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## Being at Peace where We Are

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I've been grappling with a question a beloved reader sent: How to feel peace in a world so torn by war and greed, rape of the environment and each other?

It can be a hard world. The news bears that out and drives it home. I'm not sure it's ever been otherwise, but the sheer volume – of people; of the technologies that make destruction possible more rapidly; of the frequency we are reminded of trouble via media – has upped the ante of our experience of it all. I, too, have wondered about what to do. Here are a few of my thoughts.

We tend to think that the only way to provide relief from suffering is to fix something. Something outside of us that is terribly wrong. Obviously something is wrong – or else why would there be so much suffering? In our frantic search for “what to do,” we often feel ourselves worn out and dragged down. Hopeless. Defeated.

And, indeed, there are things that, being changed, would reduce the suffering for many. But I've concluded that turning our faces to the sun for a little will not likely make matters worse for our lack of attention. Like a plant fixing nitrogen in the soil to enrich it, allowing a few rays of joy into our own lives and hearts can do more good than all the worrying we might be doing. This is not an act of denial, but rather an act of allowance: . allowing the Sunshine in; a bit of Divine Grace; Giving ourselves the nourishment we need to follow-through with the Heart's inspiration for action.

This is not to imply a judgment against ourselves if we are feeling depressed about the state of affairs – in the world or in our lives. Rather, it is a call for attention of a different sort. To turn around and be caring for the suffering we, ourselves, hold is a bigger step than we realize. If we wait to attend to our own Precious Hearts until after the world is cleaned up, we may miss a whole lot of life. A lifetime spent in the dregs has not likely helped the state of the world, either. If there is a hidden belief that we are not allowed to feel Joy while others suffer, it is a consignment to hell - because when will that be, exactly?

### Dealing with difficult feelings

What do we do when we've lost our temper and said or done things that were hurtful? We regret our action but often don't know how to undo the damage. And, not knowing what to do, we often castigate ourselves into a hole deeper than where we started before our upset. In addition to lashing out against others, we may also have a voice that goes on and on about our own badness. We

become so convinced of these falsehoods of our own concoction that we end up in a quagmire – struggling with guilt, depression and dejection.

Let's pick the above sequence apart, as it contains many clues that can help us out of our hole and can prevent ongoing damage.

Let's say we really let somebody have it. The barrage that came out with the full force of anger was designed to hurt. In that moment, we had no interest in some spiritual idea of "revealing the truth." Rather than cutting through the hurtful issues that confronted us with the sharp words of our tongue, we added to the mound of problems. We obviously blew it. We've begun to see what we may have lost in all this. And now, we want to make it right.

Most of us fear anger precisely because we know that it can do great harm to ourselves as well as to others. When we want to make amends, we may feel a special vulnerability inside. Often in the mix is a sense of fear that our attempts might not work out. We may have done irreparable damage to someone we care about. If we've responded from anger, we've unleashed a powerful force. We may feel confused and a little disoriented. We may be uncertain what we were really so mad about to start with. And what, exactly, was our deeper self trying to get to with our upset?

Here is a key: If we let ourselves face squarely into what we most fear in this situation, we can open a channel for deeper awareness and healing. Because hatred and anger directed outward reflect a place of pain inside of the self – its occurrence is a powerful clue to look within. The anger is a call for attention. This is an enormously charged fulcrum upon which we can actuate many potentials for change. As I mentioned earlier, there is often pain beneath our anger that has been too terrifying to face yet. The pain is trying to surface now for healing, all wrapped up in the protective garb of anger. Although anger may make us feel powerful while it is surging through our bodies, the vulnerable space beneath it is what most needs attention. As soon as we approach our own self in a way that feels safe, that hurting place - which we have protected through acting in angry ways - can open up.

### **Personal exploration: The path to freedom**

Go deeper into the fear space. Presume the worst you can imagine.

Then ask yourself, "and this means ----?" Specifically, what does this (or might this) mean for you? What are the implications or possible ramifications of the damage you most fear in your life?

Listen to the tone of voice you are using with (and/or against) yourself. What are you saying?

Use self-healing methods I've developed, called '[FEAD](#)',<sup>1</sup> here. Be kind. Embrace yourself. Be curious. Let your entire intention at first be to find and allow healing of the festering wound within.

Remember that this is exploration for freedom. Your freedom. You might consider asking for help from a professional if the self-examination seems just too daunting.

The healing potential of anger energy is that, when harnessed to the desire for truth, it is a powerful force for good. The thing to remember is that whatever negative, critical attacks we levy against ourselves are the seeds that become future angry outbursts. More than any other place, this is where the anger cycle can most successfully be broken. To the extent that we become safe for ourselves to come home to – to confide in –with our vulnerabilities, we lose the enormous need to change the

world around us. This is not to say external change won't happen. Rather, the changes we are trying to make externally – both in our behavior and our circumstances, come more readily into alignment with peace when we are at peace within.

When we begin to be kind to ourselves, it becomes possible to open in kindness to others. The process becomes self-sustaining. By treating ourselves with compassionate kindness and staying curious about “what just happened”, we are able to be receptive to others in a similar way. We then know, from a deeper place, how and what to say to “the other” to make amends. Because we have cleared our inner space, our words ring with the sincerity of clear intention.

## References

FEAD: “Face, Embrace, Allow space, invite Divine Grace” is a technique developed by Dr. Iyer. More information can be found at [www.maryanniyer.com](http://www.maryanniyer.com), or in the [September, 2010 Volume 10, No. 2 of IJHC](#).

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