

**Newsletter from Dr. Iyer
January - February, 2015**

Figuring out – the Heart

From a Dear Reader:

I have been trying to remember some of the things you said in reference to my state of mind or should I say heart..... would you be willing to write the essence of what you said?

Very grateful for you and your willingness to share and help a fellow journeyer –

We get so confused about this idea of “coming from heart”. Because our mind has been in charge for so long, we really have no idea what it means to come from heart.

So, let’s go about this a different way. Rather than figuring out (a favorite mind function) what to do and how to do it and so on, let’s just drop right into the body. What does that mean?

Stop.

Just notice, for this moment, the feeling of the breath. Your breath. In and out. How that feels. Notice – how the mind kicks in. Just notice that. And, just for this moment decide that – just for this moment – you’re going to just notice the breath. And how that feels. Decide that the mind can wait. For a moment. Breathe.

We hear these words so often. So many spiritual teachers tell us to do this.

But then – then – the mind gets busy.

Trying to figure it out.

This is exactly the malady that ails us. And we are so used to this, we don’t recognize it for what it is.

To rest quietly in that place inside of us – by whatever name we call it or no name at all – that place that is quiet, this is the challenge, the answer and the solution.

To be quiet enough that we can notice – really notice – our breath. In and out. Try this for five consecutive breaths.

That which arises next – and it may be irritation, it may be anxiety, it may be impatience – this is what we need to notice is aggravating our situation. THIS is the culprit, itself. It tries to convince us that it arises “because of” – this that or the other – situation, person, lack. But IT – itself is the problem. The sensation we’ve grown so accustomed to that we live our lives finding excuses for it.

In our longing to find our sense of Purpose – that for which we are living – what we most need, more than anything is to let go of all that gets in the way. In the way of just LIVING. Here’s the thing: it is exactly impossible NOT to live our Purpose when we do this. Because our Purpose does not show up as a banner in the sky. It creeps in. On the undulating surface of the waves of our lives. In this moment and this one and this one. What presents itself to be done. What needs response. What we need to attend to. Here.



This IS our Purpose. Make no mistake about it – if we began a big mission with full intent of purpose and do not rest deeply in each moment of its accomplishment it will feel no different in its level of aggravation than the life we're living now – the life in which we are not in full attendance.

That is the misery. Not being fully, deeply dedicated to this life we are in. The one that greets us each morning when we wake up. The one we pull up our boots and get dressed up for.

This is the life we have to do “our thing” within. And the sandbox we have is the one we open our eyes to – every single day.

So that is our practice. Attending to what is in front of us to do. Now.

And – you will be fulfilling your Purpose. It is big enough. It matters, and it matters enough. This is what there is to do. And it is worthwhile.

Snippets of Information:

- You Tubes of talks: <https://www.youtube.com/user/DocMAWallace/>. Please pass on to anyone who may benefit from these. I'm providing these free of charge as a service, hoping to share the work I've already done. There are trailers here as well as full talks; and a couple excerpted meditations that folks might find useful.

Joy to you! ~ Mary Ann Iyer, MD

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