



awakening

with Mary O'Malley

August 1, 2007

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.

Through her organization Awakening, she offers groups, classes, counseling and products which provide support for your own inner work and thus enable you to utilize the gifts this process unlocks, to benefit yourself and others.

Inspiration: We know spaciousness inside ourselves when the struggling voices in our heads take a vacation and we are filled with ease and joy.

Intention: Whenever I find myself struggling with life, I will sit on the moon, take a deep breath and remember that life is much bigger than my struggling self.

Featured Offering: September 28th-30th retreat on the Skagit River in Washington State.
See details below.

A Message from Mary



Spaciousness is such a wonderful experience. We know spaciousness inside of ourselves when the struggling voices in our heads take a vacation and we are filled with ease and joy. This spaciousness can arise, too, when we let go of the *have-tos*, deadlines and expectations of our daily life. Spaciousness is like a vitamin we need for good health. And while we try to cultivate it through getting back to nature or a weekend with nothing scheduled or even a vacation, a good question to ask is, "How can we discover spaciousness right in the middle of our busy lives?"

The key is to cultivate a shift of perception about life, and one of the most powerful ways I have discovered for doing this is to go sit on the moon in my imagination. I have an arm chair up there, and whenever I find myself getting tight about life, I go sit and look at myself and life from a broader perspective.

Let's go sit on the moon together right now and really enjoy the view. There is Mars off to your left, and Venus to your right. And you can even see Saturn and its rings in the distance. This is our neighborhood and these are our neighbors! And there, right in front of us, is our home, the beautiful blue green jewel of the Earth. As you look at her from our vantage point on the moon, see the beauty of this living river of creativity that is our planet.

Did you know that our Earth is actually made out of stardust? Billions of years ago, a star in our greater neighborhood supernovaed and became stardust that spread out into the cosmos. Over time, that stardust coalesced into our planet, and out of that stardust she has created mighty mountains and so many forms of water that it is mind boggling – all the way from tiny dew drops, to cascading waterfalls and onto towering icebergs, not to forget rainbows and mighty ocean waves. And what about the mind boggling variety of flowers and the heart stopping variation of colors they all come in? And let us not forget the beauty of the eyes of innocence that look out at life from every baby of every creature that

lives, all the way from ladybugs and aardvarks to kittens and people (including you!) – all made out of stardust.

Now lift your eyes off the planet and recognize that this tiny spaceship Earth is moving through vast oceans of space – so vast that it would take 4.5 million light years just to travel to the closest star. And that star is just one in this vast universe that contains more stars than we can count.

Now look back at the Earth and see all the people who right now are walking, driving, working, dancing, swimming, birthing, and dying. And recognize that most are so lost in trying to *do* life that they are not really *here* for life. It is like they are walking around with a cloud of struggle surrounding their heads. They have lost the experience of spaciousness and the story of struggle in their head cuts them off from the experience of being fully alive. Thus they can't be nourished by life's beauty and its wisdom.

I am sharing all this in order to open us up to the realization that Life is much bigger than what is going on in our heads. You too, like most people, have some version of that cloud that separates you from life – the cloud of the 65,000 thoughts a day that move through your head. If you were able to watch this stream of thought, you would see that its main pastime is trying to make yourself and your life different than what they are. Because we are so lost in thought most of the time, we aren't aware that we are almost constantly in a *doing* mode rather than knowing and living from the joy of *being*.

But this web of thought that resides in your head is such a small part of who you really are. It may seem like your struggling self is as big as the universe, but I assure you, it is as tiny as a speck of dust. Yes, when you are lost in it, it can seem like it is limitless, especially when it moves out of the ordinary everyday low grade struggle mode to the mega struggles of fiery anger, heart pounding anxiety or soul crushing despair. But whether you know it or not, that story of struggle in your head is always moving through a vast spaciousness that is with you right now.

To get a glimpse of this, imagine yourself standing on the Earth, experiencing its immensity. Now imagine yourself sitting on the moon, seeing how tiny the Earth is relative to the rest of the universe, and see that it is floating in space. The same is true for your struggling self. As you step back and begin to explore it – as you get space around it by being curious about what your struggling self is doing rather than being lost in it – you discover that this story of struggle in your head is such a small part of who you really are. And right here, right now it is floating in a greater space within you, the space of who you truly are.

Whenever you find yourself struggling with life, I invite you to sit on the moon, take a deep breath, and remember that life is much bigger than your struggling self. And when you can, bring to that struggling self the spaciousness of compassion so it can let go and you can reconnect again with the joy and ease that comes from remembering the spaciousness that is always with you, right here, right now.

Note: *If you want to print this letter, you can copy and paste it into a Word document. If you want to print the whole newsletter, please see guidelines at the end. If you are printing a Newsletter from the Archives page, these are in PDF format scaled to a letter-size page, so just go to File-Print.*

Quote: “The story of struggle in your head is always moving through a vast spaciousness that is with you right now.” — Mary O'Malley

Featured Offerings



September 28-30th

Living in the Here and Now Week-end Residential Retreat

This will be a 2-day Residential Retreat at the beautiful [Cedar Springs Renewal Center](#) along the Skagit River in Washington.

The framework of the retreat is silence, but there are times throughout each day when we will explore together ideas

and skills that invite you back into Life. You will share your wisdom as well as the challenges of learning to quiet your mind and open your heart. There will also be time for walks through the fields, along Day Creek and down to the river with views of mountains, eagles and evergreen forests.

The retreat will begin at 5:00 PM Friday evening and will conclude at 1:00 PM on Sunday. The basic cost of the retreat including accommodations is \$295, \$100 of which is non-refundable. (The cost for registrations received after September 1st will be \$325.)

To Register, click on [this link](#) and scroll down to the bottom of the page. Then click on the Registration Form link, fill out the form and click Submit. When the Thank You page pops up, if you wish to pay by credit card or using a PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check to the address on the Thank You page. A minimum \$100 (non-refundable) deposit is required. For questions, contact Kitty at okamotok@comcast.net or 425-252-6810. If you would like a brochure, you may call Kitty to have one mailed to you or download it by clicking on [this link](#).

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

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

Also, please visit <http://www.yourgiftmovie.com> to view a wonderful 3-minute multi-media presentation about this work. The presentation is also available on CD for \$15.95.

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Words From Our Readers

Mary ~

I am struck by how this work enters through the cells of my body and I long to hear it and feel it over and over again until I can HOLD it in my body. It seems such a slow unfolding, but when I put it in the perspective of my life and 60 years of such deep beliefs about myself and the world and then the eons of time of humanity's beliefs and behaviors, then it seems like lightning speed that I am changing core levels of my being and those all around me. Often I feel guilt about taking this time for myself but I am now feeling the strength and power of my growth in consciousness and what it is even now beginning to give back to my family and to the world around me.

Thank you Mary for living YOUR holy days so that you can be so fully present for we who are now awakening with you. I am so grateful and I know deep inside me that our awakening feeds yours even more. Thank you for continually acknowledging that for yourself so that we can also know it and validate it within.

~Kathleen

Telephone Groups

If you would like to have a unique opportunity to dialogue with Mary O'Malley about issues in your life and how to deal with them more effectively, a 4-week **Tele-(Phone)-Group** is the perfect way. The next one is being offered on four Thursday evenings, **September 6-27** at 6:00 PM Pacific Daylight Time, 7:00 PM Mountain Time (except in Arizona), 8:00 PM Central Time and 9:00 PM Eastern Time. The cost of this group is \$80 for all four sessions paid in advance (no refunds after the group begins). The group is conducted over the phone and is limited to 10 participants by pre-registration.

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

This is a wonderful way to experience this work, especially if you live too far away to attend local groups.

In-Person Groups

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.

The Gift of Our Compulsions Groups

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.

*Weekly Group is offered **in person** on:*

Tuesdays from 7:00 - 9:00 pm in Kirkland, WA

You may visit 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 is \$120 for 6 weeks (a sliding scale is available).

Events

Saturday, August 4th

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat will not meet this month as Mary is on vacation. We will meet again on September 1st.

Sunday, August 26th

Olympia Unity Sunday Service

Mary will give a talk at the 10:00 AM Sunday Service

Saturday, September 1st

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We meet from 9:30 am to 1:30 pm at my home & garden sanctuary in Kirkland, WA. Love Offering (\$30 Suggested) To Register and for Directions, contact Judy by email by clicking on or by calling 206-362-9077.

Sunday, September 2nd

Unity of Bellingham Sunday Service

Mary will give a talk at the 10:00 AM Sunday Service

Thursdays, September 6th-27th

Telegroup 14: The Gift of Our Challenges

This is an interactive group conducted over the phone from 6:00 to 7:00 PM Pacific Time. The cost for 4 sessions is \$80. 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.

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February 16-22, 2008

Waking Up In Paradise Residential Retreat

Cost is \$1800 (plus travel)

The retreat will be held at [Hui Ho'olana](#), a beautiful retreat center on the island of Molokai. With panoramic views of the Pacific Ocean and nearby islands, the center is surrounded by trees, fragrant flowers, luscious ferns, spacious open lawns, and scenic hiking trails providing an ideal environment for inspiration and a safe haven for the growth and nurturing of the spirit.

Please click on the [title link](#) for retreat details. The framework of the retreat is silence, but there are also times throughout each day when we will explore together ideas and skills that invite us back into Life. You will share your wisdom as well as the challenges of learning to quiet your mind and open your heart.

To Register, click on [this link](#) and scroll to the bottom of the page. Then click on the Registration Form link, fill out the form and click Submit. When the Thank You page pops up, if you wish to pay by credit card or using your PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check for \$500 to the address on that page. To ask questions or request a printed brochure or registration form, please contact Gail at 239-821-076 or gbrooks5@cox.net You can also download a brochure by clicking on [this link](#).

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else should be as you see it on the screen.



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