

Newsletter from Mary Ann Iyer, MD November 2017

I have, of recent, been in search of a job. I feel rejuvenated after my stint of elder-care such that the expansion of time and energy has me ready to embrace my next “gig”. The search has been an eye-opener – getting back into the field of official medicine after the past few years. As I have refined my criteria and circumstances, I have realized:

A job is not a Purpose. It’s a way to spend time. My purpose is how I live life every day. How I show up – including at the profession that occupies my days. Although it is good, I think, to use discrimination in exactly what I accept and sign on for, it does not have to be the “perfect embodiment” of an idea I have about what I should be doing.

What matters more is if there is room in the environment of my work to be the best I can be. And – really – almost any situation invites that of us. It is how we behave – where we are. What we work through. How much love we bring into a situation. This does not mean to just take any old thing, but it does mean that I need to not expect the job itself to define my purpose.

What matters in the deeper sense, no matter where we are, is how strong we are in principled living. How true and truthful we remain in our day to day operations.

A job defines the arena in which we practice our best selves. All these things we do are just the excuses for showing up in the world. For engaging. For interacting.

It is what we bring to it that matters. And – in each and every case and circumstance, to be with what is here. Even the search, for now, is that – the environment in which I get to practice my best self and notice where the anxiety and dark shadows lurk. Dare I say it – this has become fun, and the curiosity of where this particular “gig” (of the job-search, itself) is going is part of the whole schtick.

I’ll let you know!

Snippets of Information:

I am building my practice at Elk Haven in Brevard, NC. Individuals who see me can expect a visit in which they are deeply heard in their concerns. I bring to the table my years of experience and expertise both in Internal Medicine as well as Mindbody attention. I am, by nature, Wholistic in my approach. Although I do not currently provide “Primary Care” I have often given second opinions that dig deeper into a person’s problems and issues that served to change the course of their experience.

Anyone can make an appointment through my web page at:

<http://www.maryanniyer.com/sessionwithdr.iy.html>

Usual sessions are \$90 for the hour. I do ask that individuals get copies of most recent labwork and visits to me before their first appointment to give me a chance to review this material before we meet.

Phone consultations are available by request.



- Books by Dr. Iyer are available on Amazon under author name: Mary Ann Wallace, MD
- You Tubes of talks: <https://www.youtube.com/user/DocMAWallace/>. Please pass on to anyone who may benefit from these.

Joy to you! ~ Mary Ann Iyer, MD

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