

**Newsletter from Dr. Iyer
September - October, 2015**

Anxiety

Anxiety: lurking, deep, swirling, gripping, pervasive. Hard to get at. Hard to eliminate. Seems to be ever-present. So much in the background we hardly can say it's a "thing" separate from us.

And that, of course, is its secret to lingering – far beyond its welcome.

As we deepen in our devotion to the Inner state, many notice a tidepool of anxiety lurking deep within. Far beneath the surface of self assurance and busyness is this place where we are scurrying around trying to make sure we never sink in too deep. It's just too scary and uncomfortable there.



This anxiety has many faces, names and nuances. But it exists for all of us. Many would deny this. The busyness of their lives keeps them occupied enough that they haven't really noticed it, yet.

But nearly everyone I know who has begun the Inner Journey stumbles into this pit sooner or later.

It is so intensely uncomfortable it feels like we'd do ANY thing to get out of the mess we've gotten ourselves into.

What I notice is that – right where we feel anxiety welling up --- this is the place to go. To open. To be curious. Willing to see our own selves there.

It is good.

All of us – every single one of us – learned in some way in our lives that we are not completely OK just as we are. In some way – in some small or big way – we had to change to fit in, to meet our parents' expectations or needs or deficiencies. We had to fit in to our culture or – gads – we would be a "misfit". That statement, unto itself is terrifying. If we don't fit in to society it spells not surviving. By whatever primitive means our minds operate around this principle, it speaks to the most basic of Garden of Eden scenarios. Being banned. Excommunicated. Removed from the garden of our most basic sustenance. Forever.

Very, very terrifying.

Underlying all this programming is a deep societal fear that IT (society) won't survive if individuals are allowed to be different. And – this is more than fear. It is a recognition of a truth. Society, as it is, WON'T survive if individuals learn they don't have to meld and mold themselves to the norm of the general trend.

The basic fear of all this devolves from the most basic lack of trust. A lack of trust in an inherent sense of order that might reveal itself and evolve if we each were allowed to follow the bliss of our hearts – rather than strive and struggle to conform to the norms defined for us by the society that already exists. Bound by traditions, religions, parents and corporations. It reflects a belief that somehow we are, at our base, not OK. Not OK. We have to be defined by some external standard to bring ourselves up to an idea of acceptability.

Unlike forests, animals, stars and all other acts of nature – we are somehow deformed at birth and base. We don't trust the basic goodness of life as it moves through US. Our minds believe we have to DO something – something different – in order to be “allowed” to live. To survive.

Forget the “lilies of the field” malarkey. We humans are different. We need cars and smart phones and Facebook accounts.

Really?

Stop here. Pause and take the time – right now – to just open in to the question: “What, in me, says ‘No way!’ to the idea that I am perfectly, wonderfully fine – right now – just as I am?”

Looking deeply at the answer to this question – and I encourage you to ask it often – will deliver you from such deep anxiety. It is worth the pause.

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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