

Newsletter from Mary Ann Iyer, MD Summer 2016

Here Where We Are

The original meaning of the word “perfect” was “thorough”. I take that to mean complete in our effort to be all we can be. The perfection of self-as-thorough may include components that come as a surprise – not fitting in the picture of some preformed idea we have about how a “spiritual (or ‘good’) self” should look. How many of us have strived for how long to live a life of spiritual depth? And how often has that caused us to feel despair at our lack of perfection in our efforts?



What I’ve noticed is that when I greet each thing in me against which I hold dislike or even abhorrence with a willingness to see what is being asked of me, I deepen into a sense of greater comfort and acceptance. Not just of me – but of life. We are, after all, but representations of Life. It could be that the “Original Sin” is but the unique flaw that set us on earth, which as (per Nepo) the Tibetans believe is “the mark where the bareness of being first kissed us, placing us in the world”. In other words, it is our so-called imperfections that define our reason or purpose for being here.

Sometimes we close off against Life based on the accumulated years of abuse and pain. Fearing more pain, we don’t trust Life itself. And why should we, when in the face of true innocence and vulnerability we have been harmed?

Until we come to the recognition that to open a bit is for our own good. Not as a statement of foolhardy “trust” in “all will be well”, but as a means whereby we can get a breath of fresh air. Bad things will happen. As well as good – by our estimation and judgment (because it is, after all, we who determine and define such delineations). But still, to be as open as we can under exactly these – our circumstances – is the best stance we can take for our own well-being, irrespective of how Life is playing Itself out.

We humans do damage on earth – by thought and deed – and we are the instruments for healing. And it turns out the main healing really is within the self. Each place that hurts is an invitation to pause and invite the kindness of Life in to be present in its opening to wisdom – right there.

It is the ultimate discipline, facing into with gentle heart, that which we dread or loathe within ourselves. Inviting the Divine Spark into these areas for willing transformation into their best selves requires our apt attention. It is through us that the pains of the earth – often there by our doing in the first place – are healed.

Snippets of Information:

- Please join Belinda Roberts, LAc and Mary Ann Iyer, MD for a four-week series delving into how to make lasting change in your eating habits. “**Transformation 101**” will provide you an opportunity for deep insight and supportive information drawing from the combined skills and education of this dynamic duo. If you are in the Brevard area, consider coming to the free introductory talk at Food

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duo. If you are in the Brevard area, consider coming to the free introductory talk at Food Matters Market on August 13th (Sat) from 2 to 3 pm. The class series begins on Wednesday, October 19th and runs weekly through November 9th from 4 to 5:30 pm. Class and registration is at the Elk Haven Wellness Center in Brevard, 828-862-3492. If you are coming from afar, this is prime time for a Fall Foliage vacation. Contact me directly and I can give you advice for where to stay, eat and hike!

- *Healing with Whole Foods: Asian Traditions and Modern Nutrition* by Paul Pitchford and *Mindful Eating: Mindful Life* by Mary Ann Wallace (Iyer) MD are the recommended texts for this class and can be purchased on-line at Amazon, in Brevard at the Highland Bookstore or any bookstore who orders from Baker and Taylor or New Leaf.
- Dr. Iyer recently served on faculty at the Daoist Traditions College of Chinese Medical Arts in Asheville, NC, where she taught the Psychology and Ethics curriculum. She developed and was the former Medical Director for the Samaritan Integrative Medicine Program at Good Samaritan Health Services in Oregon. She currently works with groups for the transformation and resolution of complex dynamics. Contact her at MarokOne@maryanniyer.com.
- 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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