



December 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:

Your breath is a part of the river of life that has been flowing since the beginning of time, and you are part of this flow.

Intention:

Whenever I feel constricted or constrained, fearful or upset, I will stop and take several deep breaths and remember that the river of life that has been flowing since the beginning of time is flowing through me.

Featured Offering:

My new book, *The Magical Forest of Aliveness*, is now available as an eBook and as a paperback book through our website and through Amazon.com!



As you are reading this newsletter, I invite you to pause for a moment and bring your attention to your breath. Notice that it is flowing through you, each in-breath turning into an out-breath and then merging into an in-breath again. Your breath is a part of the river of life that has been flowing since the beginning of time, and you are part of this flow, right now as you sit here. This moment *is* the living moment of your life and it is flowing into the next. Moments flow into a day that flows into night and back again into day, seamlessly merging into one another. Days and nights become seasons, in an unbroken unfolding since the beginning of our planet.

We were intimate with this river of life when we were very young. There was no time in our minds yet; there was only this flow. Growing up seems to be a process of forgetting the flow and getting caught in our heads – becoming human ‘doings’ instead of human ‘beings’. Rather than allowing thoughts, feelings and experiences to simply flow through us, we get lost in grasping at what we like and resisting what we don’t like. And this gives us the illusion of being separate from the flow.

The truth is you have never left the flow, you just think you have! To relearn how to relax into life, *becoming* life rather than trying to make it a particular way, is what awakening is all about. It is rediscovering how to open to life, where our minds are curious rather than controlling and our hearts are inclusive rather than judgmental. It is possible to be consciously open to the great flow of life and know the joy, the creativity and the love that come from trusting life again.

Being in the flow is not about sitting back and doing nothing. It is about being fully engaged with the creativity of life as it is appearing right now. A good example is my new book, *The Magical Forest of Aliveness*. I was sitting down to meditate last winter and what I thought was a simple analogy started showing up in my head. I let it go, but it wouldn't let me go, so I wrote down the bare bones of this little tale of awakening. In those moments I was listening to the flow of life. I was *being* life rather than *doing* life. I was responding to life rather than trying to control it. I had never had even one thought about writing an awakening tale, and yet here it was, arising out of the great mystery of life.

As the story filled out over the next few months, I realized that this story is our story. We were all born into the magical forest of aliveness where we were truly connected to ourselves and connected to life. Then slowly, as we grew up and thoughts began to fill up our heads, we all got caught behind the walls of the village called Mind, just like Rose, the little girl who is the main character in the book. But through the challenges of her life she does find her way to the tower of awareness in the center of the village where, for the first time since she was very little, she recognizes the magical forest beyond the walls of the village of mind. We can all discover exactly what Rose did. When we are curious about what is unfolding in our lives, both inside of ourselves and out, then life speaks to us, showing us how to come back into the aliveness that is our birthright.

Rose eventually makes her way back into the magical forest where she remembers the deep trust of herself and of life she knew so well when she was little. On her journey of exploration, she comes across a lion, a tiger and a bear. As she meets each of these creatures that she had been taught to fear, they reveal to her secrets of staying connected to herself and to the flow of life. When she returns to the village, she discovers that the mighty walls which had formerly kept her separate from life are now no higher than a garden wall. And she knows that she will never lose connection with the trust, aliveness and joy that is her true self – and yours.

Be light, Mary

Quote: “Being in the flow is not about sitting back and doing nothing. It is about being fully engaged with the creativity of life as it is appearing right now.”

— 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](#) in the left sidebar of my website homepage to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Blog link](#) to read messages from me and reply or ask questions.

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

If you wish to unsubscribe from this Newsletter, please click on the link at the very end.

Featured Offering - Mary's New Book is Available!

[The Magical Forest of Aliveness](#)

Mary's new book is now available in Kindle and Microsoft Reader formats as well as in PDF format and in paperback through our website and through [Amazon.com](#)!

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.

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

[Awakening Groups](#)

These gatherings meet weekly and 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. To find out more, please click on this link.

Events

Please go to our [Events Calendar](#) for details

Saturday, December 5th

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

Saturday, January 2nd

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

Mondays, January 4th-25th

[Telegroup: Moving Beyond Struggle](#) 5:55-6:55 PM Pacific Time

Thursdays, January 7th-28th

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

Wednesday, January 27th

Healing Compulsions

Evergreen Healthcare, 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.

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