

**Newsletter from Dr. Iyer  
November - December, 2014**

**Making Tough Decisions**

***From a Dear Reader:***

*I long/have resistance to moving. I've been debating this for a year, and never get a clear answer. I have both the place of happiness and yearning in my heart, and also the place of what didn't work, that feeling in the pit of the stomach. When I visited last year it wasn't what I'd expected. It was cold, there was no outhouse near my cabin, there was a lot of hiking that my body didn't like.*



*I know you can't decide for me, but perhaps you can help me determine how to decide between the feelings for or against.*

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First, I want to say that you know deep in your bones what is right for you. I can only support that Wisdom you contain on your own behalf.

I hear your longing to move. The heart pull. The yearning both to be there in the beauty, and the resistance to the same. The idea you have of the place is/was different than the reality you encountered. A community you weren't expecting and with which you were not comfortable. The environment being less hospitable than it was in your imaginings.

I know that – for me – I stay most on track when I tell myself the truth of my experience as I'm having it. When the yearnings I feel have a component of imagining: "I would", "It would" – a projected likelihood for something that in my mind's eye would fulfill the yearning, I can go astray. Not because the yearning is off. But because the imagined solution may or may not be so in real life.

So, the seduction becomes:

- To believe that which our mind has created will solve our longing
- And then, give up, believing that since our ideas keep leading us into disappointment, the longing itself must be at fault.

There is another way. To surrender into the experience of the moment means to also accept ourselves deeply and fully in our experience. In OUR experience – the reality we are personally, ourselves experiencing. This includes our longings. It also includes the experience we are having when we are actually IN the situation we imagined would be "the solution" to that yearning.

Don't shy away from these experiences too soon. Surrender more deeply INTO it. When we live so deeply in our raw authenticity, the Universe DOES respond. It is only those voices in the head that get in the way. Those voices that try to wrestle us into some sort of logical progression along the Spiritual Path. Spirituality of the Heart is more messy than that. It comes up in spews of Truth. Unasked for, in response to what is in front of us. To do. To respond to. To listen to. To answer.

So – listen to your heart in the middle of any experience you are having. That means, when sitting alone at home, feel deeply the raw edges of loneliness or yearning or whatever it is for you. And ask for that to be

healed. To be filled. And wait. Turn towards yourself with full love. Full compassion. Full longing for the easing of this suffering. Full acceptance.

We are led to that which is the appropriate response from being completely in the experience. Sometimes that is a simple solution. Hunger's simple solution is to eat. But, sometimes the solution is of a deeper sort. And the yearning of the Heart is of that deeper sort.

So, sit still longer with the yearning. NOT to make it go away. But, surrender to its pull. Welcome it. Invite it. Thank it for where it will lead you. And what it will lead to you – into your life, by its magnetic pull.

Healing always involves surrendering more deeply to the Life that is really in charge, welcoming what is, and telling ourselves the truth every step of the way.

### **Snippets of Information:**

#### **Upcoming workshops (open enrollment)\*:**

- **Mindful Eating; Mindful Life Seminar:** Date: Nov. 15<sup>th</sup>, 2 to 5 pm. Where: OM Sanctuary, 87 Richmond Hill Dr., Asheville, NC.
  - You already know what constitutes a good diet. You know the five main food groups. You've dieted. But what you don't know, or can't get a handle on is: what causes you to eat in an unhealthy way?
- Class participants will:
  - explore the roots of the addictive qualities to eating
  - practice getting to know the body's language at a deeper level
  - learn techniques to break the habits

Please contact OM Sanctuary directly at <http://www.omsanctuary.org/events/mindful-eating-mindful-life/> for registration. Fee \$45.

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.

\*Listed here are only classes open to the public. For brevity, I do not include classes for specific groups or organizations. If you want to know if I'm in your area; please just drop me a line!

Joy to you! ~ Mary Ann Iyer, MD

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