



July 1, 2009

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:
One of the most healing things we can do is to love ourselves as we are.


Intention:
Whenever I'm feeling ill at ease, caught in fear, and overcome by the struggling mind, I will stop and say on the in-breath "As is." And on the out-breath, "I'm here."

Featured Offering:

My New e-Book is available!

The Magical Forest of Aliveness:
An Allegory of Awakening

See details below.



On my morning walk a few days ago I saw a delightful bumper sticker, "Wag more. Bark less." After a good chuckle, awareness reminded me that we oftentimes use that idea to override ourselves - to expect ourselves to be different than what we are. While it is a good intention to have, if we don't learn how to wag more and bark less with ourselves, we miss the point!

We are so used to barking at ourselves. We are trained to deny, override, change or just fall into our inner experiences. When we are angry or sad or scared, we usually get lost in the feeling or try to get away from it as fast as we can. In other words, we leave ourselves when we most need ourselves.

We also have been deeply trained to judge ourselves. We 'bark' mean things to ourselves when we are the most vulnerable. If we would talk to our friends like we talk to ourselves, we wouldn't have any friends! And yet you are the only person that you will wake up with every morning of your life and the only person you will go to sleep

with every night. Wouldn't it make a huge difference in your life if you could touch yourself with mercy, even when you aren't doing it 'right'?

In my world, one of the most healing things that can happen to an individual is to learn how to love ourselves AS WE ARE. We are all a mixture of dark and light, and one of the most courageous things a person can do (and one of the most healing for the world) is to embrace the entirety of ourselves in our own hearts.

I learned a lot from Stephen Levine about 'wagging' more with myself, especially with his work around forgiveness and loving kindness. This all coalesced into a wonderful little mantra that, for me, immediately brings me into that level of mind that isn't judging my experience. Instead it is giving it the light of my own compassionate attention whether it is feeling unwell, a wave of fear, or even a chaotic, struggling mind.

The mantra is, "As is. I'm Here." On the in-breath, you say silently to yourself, "As is". "As is" is the place of merciful spaciousness, the willingness to allow ourselves to be exactly as we are in this moment. It is the art of letting go of struggling with whatever is (our usual mode), and moving into the release that comes from welcoming it. "I'm here" (on the out breath) is the willingness to be keenly curious and attentive to *what is*, giving it the loving attention it needs in order to transform.

These four little words allow us to meet ourselves exactly as we are— the light and the dark, the clear and the confused, the kind and the mean, the acceptable and the unacceptable. It is an invitation beyond the seemingly endless struggle to be what we *think* we should be. This mantra gives us moments, however fleeting, when everything is okay, no matter how it feels. It is the willingness to embrace all of the parts of our being so we can receive the loving acceptance we are hungry for from the source that really matters, ourselves.

Be light, Mary

P.S. – I am putting a new message on my Blog every Wednesday, so if you ever need a reminder, just go to my website and click on the Blog link.

Quote: "You are the only person that you will wake up with every morning of your life and the only person you will go to sleep with every night. Wouldn't it make a huge difference in your life if you could touch yourself with mercy, even when you aren't doing it 'right'?"

— Mary O'Malley

To learn more about this work, please visit our website at www.maryomalley.com

Also, please click on the [Your Gift Movie link](#) on my website to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on my [Blog link](#) to read messages from me and reply or ask questions.

To view previous newsletters, please click on the link [Newsletter Archives](#)

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Featured Offering - New eBook

A New eBook by Mary O'Malley

The Magical Forest of Aliveness: An Allegory of Awakening

Be careful! After reading this little story you may be out of your mind. In fact, with any luck you *will* be. Here is a wonderful piece of wisdom, sent, it would seem, from life itself TO life itself, and meant for every child *and adult* who picks up this book. A marvelous allegory about the "stuff no one ever told us," but that would have changed our lives if they had, this small volume is bound to be among the treasured literature of every household into which it is introduced --- which I hope will be many. -- Neale Donald Walsch, author - *Conversations with God*

Cost \$9.95. To Download, please follow [this link](#).

Letters From Our Readers

Dear Mary

You are VERY gifted and Blessed, and I appreciate your sharing who you are with me.. through your insightful newsletter and programs.

Thank You.

--Ann

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. The fee is \$95 for each 50-minute session. (sliding scale available for those who need it.)

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

Awakening Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening, with expert guidance. You will also experience the healing powers

of mercy and trust.

*Weekly Groups are offered, **in person** on:*

Thursdays, from 10:30 am - 12:30 pm in Bellevue, WA.

Mondays from 7:00 - 9:00 pm in Kirkland, WA.

You may visit an in-person group one time to see if a group is right for you. To join a group, an introductory counseling session with Mary is required. If you are interested, please contact Mary at info@maryomalley.com or 425.889.5937

The cost for in-person groups is \$120 for 6 weeks (a sliding scale is available).

Tele(phone)Groups

Food Compulsions Group

In this group we explore leading edge work around compulsion, opening together to the deep healing that is always available in those activities that formerly caused such frustration, self hatred, and despair.

Mondays 5:55-6:55 PM Pacific Time; Cost \$80/4 weeks

There are three ways to register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

Gift of Our Challenges Group

Life is like the weather – constantly changing from easy to difficult, from joyous to sorrowful. True peace comes when we can embrace it all, even the challenges of our lives. We can change our relationship to them – whether they are illness, difficult relationships, compulsions, or deep loss – and discover the healing that is always there.

Thursdays 6:00-7:00 PM Pacific Time; Cost \$80/4weeks

There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

Events

Saturday, July 4th

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

Mondays, July 6th-27th

[Telegroup: Food Compulsion Group](#) 5:55-6:55 PM Pacific Time

Thursdays, July 9th-30th

Telegroup: The Gift of Our Challenges 6:00-7:00 PM Pacific Time

Saturday, Aug 1st

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

February 20-26, 2010

What's In the Way Is the Way a retreat co-facilitated by
Mary O'Malley & Neale Donald Walsch

Cost is \$1975 for the retreat, room and meals.

Please follow title link for more information and to register.

April 18-24, 2010

Awakening In Paradise

A Women's Retreat in Bali with Mary O'Malley

Cost is \$1475 for the retreat, room and meals if registered by July 1st (\$1675 after July 1st.) Please follow the title link for more information and to register.

For more information about Awakening, please follow the links below. To unsubscribe, click on the link at the bottom of this email.

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

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