

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

**Accepting Aging**

I've been reflecting lately on decline. As in, of the body. This life on this planet, as it goes through its various transitions. The inevitable contracting that must happen after we've done our full bloom. Noticing the resistance to this.

Eckhart Tolle speaks of the inevitability of the contraction after expansion in his book *The New Earth*. This is not exactly new news, but how many of us actually think it applies to us? I mean – our very own, one, single self? Declining. Coming back to roost – with less energy, less vitality, less vim. Our urges may still be there, but as so many old-timers are heard to say, “My get-up-and-go got up and went.”



NOW I know what they're talking about! I get it.

The other morning, I sank into a very sweet spot of surrender into the inevitability of this return to the Source. I had the sense of relaxing – so deeply. Just letting it come. Letting myself start to feel the ebb of this tide that I have known myself to be. Letting myself realize that it just may be that I have accomplished my greatest works. That I am on the decline.

And – it is O.K.

It's also OK if more comes up for me to do. To accomplish. To share. It is likely whatever that is will be from a calmer, less frenetic pace these days. More likely that my sharing comes from the deep Inner Stillness that nourishes me in ever greater capacity as this beloved form that my body has been begins its decomposing process.

And, amazingly – it is O.K.

I know I said that twice. That's the other thing I'm noticing. I savor things more. Repetition is realized to not necessarily represent forgetfulness so much as letting things come around again. We don't mind repeating and savoring and slowing down what we're enjoying. Steeping in the broth. Enjoying it all a little bit more a little bit longer. It seems things are speeding up all around us; and although I'm pretty sure this is factually true, it is also true that we are slowing down.

That's the joy of aging. I really do mean that. The Joy of getting older includes an increased honesty in the realization that each moment might be your last. The attention this invites to savoring the Joy of the interaction of – say – your hand on the faucet handle as the magic of readily available water pours forth is hard to explain. Or – the birds flitting and fairly bursting with their Joy in our maple tree. They absolutely can't help themselves in their joyous trilling song. It really is quite delicious – this savoring of this moment. No matter how long it has taken us to notice it.

It really increases the Joy of life – to notice it. This is beyond O.K. In this moment – it is marvelous.

## 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.

- Ongoing monthly healing group: Every first Tuesday from 7 to 8 pm. Please contact me at [DrMA@maryanniyer.com](mailto: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.
- 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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