

**Newsletter from Dr. Iyer  
April, 2014**

### **Change From Peace**

Many of the people with whom I closely associate perceive that the world is in a heap of trouble. It seems the status quo is on a collision course with its own unsustainable future. The current trajectory includes an economic system based on infinite growth and a population boom that won't stop expanding. Earth is a finite object, and it is where we live. Greed, avarice, financial-only based value systems – all of it – contribute to a malfeasant “bottom-line”.



We all – my friends and I – agree that to live simply, conserve, waste not, and consume little are good things to do. We share a belief in focusing on friendships, not malls, as where we gain sustenance in our lives.

But then, there is a divergence of attitudes. Some argue that “if you're not afraid, you obviously don't get the magnitude of the problem”; while others maintain that a fear-based response to the problems at hand is likely to keep the dilemma going.

Since I am of the latter group, it is easiest for me to speak from and about this viewpoint. I notice that fear often leads to attack, which is part of the problematic dynamic in the first place. Recognizing a situation of the magnitude of the one facing us can also be an invitation to dig down deeper into our own psyches to collectively find a different way to go about doing things. Making decisions from a space of peace, with actions designed as kindness to all involved would be a distinctly different way of going about things. Peace as a format really does require each of us, individually, to find that place-of-peace in our own souls. Otherwise it is simply lip-service – which sounds rather like the basis for thinking that got us into this mess.

Being deeply authentic and sincere in the actions of peace can only come about when – we are peaceful. And that, it turns out, is (or can be) hard work. It requires being honest with ourselves about our own fear, loathing, hatred and condemnation and facing these places squarely inside ourselves.

The goal, here, is peace as our operating principle. Because this will most likely support acts of kindness that accommodate the wellbeing of others as well as ourselves. This dynamic can only start from within each of us as an operative space. That means that we allow any fear or anger we feel about a situation to lead us into the place where we tell the truth in a way that deeply intends no harm – to self or the other. This is the collective difference we most need to make. The recognition that to do harm to any other by acts that originate from greed, fear or anger ultimately harms the soil on which we stand.

The place where we live – in the way we have chosen.

**Snippets of Information:**

**Upcoming workshops:**

- **Reflective Journaling for Wellness.** Date: April 10, 2014. Time: 6:30 to 7:30 pm.  
Where: Swannanoa Library, 101 W Charleston Ave, Swannanoa, NC.

  - Introducing useful questions within the context of a meditative stillness invites individuals to delve into rich inner resources. Most of us already know the answers to the questions, tensions and pains that pester us. One of the bigger challenges in our time is to find or create oases of time and intention to go to that place where we already 'know'. In this special hour, after we enter a quiet introspective place of self-awareness, I will pose relevant questions that invite helpful insights to arise. We will then do Journal work with this material.
  - Bring Journals and pens. Please contact the library directly at (828) 250-6486 for registration, and Dr. Iyer for more information about the talk, DrMA@maryanniyer.com.
  
- **Healthy Lifestyle Retreat: Mindful Eating.** Date: May 16<sup>th</sup> through May 18<sup>th</sup>.\* Time: registration: 4 pm (Fri). Where: OM Sanctuary, 87 Richmond Hill Drive, Asheville, NC 28806.

  - These lovely retreats at OM Sanctuary in Asheville, NC are designed as a deep immersion into relaxation and self-reflection. There is a wonderful balance of movement, meditation, and class-time. You have the option to sign up for the full retreat (4 pm Friday to 3 pm Sunday); or \*just take the featured topic classes (7:30 pm to 9:30 pm Friday; 2 pm to 5 pm Saturday). Contact OM Sanctuary directly at: 828-252-7313 for more information or to register.  
<http://www.omsanctuary.org/>
  
- **An Integrative Approach to Pain Management: CME Grand Rounds.** Date: June 20<sup>th</sup>. Time: 7 am.  
Where: St. Charles Hospital, Bend, OR, 97701.

  - The many faces of pain include societal, physical and psychological components. By giving attention to the surrounding issue that exacerbate or ameliorate pain, the clinician will expedite the desired end result of relief and increased function for the patient. ***This activity is CME approved for physicians.*** Please contact St. Charles hospital directly for more information: Tracy Parmele, Manager, Continuing Medical Education (541) 706-2605.
  
- **Meditative Journaling Workshop.** Date: June 21<sup>st</sup>. Time: 2 pm to 4 pm. Where: Corvallis-Benton Co. Public Library, 645 NW Monroe Ave, Corvallis, OR 97330.

  - This popular workshop is back by public demand. We share our two hours together by deeply immersing into meditation with seed-questions that help open up an inner marvelous depth of wisdom. Answers emerge during this time -- to those questions that float around in our minds. Anchoring the experience through journaling is an extraordinarily powerful tool. These workshops tend to fill up early, so please, please do call the library to sign up if you are interested. Phone: 541-766-6965 (no cost to participants)
  
- **Opening to Your Joyful Self.** Date: June 22<sup>nd</sup>. Time: 9:30 am to 4:30 pm. Where: Encore Physical Therapy, 2609 NW 9th St., Corvallis, OR.

  - I'm teaming up with friend and teacher Beeara Edmonds, LMT in this co-created day of delightful self-exploration. You are invited to deepen in your awareness of yourself through the dynamic combination of Meditative Journaling and Authentic Movement. Join us -- to foster and anchor your ability to open into your Joy -- and then maintain your wisdom in your daily life by the powerful anchoring techniques of embodiment and journaling. Please let me know if you'd like a flier with more information on this workshop, and Contact: Beeara Edmonds directly at beeara@beeara.com or 541-752-1997 to register. (Space is limited; so registration is required.)

- Find *The Heart of Healing* or *Mindful Eating: Mindful Life* [author name: Mary Ann Wallace, MD] in book or eKindle format at [www.amazon.com/author/mawallace](http://www.amazon.com/author/mawallace), [www.maryanniyer.com](http://www.maryanniyer.com), or any bookstore on request. *Mindful Eating: Mindful Life* can also be found in German from Herold Verlagsauslieferung at: [p.zerzawetzky@herold-va.de](mailto:p.zerzawetzky@herold-va.de).
- Numerous meditation CDs are available at <http://www.maryanniyer.com/books-cds-2.html>. Please consider these for a friend whom you'd like to introduce to meditation, or for yourself if you'd like the extra support. Any bookstore can order these CDs from New Leaf Distributors. I also make available, at no charge, meditations on my web page at: <http://www.maryanniyer.com/meditations.html>.

Joy to you! ~ Mary Ann Iyer, MD

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