

# Maxims & Mindfulness

**TAKE TIME FOR REFLECTION**

The Institute of Medicine, Education and Spirituality as Ochsner (IMESO)



(The maxims are taken from medical students who participated in a course  
"Character in Medicine" with their consent to be used by others.)

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# INTRODUCTION:

## What is maxim?

- **A maxim is** an inner thought garnered from human reflection based on experience leading to behavior.
- **A maxim is** inspired by universal principles made personal and functional in life.
- **A maxim is** a habitual way of acting based on principles.
- **A maxim is** a sure guide recommended for a virtuous society.
- **A maxim is** meant to promote equanimity and elevation of spirit.

## What is Reflection?

The healing power of reflection can be expressed as “the power acquired by a consciousness to turn in upon oneself to take possession of itself as an object endowed with its own consistency and value: no longer merely to know oneself, on longer merely to know but to know that one knows” (Teilhard De Chardin). Reflection helps us to be raised into a new sphere of being and behavior.

The maxims presented in this book were written by fourth year medical students in a course on Character in Medicine. All students gave permission to publish these reflections.

## What is the Process?

Each day a maxim will be suggested for reflection. Ask yourself some of the following questions: What does this maxim mean to me? What is it suggesting for me to consider? What is it asking you to embrace? Does it remind you of any virtue? How will this change my behavior?

After reflecting on the maxim, write a few thoughts based on your reflection in this book and keep it private. After a week of writing, go back and reflect on what you have written.

Use this document so that you can create your own notebook containing your reflections and potential new maxims.









































































































































































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