

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

**Gratitude as an Opening**

I've been noticing, lately, how feeling grateful fills me up with so much energy. And – how very little it takes to engender this feeling. More of an awareness, really – of how temporary every painful thing is. How the nuances and vagaries of life really do come and go. And under it all is this deep, abiding sense of peace. Which then stirs an awareness of how very much I do have. And how very easy my life is, overall.



For this I am grateful.

When we feel grateful, it enlivens our cells with happiness. This energy is warmth in and of itself. It is self-generated, without any prerequisite other than the focus of our own minds. Simply by noticing a thing – and it can be anything – about or for which we feel grateful, we are filled with a gladness of spirit.

When we are fully in this dynamic, we become aware that we hold the power to generate enormous energy for ourselves. Though gratitude often has an object of focus, it turns out to be actually independent of anything outside ourselves. It is entirely dependent only on where we place our minds – our consciousness. So its dependency is actually only internal. This is a very powerful statement to make – and an important realization to have.

When we become aware – truly – of our own capacity to generate such emotion or strong feeling, we begin to loosen the bonds of dependency on things needing to be a certain way in order for us to feel happiness. There is a profound paradox in this – in that those who feel dependent on outer circumstances to dictate their happiness are often the most miserable even when they seem to have the most. This attitude is also self-generating, in that if we notice anything that is awry relative to our conditions of happiness, we carry on about it in a negative vein.

Does this mean we can never make change in our circumstances? Quite the opposite is true. When we greet what is in front of us with openhearted gladness, we are strengthened to deal with it in exactly the sort of gracious way that will most likely bring about healthy and necessary change. Our situation (again, paradoxically) often becomes exactly that which anybody might identify as “more perfect”. I've noticed, personally, that my decision-making capacity is enlivened, strengthened and made more true when I am in a happy state of mind.

But really, what is more important, we are happy no matter what the circumstance. There is such deep authenticity in this that there is no situation that can throw us off the mark. We live in the awareness that under it all – this and this and this – we are deeper than the circumstance at hand. When we remember our depth – IN this and this and this – there is such automatic joy, peace and happiness.

And, for this, we are grateful.

**Snippets of Information:**

## Upcoming workshops:

- **Opening to Your Heart's Desires.** Date: Jan 9, 23, and Feb 6, 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](mailto:DrMA@maryanniyer.com).
- **Mindbody Medicine.** Date: Jan. 14, 2014. Time: 6:30 to 7:30 pm.  
Where: Swannanoa Library, 101 W Charleston Ave, Swannanoa, NC.
  - Dr. Iyer will discuss the Mindbody connections associated with health and well-being, and will share practical ways to bring this wisdom in to our daily lives. We each have a space of calm from which we can act, which provides a pervasive healing quality to our thoughts. Decisions made from within this framework tend to be healthier and more in balance. Mind-body integration therapy helps us remember this space of peace so we operate with awareness in our daily lives. Free. Please contact the library directly at (828) 250-6486 for registration, and Dr. Iyer for more information about the talk, [DrMA@maryanniyer.com](mailto: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](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/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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