



## The Anatomy of a Calling: A Road Map for Awakening to Your Life's Purpose

*Lissa Rankin*

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## **The Anatomy of a Calling: A Road Map for Awakening to Your Life's Purpose** Lissa Rankin

In *The Anatomy of a Calling*, Lissa Rankin, MD, makes a simple yet revolutionary claim: We are all, every single one of us, heroes. We are all on what Joseph Campbell calls "a hero's journey;" we are all on a mission to step into our true nature and fulfill the assignment our souls were sent to Earth to fulfill. Navigating the hero's journey, Dr. Rankin argues, is one of the cornerstones of living a meaningful, authentic, healthy life.

In clear, engaging prose, Dr. Rankin describes her entire spiritual journey for the first time—beginning with what she calls her "perfect storm" of events—and recounts the many transformative experiences that led to a profound awakening of her soul. Through her father's death, her daughter's birth, career victories and failures, and an ongoing struggle to identify as both a doctor and a healer, Dr. Rankin discovers a powerful self-awareness. As she shares her story, she encourages you to find out where you are on your own journey and offers wisdom and inspiration in the form of "Hero's Guideposts" along the way. Dr. Rankin weaves in lessons on trusting intuition, surrendering to love, and learning to see adversity as an opportunity for soul growth. Much more than a memoir, *The Anatomy of a Calling* guides you to make a powerful shift in consciousness and reach your highest destiny.

## **The Anatomy of a Calling: A Road Map for Awakening to Your Life's Purpose Details**

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Author : Lissa Rankin

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## From Reader Review The Anatomy of a Calling: A Road Map for Awakening to Your Life's Purpose for online ebook

### Ruby says

"Navel-gazing" books aren't generally my style but I was going through a vulnerable, scary time, so I bought this in desperation. Lissa is the sort of person who refers to the Universe a lot, capitalising the U and talking about how it gives her stuff and blah blah. That gets my hackles up because it is such a spoilt, westerner way of looking at things. Why would the Universe have such a preference for white, rich folks? It is SO DAFT, SELF-ABSORBED AND IGNORANT IT MAKES ME WANT TO HIT THINGS. I'm sure Lissa is a very nice woman and all.

Some people are born into horrible circumstances and pleading to the Universe is not going to help them. Here's the irony, though: this book actually reminded me of my "calling" because I want to be a person who fights for the underdog. You know, the people that the Universe hates for some reason, who were born in the wrong place or time through no fault of their own. Look into a stateless refugee's eyes and tell them to pray to the universe, why don't you? Grrrrrr. Even so, I read the thing, probably because part of me would LOVE it if these fanciful beliefs about "the Universe" were true.

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### Solace17 says

This book started out so promisingly, with riveting passages about a doctor attending to back to back births and her palpable, all-encompassing exhaustion. Clearly something had to change.

But I started to lose interest with each chapter in her new journey. Her quest for fulfillment came at great cost to her family and to their finances. At one point she is \$200K in debt and still begging her husband to get behind yet another of her 'alternative' schemes.

After a while, her constant references to her 'Inner Pilot Light', 'Gremlin', her and her 'Universe' became trite and grating. Dropping her and her friends' websites in brackets came across as cheap marketing. After a while I began to wonder if the book's publication was just another scheme to get her out of debt. Her passages became increasingly choppy, unfocused, bizarre and frankly disinteresting.

The divorce at the end came as no surprise but saddened me nonetheless. Was this self-absorbed 'quest' really worth all the sacrifices? This was 'Eat, Pray, Love' on coke, except with a kid involved. :(

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### Olwen says

Oh, brave Dr Rankin, breaking ranks with the conservative medical profession to explore spirituality as an aspect of health. I bow.

I think Dr Rankin's biography would be useful for anyone currently working in health care, whether in the orthodox arms of the profession or in the complementary/alternative fields.

## **Pamela says**

A difficult read. The writing is choppy, dry and depressing. It read like a sermon. Not for me.

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## **Skhan says**

I won this book in a giveaway when it first came out. I hate to admit this but I read the first chapter and just lost interest. As someone in the medical field myself I just could not relate to the author, Lissa, but that was all about to change.

Now, 2 years later and questioning my career choices I reached for this book again. I gobbled up every page. I don't think you have to be in the medical field to gain insight or to find this book to be an amazing guidebook! It actually took me over a month to read this book. Normally I am finishing a book every week but the intensity of this book was far too great to handle all at once. I found that I had to reflect and think about what was written about every 3-4 pages. I would read a few pages and then spend an hour thinking about my life, my journey, and what I desired.

If you want to reflect on your life and more importantly if you want to find your own guiding light within your self then I highly recommend you read this book. It is fantastic!

Now I am not saying I agree with everything in the book but it is an exceptional tool for reflection!

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## **Sandra Massry says**

I abandoned this one... I hate sermons; expected more of a story

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## **Sarah says**

In fairness I didn't realize this was a memoir when I bought it. It was more about Lissa's calling than the anatomy of a calling in general. She basically explains her spiritual awakening process and the mystical experiences and synchronicities surrounding it, which if you've already awakened yourself may not be as much interest to you. and if you haven't awakened you probably would not relate to the actual guideposts. An overall theme was the importance of her personal calling. At one point she states, "Mine is a big calling, not that anyone's calling is any more important than anyone else's...but my journey continues to require a lot of courage." Everyone's journey continues to require A LOT of courage. That is the nature of the heroes journey. Healers and teachers have incarnated in this phase of human history to help raise and shift the collective consciousness and all are courageous journeys. It's easy to fall into the ego trap to think your personal contribution is more significant, but as reader and spiritual seeker myself smack dab in the middle of my own journey, I have no interest to read it from others. When it comes to researching the mind-body and energy (spirit) connection in medicine I'm going to stick with the Joe Dispenza's, Bruce Lipton's, and Gregg Braden's of the world and save my spiritual reads on the evolution of the Soul in this lifetime to channeled material that resonates with me. I do believe this book would be of great value to anyone in the

mainstream medical community that is feeling stuck, depleted, or discouraged and knows inside there must be a better way.

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### **Ashley Ward says**

This book started out strong with tangible steps on discovering your true calling, but then got too obscure for me. She lost me once she started talking about how she could bend spoons. I found as the book progressed, the "how to" steps made less and less sense.

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### **Kathryn says**

First sentence: You are a hero.

Favorite quote: To be a good doctor, you have to be a channel for Divine love flowing through you.

This book was pure and honest, full of the truth about who Lissa Rankin was, is now and is working towards. She tells it all along with thoughts and help for all of us to become true heroes and finding our calling. She lives in California where there are so many alternative places to seek and learn as well as she had the resources to pay to go to those places. That is a challenge for many of us.

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### **Texjim says**

For those looking for the short answer I found this memoir fancifully modeled after Joseph Campbell's "Hero's Journey" to be absolutely awful and would not recommend it to anyone. The author is incredibly wordy and redundant including for example, an eleven page forward-introduction. The read was quite tedious.

As for the content I found it to be almost totally mush. The author constructs the dialogue to assure that potential critics would be classified as unfortunate members of the abusive establishment. The story starts out with some promise as the author recounts the real emotional turmoil of practicing obstetrics in a big city ob-department. Overwhelmed and abused, she quits the hospital practice for one less stressful beginning a seemingly never ending descent into her excessively self-absorbed downward spiral as a victim. She quits the second job rather than be fired after refusing an order to conduct a procedure she deemed a risk to the patient. Since her colleagues agreed she was right, why quit. If the boss tried to fire her the liability would have been substantial. Despite obsessing about having no income, she continued to live in the land of milk and honey (\$\$-Pebble Beach, Big Sur and Marin County-\$\$) visiting all sorts of spas and alternative practitioners to find her way. It is unclear where the funds come from or whether she uses coupons/Groupons for all these therapies and workshops. She finally finds a perfect place to practice medicine as she thinks it should be delivered. The practice is an eclectic group of health care providers who work together in a complimentary whole. Soon however she becomes concerned that the clinic staff is lax about processing samples and calling in her pharmacy orders. Unable to remedy the situation, she feels compelled again as the victim to quit. Finally, the obvious solution occurs to her and she starts her own independent practice set up just the way she wants. Through these last two iterations she suddenly discovers the time honored physiological principal of homeostasis i.e. the body heals itself. She also stumbles on the well known concept that one's emotional well being affects their susceptibility to illness. The new practice goes well

until she is distracted by her literary mission to save medicine from its evil self. It is unclear how financially successful the new practice was but intermittently neglected it is now financially barely above water. Now she has to choose between medicine and her “calling” as its literary savior. Once again she quits and closes the practice to commit full time to writing and helping others to see the light. In this regard she seems in the end to have at least been financially successful.

Being a scientist myself, I am sure I will be quickly assigned to the omnipresent “them”. However, I have always tried to keep an open mind. I practice yoga regularly and I taught for three decades in a medical school whose express philosophy was that physicians were supposed to assist the body to heal itself. The author does make some reasonable points about how most good physicians in my opinion already practice medicine. Other things she discusses give me pause. The author carries on a continuous dialogue with her outward self (Victoria), her pilot light, her ego, her small self, her gremlin, and a purple toilet named Sebastian. The result is the story of an obsessively self-analytical victim. She espouses a deterministic view of personal freedom in which everyone is interconnected and overtly guided by signs and external forces. She reads all the self-help literature, consults everyone who will listen including an astrologer, a shaman and then makes life altering decisions based on dreams, visions and chance encounters. Based on one detailed vision she uses a crystal and sage to treat and cure a clearly psychiatric patient with an undetermined hematologic disorder. She sits above the bay and uses her mind to call in a pod of whales and later a pack of wild coyotes. She leads an “unfamiliar” horse in a miraculous and spontaneous dance. She bends metal with her mind. She seems to think she is grounded in science but never makes any attempt to record or document any of these skills.

In the end is not an easy read. If you are as the author says a “woo-woo” person you may enjoy it. You can each decide whether it is worth the effort.

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### **Jamie Weyermuller says**

Enjoyed it overall, but too wordy in general, especially the forward. I didn't think the book would ever start!

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### **Julie says**

This was a bit of a mixed read for me. Lissa Rankin was an obstetrics doctor who was finding herself at work running from one crisis to another while working, with care of the patient getting left behind in the rush to put out fires. Burnt out and over it, Lissa left to search out her own way of practicing healing.

I enjoyed the telling of her story - how it was not only about her needs to be able to work in a safe and supported environment, but to provide a better experience for patients, and to be able to teach other medical professionals about how they can achieve better results for them and their patients using holistic and healing techniques.

There were moments though that the book got a little preachy about telling the reader what they should do and I kept thinking that it verged into a bit too much witchy woo hoo for me.

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### **Anne says**

Excellent!

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## **Lucille Zimmerman says**

I'm a Licensed Professional Counselor and part-time professor at a local university.

Four or five years ago I was knee deep in the writing of a book on selfcare (Renewed).

In my book I wanted to talk about the tools that helped me heal from a life of trauma and loss. I had spent several years researching the clinical literature, attending conferences, and counseling my own clients, discerning what helps people heal from emotional wounds. I also spent time finding a literary agent, waiting for my book to be sold, and writing it.

In the midst of those few years, a colleague shared a TED talk by Dr. Lissa Rankin with me. I felt like 90% of what said mirrored my own message about what helps people. In fact it aligned so well I wrote to her for an endorsement (She declined). I continued to follow her work and fell in love with the book she wrote: Mind Over Medicine. I told everyone I knew to read it.

Last weekend The Anatomy of a Calling was sitting on the new release shelf at my local bookstore. I snagged it and read it in two days.

Pros: Dr. Rankin is an incredible storyteller. I lost myself in her book and that rarely happens. I'm grateful to have read about her emotional journey out of the field of medicine and then back into it. I too am the daughter of a doctor and was surrounded by medical people growing up. I also appreciate how she implements research into her book.

Cons: As a Christian I can't relate to vortexs, shamans, witches, calling in whales and coyotes, bending spoons, etc. I much prefer to consider God, Jesus, and the Holy Spirit at work, but that doesn't keep me from appreciating and learning from Dr. Rankin.

This book was much more "out there" than Mind over Medicine, but I would still encourage people to buy and read it.

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## **Fg says**

This book is about an OB/GYN who learns to surrender to the calling of God inside her to follow her life's purpose. She's called to her journey and tries to humanize medical treatments by starting her own medical practice. Throughout the book she have been through many difficulties such as losing her father and her interest in medicine. She also thought about killing herself to get away from the pain that medicine gives her. However, when she find out she's pregnant, she can no longer think of killing herself. Throughout the novel she moved on to alternative medicines such as consuming a shaman and being in touch with nature's rhythms in sacred places. She also used profound imagery when she described her feeling especially her pain. "I felt an uprising of pain, but like a shaken Coke bottle with the top still on, the pain had nowhere to go." There's also an example of motif: she kept talking about "the calling" throughout the text. I think the tone of the novel is more like dreary and desolate because I felt very overwhelmed reading this it. She also used metaphor and similes along with other figurative languages. I made a connection with Joseph Campbell's heroes journey and The Alchemist because they both talked about a hero and how the universe

would always help you in your journey. What I liked about this book was that she acknowledged that there would always be hardships when you step in your heroes journey, and that life never gets easier, you just get stronger. I also want to be an OB/GYN and I want “to be the kind of doctor who practices love, with a little medicine on the side.” I recommend the book for those who are looking for their calling and their purpose in life.

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