

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

Envy

An individual recently expressed envy to me about my circumstances in life. I've wondered about this, since then, since I know many personal travails that she is not privy to. I think about the rigors of my chosen career, the difficult years and expense of medical school and the incredibly arduous path I've taken to achieve what I have.



What fascinates me the most about this whole thing, though is envy, itself.

I notice that when we focus our energy on resenting someone for what they have, we who fester in envy are looking away from our own possibilities. It is, in fact, a surefire technique for never getting what we want if we are caught in expressly noticing what we DON'T have.

I think about all the visualization and imagery techniques I'm familiar with. All of them, without exception, suggest the necessity of focusing on what we DO want – not on what we don't want. I have a new wrinkle on this whole thing. I've noticed that if we focus on what we want with an air of dismissal – in whatever form – we set ourselves up for trouble. If there is a background drumbeat going on that accompanies a tune of “yeah, but –” Yeah but ANYthing at all other than the purity of our intention, it buggers up the works.

It doesn't mean we'll necessarily get all and everything we say we want every single time. But, for sure we'll be headed in the wrong direction if we have so many self-made obstacles to that trek that we're shanghaied before we even get out the door!

I've done this on occasion, about this, that or the other. What I notice, though, is every single time I focus on the joy of whatever has arisen as a pure desire unto itself --- everything else becomes a nonissue. There is joy in fully embracing the notion of that which we want!

This is true whether the desire is to receive something or to give something and have it received. In fact, it is the latter category that has most often tripped me up. I worry about if what I have to offer is something anybody wants.

But, then I notice that if my focus is simply expressing myself as best possible, with the pure intention of doing so, I do OK. It is truly not for me to decide where or how far that which I offer goes. It is for me to give it. To show up. To offer what I can, in each moment and to each moment. And to open fully to that which is called forth from within me. And, just like embracing that which I want to receive, fully embracing that which comes through me as my unique gift is a Joy unto itself.

I notice that as I surrender to the pleasure of experiencing that which I say I want – as an act of pure love in its expression there – are simply no issues about it! When I open to the purity of my desire to receive or have something, whether it is a “thing” or a state of mind, there is such clarity of path for its fulfillment. And when I open to expressing that which is in me to give, there is sheer joy in the act, itself.

Receiving and giving feel oddly like just breathing in and out when I do this. There is such sublime happiness in the whole flow of this dynamic, I feel myself right on track again. More than anything, giving ourselves permission to live in the innocence of ourselves at this level unbuggers the stuck places.

We were meant for this – this breathing in and breathing out. This simple and pure receiving – and giving. Each of us. In the unique expression of Life that we are. Not to be replaced by any other person in HER pure expression of self. Each of us – enough.

Snippets of Information:

Upcoming workshops:

- **Vision Quest** – Date: July 19th (Sat). Time: 2 pm to 5 pm. Where OM Sanctuary, 87 Richmond Hill Drive, Asheville, NC 28806.
 - Distilled from the five day Vision Quests I led in the '80's, I've pulled some of the most pivotal exercises for a three hour powerful focus! My initial training in this venue combined traditional Native American practices with best practices in psychology to create a powerful blend for going deeper into the subconscious – that part that can be pesky in its insistence on directing our lives. I hope you can join me – at the beautiful and tranquil OM Sanctuary. Contact OM Sanctuary to register: 828.252.7313.
- Ongoing monthly healing group: Every first Tuesday from 7 to 8 pm. Please contact me at DrMA@maryanniyer.com if you are interested; and I'll share more details. This group is designed for inner reflection, using Meditative Journaling as a "backbone", but also incorporating other techniques as the need arises.
- To schedule an individual session with me: contact me directly. My focus is mindbodyspirit; in addition, with my background in Internal Medicine, I do tests to rule out things I might be concerned about if someone does not have a primary care doc who has already done all that. I do not do primary care – but will work with primary care docs if either: 1) I find something that needs ongoing primary care attention; or 2) a primary care doc referred to me in the first place.
- 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 Verlagsauslieferung at: 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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