



PAMELA'S FAMILY DOCTOR



Rosina S Khan

Dedicated to You:

The Valued Reader

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Preface

We all form great bonds with some of the people in our lives but they do NOT always remain with us but leave us in the pursuit of their own life directions, and we have to accept that and let go of them.

The fiction story, “Pamela’s Family Doctor” describes the strength in bonding of Pamela with her family doctor. Yet when he moves out of town for reasons of his own, Pamela grieves a lot.

Read on to find out how Pamela finds strength to move on with hope and light.

The epilogue at the end of the story, I personally feel, should give the reader a new dimension, leaving happy and contented.

With love,

Rosina S Khan

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Pamela's First Encounter with Her Family Doctor

Pamela was in a new surrounding with a new home along with her family. She was relieved that this place looked very promising with access to stationeries, groceries, snacks and most importantly, a pharmacy, only steps away from her new home.

Her little brother had all of a sudden fallen ill. So her Dad fetched the doctor from the pharmacy, and he gave some medication for his fever and bad stomach. Pamela only took a glance at the doctor and did not know if she would recognize him if she came across him a second time. But she was most grateful to him because her brother started to recover almost immediately as if by magic.

The doctor, who was a very amicable and good person at heart, was soon going to be the family's doctor, which would make illness-related challenges easier for them to handle in the years to come.

Subsequent Visits By the Doctor

There were subsequent visits to the family by the doctor, which made Pamela's family get closer to him.

One late night, Pamela's Dad was suffering from immense chest pain. The doctor would only be available in the morning. When morning came, her family asked him for advice and he advised for an immediate ECG. The report according to the doctor was not good and advised them to take him to the hospital. He gave the name of the hospital. They had never dealt with such a situation before but with the doctor backing them up, they somehow got solace and strength and kept themselves under control.

When Pamela's Mom felt discomfort in her tummy years later, it was the doctor who advised her to have an ultra-sonogram which revealed a tumor and stones inside. He was there always at their side, giving the right kind of priceless advice. Pamela's Mom had those stuff removed and had been doing good health-wise ever since.

When during her career Pamela felt overwhelmed from all sides, it was the doctor who gave her hope and suggestions to take a break because he realized after talking to her that she was in a phase of depression.

Whenever Pamela had cough and/or fever, the first person she consulted was her favorite family doctor who prescribed medicine, healing her completely. It was this doctor who was going to save her years later from a turmoil of extreme depression that she would go through and give her back the mojo of life in ways very different from the current level; yet they would prove very promising and that was how Pamela would never ever dream of cutting bonds with her doctor. Follow me up on the subsequent pages as I reveal Pamela's interesting story with her doctor in more depth.

Doctor Imparts New Beliefs and Values to Pamela

Pamela reached a stage in her life when she could no longer tolerate the outside environment. Every step she took towards embracing it only confronted her with more challenges. Her job became a nightmare for her.

It was at this time of her life she sought the help of her favorite family doctor. Seeing her condition, he decided to go for discussion sessions with Pamela's mom, himself and Pamela participating in them.

While Pamela quit her job, the trio discussions went on for several months, and it was the following advice from her doctor during those discussions she thought she would take advantage of:

- To recite the Holy Book and delve into its meaning without doing it too much.
- To recite a Holy verse which would benefit her largely.
- How to bow to God and ask for her wants in prayer.
- To take shower with warm water as it increases longevity.

- To exercise daily walks around the house.
- To say her mental journal at the end of the day which would help to sharpen her mind.
- To always talk gently.
- To decorate her face lightly and practice it even if only for herself at home.
- Giving her the liberty to call him whenever she wanted to share stuff or for advice.
- To share and ventilate are important.

Doctor Moves Away to City Outskirts

During one discussion session, the doctor hinted a little that he might be moving out of town and settling there. Well, Pamela was too quick to capture that and asked him sorrowfully the reason for such a decision. What he said in response did not satisfy her at all.

He was originally from that place and would like to spend the rest of his life near to nature and environment. It hurt Pamela a lot. She grieved. She cried. Yet in those moments, by ventilating her emotions, she found strength. She was a girl who had done so much in her life including higher studies, working on various projects in her old workplace and also working hard to get promotions. So why rely on her doctor so much? She was a capable and competent girl with great qualities. Why not let go of him and live life with new strength, energy and vigor? She could make herself understand that and she finally relaxed and let go of the problem. The problem did not look like one anymore. It was part of life and she knew how to let it go.

It was the last discussion session Pamela ever had with the doctor. The doctor did move away in accordance with his new plans. But having gone already through grief, flow of emotions and letting go of the process, she felt strong and hopeful and ready to face life and its challenges. Yes, without the doctor, Pamela felt in her mind that it was possible.

How the Direction of Role Playing Reverses

After the doctor left, Pamela had all the space to rethink about her life. Wasn't it time she looked for a new job again? She felt excited at the thought. She would love to work again. Why not? Who was going to stop her? No one other than her own inner critic. She was going to defeat it, and she laughed out aloud. At this point she thought of calling the doctor and inquiring about him.

She dialed his number on her phone. Almost immediately he picked up the call.

He said, 'How you doing, girl?'

And Pamela replied happily, "I am doing good. How about you?"

He replied, "My business was not working well in the city. So I decided to come here and set up a business again but it is slowly picking up pace."

Pamela said, "Was it that bad that you had to leave the city?"

To Pamela's surprise, he replied, "Yes, it was bad enough so that I took this decision."

She then asked, "Did you talk to your family before taking such a leap in your decision?"

The doctor replied, "I have no family now. I am separated."

Pamela got the shock of her life, "What separated?" she exclaimed.

She couldn't believe that a man like him familiar with all the principles of life and full of psychological knowledge couldn't keep his wife and children by his side! It was a big blow to Pamela!!

After all, she was still relying on his beliefs and principles that she learnt during their discussions to get back the mojo of her life.

"Well", she said, "I understand your situation. Best of luck to you and your business." And she hung up.

Two months later, she called again and said, "I called to say Hello."

He said, " Nice to hear from you! How are you doing?"

As usual Pamela said, "I am doing good. How are you doing?"

And then the doctor said, "Things are improving but very slowly."

Pamela felt a little happy that his situation had improved a little, and chatting a few more words, she hung up.

After about another two months, on a hunch Pamela called the doctor again.

She said, "I called you to inquire if you are doing well."

The doctor said, "You know I was thinking about you this morning. I don't know what kind of telepathy that is. But I guess you are my well-wisher and mentor!"

Pamela said with a wink in her eye, "Well, it should be the other way round!"

And both of them fell into merry laughter.

Pamela Moves on With her Life

Pamela had to reorganize her life. While her old job was not serving her well and she called it quits, she knew she had to bring her life back to shape. What were the options, she reflected. She wrote down:

- 1) Go abroad and work.
- 2) Go abroad and do PhD.
- 3) Settle for a good job where she was.

Well, she was willing to try all three but she noted them down based on her priorities. She would rather like to go abroad and work rather than go for a PhD or settle down where she was with a job.

She will get busy now. The solution the Universe had to offer would certainly be great. She trusted the Universe completely. Now that she had three options, the Universe would align her with the one that is a vibration match for her. In fact, Pamela actually had faith in the law of attraction and that like attracts like.

Great to know, Pamela. Life will be sweeter once again and go greener more than ever before too!!

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