



September 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:

Every moment of our lives has conspired to bring us to the place where we are, to the people we are with, and to this breath.

Intention:

Whenever I'm feeling overwhelmed by my life, I stop and feel the earth beneath me, the spaciousness above, and the life within and all around me, and remember that no matter what is happening in my life, I am never alone.

Featured Offering:

I have 2 new Tele(phone)groups starting in September.
See details below.



The early morning mountain air is crisp and pregnant with dew. Having just sat with a group of people chanting in a way that evokes the overtones made by the Tibetan monks, my eyes are full of grateful tears and my heart is open to everything as I begin to make my way up a long hill to the knoll where 60 people are gathered to share the Cherokee Dance of Life on our third and final day together. This is the day we will do the Dance in silence. We have learned the moves, the directions, and the intent of the dance over the past two days, and now, in the nourishing stillness and with all of nature supporting us, we are ready to dance the awakening of the earth.

As I walk up to the group, I feel deep appreciation for this sacred dance that has brought each one of us from our separate lives into this temporary family that will re-member for all beings. We begin by grounding here in this place in the universe where we are. Feeling the earth beneath our feet, we each realize that every moment of our lives has conspired to bring us to this knoll, to this group, to this dance and to this breath. We become big enough to recognize that we are not only standing at the head of a beautiful mountain valley, but we are also - at that same exact moment - floating through oceans of space on this planet.

For a few minutes we expand our awareness enough to see the earth from the moon.

Everywhere we look there is a velvety darkness and in the middle of this vast expanse is the blue green jewel of the earth. We feel together her beauty - wild flowers extravagantly blooming, babies laughing, dolphins playing, waterfalls cascading, eagles flying and people awakening. We also recognize her suffering. At the moment we are standing in this serene valley there are people killing other people, children dying of starvation, human beings doing unspeakable acts to themselves in the name of self hatred and others drowning in a sea of despair. We are big enough to hold it all - both the joy and the sorrow, the dark and the light, the love and the hate. From our perspective on the moon we zoom in on the North American continent, then the Pacific Northwest, into the Cascade Mountains, and there we discover ourselves standing together in the early morning hours, ready to dance.

First we claim the support of the seven directions, beginning with the nourishment of the earth beneath us and the unending spaciousness above. We then draw in the inspiration of the East, the deep knowing that no matter what is happening in our lives, we are never alone. We breathe into ourselves the truth that whatever has brought forth galaxies and dew drops is always with us. It permeates and penetrates every single moment of our lives.

We then turn to the South where this presence expresses itself as trust and innocence. It says that it is safe to show up for the living moment of our life. Turning to the West we claim our destiny - the healing that we have come here to offer to all beings. We recognize that each one of us is a completely unique expression of the living presence. Remembering the awesome amount of creativity it took to bring us forth out of mystery, we claim that each of us has a specific destiny that the world needs us to fulfill. Drawing from the West, we connect our destiny with the presence of the East, knowing that the key to showing up as ourselves in the world is to allow conscious awareness of this living presence into our lives. And the dance is helping us to do this.

Making the turn into the North, we breathe in its heart wisdom. We move beyond the idea of objects and things and stand in the middle of a field of love, feeling its presence radiating from every tree, rock, blade of grass and person. In that moment we know together that we have been brought forth by love, we are breathed by love and our destiny is to become love. We connect the North with the trust of the South, knowing that the compassion of the North will support us in showing up for our lives and the safety, and trust of the South will allow the heart to bloom.

As we turn full circle into the East again, we breathe it all into the final direction, the Heart. The Heart is the place of healing. The Heart is that which can hold it all - joy and despair, clarity and chaos, loving and hating, knowing and unknowing. In this moment, the Heart knows that we are standing in the middle of a sea of consciousness. The very air we are breathing, the ground beneath our feet and the light that loves us recognizes our intent to awaken and our willingness to dance the awakening of all beings.

We stand in stillness, allowing the energies we have evoked to permeate our very beings. Then we head slowly back down the mountain to the Lodge where the activities of our day await us, bringing with us our deeply-felt sense of connection to the Earth and to all of life.

And whenever I bring groups together - whether in retreat, in telegroups or in-person - I seek to embody the trust, the support, the heart and the innocence that this dance evokes.

Be light, Mary

P.S. - The instructions for the *Dance of Life* are available on CD by going to the [Audio offerings](#) on my website.

Quote: “We breathe into ourselves the truth that whatever has brought forth galaxies and dew drops is always with us. It permeates and penetrates every single moment of our lives.” — 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 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 - Fall Telegroups

[Moving Beyond Struggle Group](#)

In this group we explore concepts and techniques for moving beyond struggle in our lives based on the ideas in Mary's ground-breaking book *The Gift of Our Compulsions: a Revolutionary Approach to Self-Acceptance and Healing*. As we work with these ideas, we open together to the deep healing that is always available in those activities and mind states that have caused such frustration, self hatred, and despair in our lives.

Mondays, Sept 14th-October 5th 5:55-6:55 PM Pacific Time; Cost \$80/4 weeks

To Register, please follow the link in the Events section below.

[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, Sept 10th-Oct 8th (no group on Sept 17th) 6:00-7:00 PM Pacific Time; Cost \$80/4weeks. To Register, please follow the link in the Events section below.

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).

Events

Saturday, September 12th *(note date change)*

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

Mondays, Sept 14th-October 5th

Telegroup: Moving Beyond Struggle 5:55-6:55 PM Pacific Time

Thursdays, Sept 10th-Oct 8th (no group on Sept 17th)

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

Saturday, October 3rd

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

October 9-11, 2009

Living in the Here and Now an intimate retreat on Whidbey Island with **Mary O'Malley**

Cost is \$250 for the retreat and shared room with own sleeping bag and mat
Please follow title link for more information and to register.

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.

[Contact Mary](#) **[About Awakening](#)** **[Our Offerings](#)** **[Mary's CDs](#)**