

# Interview with Nancy Ayala

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Earlier this year, beloved teacher and Maya instructor **Nancy Ayala** survived another brutal auto accident, sustaining multiple injuries that caused her not only to suspend her teaching, but also to take the time necessary to heal. “I have missed each and every beautiful Maya yogi that has ever graced my classes,” Nancy tells me. “Thanks for letting me know that you’re here for me.”

**On October 14**, Nancy celebrated her birthday by thanking the Great Spirit for enabling her to celebrate another year of life, and all of her

friends “who reminded me of how much I am loved and appreciated today and always.” With just as much gratitude, Nancy shares her reflections with us on the most difficult six months of her life and her hope for what the next year holds.

## ***-It’s alright, because there’s beauty in the breakdown-***

My healing process has been a roller coaster ride that’s taking a lot longer than I had hoped or anticipated. My combination of injuries and traumas have left me with unrelenting headaches, PTSD, post concussive syndrome, chronic muscular strain and pain. I am generally feeling better, even though I’m still trying to pick up the pieces and make sense of what’s happening to me. I’m living one day at a time.

## ***-I’m dancing in the furious fire of transformation and change~***

Due to my injuries and post-concussive disorder, I have been extremely fatigued and have had to drastically scale down my mental and physical activities. I miss running, reading, furious dancing, sweaty vinyasas and teaching. My hope is that my struggles will continue to develop my strength, and enable me to turn my wounds into wisdom, and my trauma into treasure so that I may return to teaching with increased intuition and compassion.

## ***-I’m re-evaluating how to make my life more sustainable and fulfilling-***

The universe has invited me to examine my life for those things that are no longer life-giving, and I offer them up to the cleansing fire that gives me the courage to let go so that room can be made within to welcome new growth, new opportunities, new expansion.

## ***-My message to the Maya community-***

I love you, all-ways. Your continued support, patience, and compassion in my process has been crucial in my healing and recovery. Many blessings, dear ones!

