewr-lissa-rankin-244>

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