The HEART-IM 2020 students and planners would like to offer our sincere and heart-felt gratitude to alumni for supporting this year’s elective experience spiritually and financially.

In this spring newsletter, we’re excited to share our adventure of taking HEART-IM virtually for the first time ever, some highlights from alumni weekend, and introduce you to next year’s planners!

What a memorable year it’s been! Thank you again for your encouragement and ever-present love.
Below are just a sampling of the many positive comments from this year:

“The energy in our zoom calls was unlike anything I have experienced before. It was clear that the HEART magic was still alive and that we were all there to learn from and grow with each other. Rarely have I felt such support and never in a medical setting. I am so incredibly thankful for the connections with my fellow HEARTies and I know that we will continue to be a source of support and sustenance for each other throughout residency.”

“Woah, where do I begin? HEART was by far my favorite month of medical school. It brought together so many wonderful humans (both students and faculty) to discuss so many topics that will help me be the healer I want to become. I absolutely LOVED the opportunity to connect with people who share my passions and who I know will do amazing things in this world. This was the perfect transition from medical school to residency. It was an opportunity to reflect on what these last few years have been and to reignite my fire and begin residency with a full heart.”

Due to the coronavirus pandemic, many students’ graduation ceremonies were either cancelled or converted to an online format. To help make our transition from student to doctor even more memorable, HEARTies ensured this year’s closing ceremony was extra special - and created a unique graduation ceremony of our own!

Including:
- Graduation program
- Keynote by Rohini Kanniganti
- Hooding, with affirmations from virtual mailboxes and faculty Eran Magen on guitar
- Collaborative Oath and video

"Those who seek to do good will find the key to the Gate. Those who come with Love, will find the Gate already open."

-Rabindranath Tagore
Alumni Weekend 2020

Over fifty alumni from across the U.S. joined for another first: a virtual HEART-IM alumni weekend retreat! The event started with fifteen beautiful minutes of quiet mindfulness in meditation or prayer to send love to the world, our community, and each other in this time of crisis and healing.

One by one, the alumni and current HEARTies took turns expressing their present state of mind, body, and spirit. The full array of the human experience was demonstrated with expressions of frustration, joy, sorrow, and gratitude. There were a few tears, many smiles, and, of course, plenty of loving sparkle fingers.

The HEARTies of 2020 cannot wait to meet each other in person, and also all of you at the 2021 alumni weekend - next year in Ben Lomond!

Though we were dispersed this year, not dissimilar to the small seeds of great conifers, our roots are amongst those Redwoods. In tribute, we designed these one-size-fits-most dress socks to keep us grounded in HEART as we take this community with us to our healing work.

If you’d like to join us in wearing our hearts on our feet, click this link to pre-order a pair and we’ll keep you in the loop as we sort out logistics!

“Those who have a ‘why’ to live, can bear with almost any ‘how’.”
- Viktor Frankl
Meet the 2021 Planners

It’s time for that great passing of the torch to next year’s planners! Please join us in welcoming them to the HEART-IM family, and consider making a donation to help keep HEART beating for years to come.

"If everything around you seems dark, look again, you may be the light."
- Rumi