



awakening

with Mary O'Malley

October, 2015

Committed to being an instrument in the transformation of world consciousness, Mary O'Malley helps people experience the freedom and joy of being awake and aware no matter what is happening in their lives.

Inspiration:

What would happen if you finally realized that the safest thing you will ever do is be here for Life – not an idea of it, but the living experience?

Intention:

I will practice being fully present for my life by connecting moments of present moment awareness with something I do a few times throughout the day, like brushing my teeth or washing my hands, or by setting a reminder on my phone.

Featured Offering

Mary speaking at the Sunday Service and offering a Workshop at Seattle Unity Oct. 25th
(See Below)



It is early morning and I am sitting on my porch opening to the newness of this day. Such joy arises from simply being present with Life. I am aware of the cool air on my face and hands, the subtle morning smells, the music of the birds, the sight of leaves turning red and gold. In this moment, there is no need to have anything be any different than what it is. This moment is enough!

You knew this connection with Life when you were very young. You didn't live in past and future. You weren't constantly trying to be someone or someplace else. You were simply open to Life – open to the great river of creativity that is Life.

Wherever you are right now, this moment of your life is completely brand new. It has taken 13.8 billion years of creativity for it to show up this way! Life has never appeared as it is right now and it will never again. And whether you can see it or not, it is enough. In fact, it is more than enough, for it is where wholeness, peace and lasting joy are to be found.

To be fully here for Life (without laying a story over the top of it) is what we are all homesick for. As we grew up, our attention was drawn more and more into our minds. Most of us are not even aware that we think our way through Life, that we experience Life as a thought rather than the living experience of it. As Alan Watts, the Zen philosopher once said, “No matter how many times you say the word ‘water’ it will never be wet.”

What would happen if, for a moment, you let go of all of the wanting, fixing, judging, fearing and resisting that you live in most of the time and fully experienced Life right now, no matter what was happening? What would happen if you recognized that everything you long for and everything you truly are is right here, right now? What would happen if you knew that this moment was your home? And what would happen if you finally realized that the safest thing you will ever do is be here for Life – not an idea of it, but the living experience?

I invite you to take a radical step: to pull your attention out of your mind and use it instead to fully experience this living moment of your life. For just a few moments, lift your eyes from what you are reading and see Life. Hear it. Feel it. Feel the newness, the preciousness and the uniqueness of this moment. These few moments of fully connecting with Life matter.

Now watch your attention drift back into your mind which is always trying to *do* Life rather than *be* Life. Notice how the clouds of thought cut you off from fully being here for Life. Once you see that there is a huge difference between thinking about Life and being fully here for it, the mind will turn this into a problem, a problem that needs to be fixed, i.e., “I need to control my mind, meditate more, do more yoga, quit my job.” Can you see that is just more of the game of struggle that your minds so easily slips into? Instead, simply be willing to notice a number of times a day that your attention is following your thoughts wherever they go. And then bring your attention back to the living moment of your life.

Because the momentum of thought is so strong, it can be helpful to connect these moments to something you do a few times throughout the day. Be fully present for the experience of washing your hands; really taste your food for at least the first three bites anytime you eat; allow a long slow outbreath when you are waiting at a stoplight. If you find that your mind simply forgets to notice Life, you can set the timer on your phone, and whenever it rings, become curious about what this moment of your life is like. This may include noticing that your mind is resistant to noticing anything!

The more you give yourself the gift of pulling your attention out of the stories in your head and instead connecting with the living moments of your life, the more Life will naturally guide you back to the “enoughness” of this moment, your true home.

Be light,
Mary

P.S. – The doctor said my son Micah does have to have another surgery. Please hold that the highest will unfold for him. I will be posting updates at <http://www.gofundme.com/MicahO-Malley>.

Quote: “The more you give yourself the gift of pulling your attention out of the stories in your head, and instead connecting with the living moments of your life, the more Life will naturally guide you back to the ‘enoughness’ of this moment, your true home.”
– Mary O’Malley

To learn more about this work, please visit our website at www.maryomalley.com
Also, please click on the [Watch Mary](#) link in the left sidebar of our website homepage and scroll to the bottom to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary’s Blog](#) link to read messages from me and reply or ask questions. To view previous newsletters, please click on the link [Newsletters](#)

On the website [Books](#) page, there are links to 12 short videos about *What’s In the Way IS the Way*, and to visit the *What’s In the Way IS the Way* website where you can read the endorsements go to www.whatsinthewayistheway.com.

To follow Mary on Facebook and Twitter, please click on the links at the bottom of the left sidebar on our website. Mary is also on Pinterest and Google+.
If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

Mary at Seattle Unity October 25th

Sunday Service at 10:00 am – The Healing In Chaos Workshop with Mary: The Gift of Our Compulsions

12:00 pm- 2:00 pm

Cost: \$25

Seattle Unity Church
200-8th Ave N, Seattle, WA

To some degree, we are all compulsive about something. We over-worry, overwork, over-shop, or overindulge in food, alcohol or drug use, etc. When we see the price we pay for being with ourselves in these ways, we then try to control our compulsions only to have them control us. Come explore a new way of working with compulsions, one that can heal your compulsive behaviors and bring peace and clarity into your life.

To register and pay, please follow [this link](#)

Counseling & In-Person Groups

Counseling - In Person & by Phone

Mary is a guide who offers insights born of experience and awareness. Through deep listening and presence, she helps others open to their own clarity and wisdom. Her office is in Kirkland, WA and she is also available for phone counseling and with Skype. For each 50-minute session, the fee is \$150. Packages available are 3 for \$420 (\$140 each), 4 for \$520 (\$130 each), and 10 for \$1200 (\$120 each). Please contact Mary to set-up a package. Payment may be made through Mary's [website](#) once an appointment is booked. Mary is a Certified Counselor in the State of Washington and can provide invoices for insurance reimbursement.

For information and appointments, please call Mary at 425-889-5937 or send her an email at awaken@maryomalley.com

In-Person Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening with expert guidance and to share with other awakening beings. You will also experience the healing power of mercy and trust.

Weekly groups are offered in Kirkland, WA on Mondays from 7:00 to 9:00 PM and on Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. You must have one session with Mary and may visit a group one time before joining. Please Contact Mary for information and an appointment.

Tele(PHONE)Group

This phone group is a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the group and there are opportunities for questions and discussion. Once you register, you will receive a dial-in-number and access code. When you dial-in, you will be prompted what to do to join the group call. Each session is 4 weeks and costs \$100. The group is on Tuesdays at 1:30 AM Pacific Time. To register, click on the link below.

Events

Please follow the links for details

Tuesdays, Sept 15 – Oct 13 *(no group on Oct 6)*

Telegroup: What's In the Way Is the Way

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Tuesdays, Oct 20 – Nov 10

Telegroup: What's In the Way Is the Way

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Sunday, October 25

Seattle Unity: Sunday Service and Workshop

Mary will speak at the Sunday Service at 10:00 AM and she will give a workshop titled The Gift of Our Compulsions following the service from Noon to 2:00 PM. Cost \$25.

For more information about Awakening, please follow the links below.

To unsubscribe, click on the link at the bottom of any e-Newsletter.

Please feel free to forward these emails to those whom you feel would be interested.

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