

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

Manifestation

I recently had a conversation with a lovely woman (J.) about manifestation. She wondered how, with all her dedication to the spiritual path, she was unable to meet the basics of life. A good income, bills readily paid, a nice place to live. Worry over survival lurked in the background of life. How could this be, when she had spent so much time and effort on the path of clearing the inner demons from her soul?



I hear this particular story often. There is often a fallacy amongst the spiritual that to be holy, one must be poor. An oath of poverty lurks in the background as an expectation. This is reinforced by the attitude that if a person is on a spiritual path, they should not expect payment for their services – no matter how skilled they are or how useful that which is given.

It's a fine line, I think. Between, as the Buddhists recommend, not having desires that get in the way of our happiness and, on the other hand, being completely honest with ourselves about what our desires and longings actually are. The answer is contained within this seeming paradox. When we are honest with ourselves about what's up for us, desires can get met in the basic ways that are needed. Sometimes we gain insights that make the original desires seem obsolete. But, going after the desires, themselves, as a bad thing to "get rid of" misses the point because desires fall away on their own as deeper issues are resolved.

When we gaze into our soul, above all else we need to be honest. To embark on the spiritual path is to open to ever greater levels of truth. The demons that most need to be healed are those needing the compassion of acceptance within ourselves. Through this we are led into paths of self nurturance. When we accept what we find we are best able to fully take care of ourselves and that which we are called upon to do. This kind of self-honesty leads us to take care of what is necessary in the outer world. By attending to the inner spaces with kindness, we find a reservoir of strength to do all we are called upon to do.

When we rush to fit an image of holiness we are striving to embody, we may miss the most important elements of true self-evaluation which we are being called upon to do. If we try to convey an image that is not true or congruent with the depths of our own soul or psyche, we lead ourselves astray. This means we don't try to be peaceful, calm, or free of desires. We look to see honestly what is encumbering ourselves from the freedom of joy. Becoming ever more honest about the anxiety we feel about our very own survival is part and parcel of this path. If what we find is fear of survival, or unhappiness over how we are being taken for granted or undervalued or any such thing, this is exactly where we dwell within ourselves. With kindness, compassion and great generosity of spirit for that which we have found.

If our mind is still muddied with fear, it does no good to deny it for the sake of image. To motor over fear (or whatever) is to deny a fact of our experience. Inevitably, as the fear space is healed, the necessary desires are fulfilled and the concomitant unnecessary desires and cravings dissipate. These are not things we extinguish by mentally convincing ourselves we shouldn't have them. To say that desires are the source of our suffering is not to say to go after them with a pickaxe to eliminate them from our psyche. That is actually a form of aversion – the counter and equal force of craving – both associated with suffering.

Above all else, noticing the edges of our own anxiety is most helpful. Anxiety is often such a subtle, deep, penetrating layer of ourselves we don't even recognize it. It just -- IS. And so, to turn to see that shadow requires an adroit self-examining. To notice the pervasive anxiety that actually drives so much of what we do and strive for. To sit in the middle of THAT --- this is to open into such freedom. To stay still in the middle of the sensation of anxiety, itself. To only love ourselves there. To stay compassionate with this yet one more thing, until we stop struggling against HAVING yet one more thing.

Focus on treating each thing you find with compassion. With love and attention and a willingness to see what adventure this desire may be calling you into. Be gracious with this most precious life you have been given to tend. When we live with compassion, all aversive emotions dissipate of their own. In our depths we ARE peace. We ARE love. And this is what we find as all the arguments against that dissipate.

Snippets of Information:

Upcoming workshops:

- **Opening to Your Heart's Desires.** Date: Feb 27, March 6 and 13, 2014. Time: 6:30 to 8 pm.
Where: Heart House, 5 Covington St., Asheville, NC.
 - Join Dr. Iyer in deeply insightful evenings dedicated to YOUR unfoldment. Through a series of meditative questions posed to the mind as we center and become silent within, you will be invited to hear your own Inner Wisdom. You will be nurtured and supported in your process. Bring a diary, and be prepared to move through what holds you back from being your Full Self. \$35 per night or \$95 paid in advance. Class size limited, please contact Dr. Iyer in person with questions or to register: DrMA@maryanniyer.com.
- **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.
- A heads-up: I'm headed to Oregon in June, 2014 with several workshops lined up: two in Corvallis, and a CME (for Continuing Education units for physicians and nurses) talk in Bend. More details in future newsletters.
- 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, www.maryanniyer.com, or any bookstore on request. *Mindful Eating: Mindful Life* can also be found in German from Herold Verlag'sauslieferung at: p.zerzawetzky@herold-va.de.

- Numerous meditation CDs are available at <http://www.maryanniyer.com/bookscds-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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