

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

**Freeing Us Up**

I've held a number of people hostage in my life. Mind you, most of them don't know this. These are people who are busy living their own lives, completely unaware that the images of their selves continue to live right here in my mind long after they, the actual individuals, have gone on to much more interesting things. They play key roles in service to one or another mental complex of my own making.



I came to this discovery some time ago when I realized that when I felt good about myself, I almost always had somebody in my mind that I was helping. Well, now. That means that there always had to be somebody who NEEDED something from me.

This, oddly enough, is also something I used to complain about a fair amount. "All these people who only want to relate to me if they know they can get something from me."

Every mental gyration I have gotten caught in has had somebody else involved – in the fabric of my mind. When I was angry? There was always somebody in my mind who was on the receiving end. Fearful? It was of a person or situation. Nearly always.

I began a practice which has proven to be enormously freeing.

Every time I catch myself in one of these mind traps – in which I am royally helping this, that or the other person "because they need it", I stop. I say to them (which is really to myself) – "You are free. You are free to live your own life, not in service to my mind or ideas." I do this practice with every single sort of emotional complex I can find. When my mind is stuck in an angry voice toward someone – "You're free." The fear in the belly when I'm thinking about such and such? "Go live your life. You don't need to dwell in the cave of my mind any more." Gone.

This is incredibly powerful. And I find I am getting lighter and lighter.

Who am I, really, to hold these people hostage to the maladaptive thought processes in which they play such a pivotal role? Who am I to make them objects – pawns – in such an insane bit of internal warfare? I notice that when I buy acceptance on the backs of people needing me it just doesn't work anyhow. And that I need someone to be angry at – if I am to be angry. Someone or something to be afraid of – if I am to feel fear.

We all suffer in that mix.

If I want anybody to accept me for who I really am – I have to show up. As me. Pure and simple. Not as "just" the person carrying the basket with the goodies to make others feel good. If I am to be free of the anger that poisons mainly me – I have to give permission to each and every person to be living their lives free of the role I'm trying to put them in.

It is really nice. Freeing. For me.

And I notice, amazingly, that when/as I do this, I ENJOY showing up for and with others – exactly where they are! Sometimes words are said that ARE helpful. But there is a bigger energy matrix feeding it all and us all. No need for a vertical axis between humans in this mix, because we are ALL nourished by the same stream. And words shared, advice given, the listening ear – all of it shares equally in the dharma of life.

In giving others permission to be in their lives as they see fit, I also have the freedom to be wise about what I need and with whom I feel the best. The most comfortable; the most supported; the most real, giving and genuine.

It is freeing. For all of us.

### Snippets of Information:

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

- **Mindful Eating; Mindful Life:** Date: Sept. 11<sup>th</sup>, 6:30 to 7:30 pm. Where: Swannanoa Library, 101 W Charleston Ave, Swannanoa, 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 the library directly at (828) 250-6486 for registration

- **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
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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.

- **NEW:** 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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