



	December 1, 2007
<p>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.</p> <p>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.</p>	<p>Inspiration: It is our ticket into the fullness of life to take on that which hasn't yet been seen in the clear light of a compassionate heart, to get lost in it, and to awaken around it.</p> <p>Intention: When I notice feelings of resistance or disconnection around what is showing up in my life, I will become curious about what is appearing in this moment, remembering that it is being orchestrated by the creative intelligence of the Universe.</p> <p>Featured Offering: Turning Difficulties Into Doorways CD Set See details below</p>



As we enter into the Holiday Season, I am reminded of an experience I once had that changed my whole perception of this time of year. It was a cool winter morning. As I sat at the computer, I could gaze out upon a magical world of raindrops decorating the lattice work of bare winter trees and the amazing variety of colors in nature, even during the winter.

It was a week before Christmas and I was to spend the day doing one of my least favorite activities - shopping. My initial response upon awakening was resistance as I remembered that I would soon be surrounded by the crowds and chaos of Christmas shoppers. My mind began to resist and my heart to disconnect. Then awareness kicked in and I noticed my contraction. I asked, "How can I change my perspective on this day?" Immediately I saw that my resistance and fear came from my belief in separation. These people had become something outside of "me" - objects in my mind and disturbances in "my own little life."

As I prepared for my day, my awareness began to grow and I reconnected with the web of life, remembering that everything I saw - people, earth, animals and vases - all came out of a highly interconnected and interwoven 14 billion year process. Because we see

such a small slice of time, it's easy to forget that life is an unbroken thread from the beginning. I realized that, in some very profound way, all of these people arose out of life's yearning to express itself in its infinite diversity.

With this spaciousness, I became very curious about what was appearing in this moment of my life, knowing it was orchestrated by the creative intelligence that birthed galaxies and dew drops. I had moments walking down the streets and in and out of shops where I was fully present with whatever was right in front of me. I was life seeing itself with keen attention and the healing balm of compassion. I could feel the pain of separation that many of the people were experiencing, but I could also remember that they were on the journey of awakening. I could stay fully connected to this moment and at the same time be aware of the whole that we are. It became a day of inclusion rather than exclusion. I knew that I was probably one of the few in that town that was both present and aware of our connection throughout all time and space, but a little awareness goes a long way.

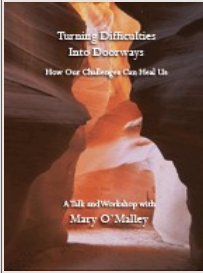
We are still very young in our destiny as human beings, but you and I are living in a time of one of the most dramatic shifts in evolutionary history where we are finally maturing out of our collective adolescence and into our potential. More and more people are being born out of their individual and narrow perspectives and being birthed into connection, compassion and communion. We are waking up together!

Each of us has taken on a piece of the unconsciousness of life that keeps us whirling in the illusion of separation. It isn't because our parents screwed up or we did something wrong. It is our ticket into life - to take on that which hasn't yet been seen in the clear light of a merciful heart, to get lost in it, and then to awaken around it. Our healing into the spaciousness and reconnection of the heart does not happen by getting rid of the wounds of our unconsciousness. It happens in our willingness to respect them and to respect ourselves for taking them on. It happens in our ability to bring the light of awareness to them and in the process to remember our wholeness. When we can meet with a merciful heart that which we formerly held in judgment and in fear, then all of the energy that was used to lock it away is freed for the joy of being present with life each moment as it appears out of Mystery.

The telephone groups, classes and phone counseling I offer are all intended to support this awakening by creating a safe environment in which we can pool our collective wisdom and work with ideas and skills that allow us to reconnect with life. The retreats I offer support this awakening by providing time away from our busy lives to reconnect with what is real, to be nourished by that which is sacred, to remember who we truly are, and to touch into the knowing that the path to our wholeness lies right beneath our feet. The survival of our planet is dependent upon more and more of us making this shift out of separation and into connection, no matter what is appearing in our lives.

Quote: “When we can meet with a merciful heart that which we formerly held in judgment and in fear, then all of the energy that was used to lock it away is freed for the joy of being present with life each moment as it appears out of Mystery. ”
— Mary O'Malley

Featured Offering



Turning Difficulties Into Doorways: How Our Challenges Can Heal Us

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.

This 6-CD set includes the material on the Trusting Life~All of It CD.

\$49.95

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.

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

Words From Our Readers

Mary ~

I am listening to your CDs...which are helpful though still raise a lot of questions. It is still difficult to accept that my challenges are doorways. I can get it somewhat intellectually, but it is still hard to really know it in the fiber of my being. In retrospect, many of the challenging situations in my life set me on a course that I more fully appreciated later down the road. My most recent example was my last job where I had a boss that was overcontrolling and frankly abusive...and I finally resigned without a job on the precipice of getting separated...but it launched me into the work I am doing now, and I know it was a positive step, though terrifying in the moment. It also taught me that some relationships are not healthy and that I will not be able to make them right, and sometimes that the wise choice is to just say "no more" to someone... but somehow it also seems that it was acting on my aversion to a situation....that leaving was pushing away unwanted feelings. ~Jen

Jen, a few thoughts to explore in your heart.....

In every great myth the treasures of life are hidden in the dark and difficult places. The same is true in our inner world. People and situations bring up so much that is uncomfortable inside of us and we usually fall into our experience or run away as fast as we can (often into a compulsions) But as we learn how to stand with our experience, the things we have run away from no longer hook us like they used to. AND they even give us gifts. As I learned how to be present for my fear, I discovered courage. As I did the same with anger, I was given the gift of compassion. And as I learned how to be there for my despair I learned I was never alone! That is one of the ways that our challenges are doorways.

With all of that said, we have to leave uncomfortable situations when we don't have the skills to meet what it is bringing up inside of us. As we learn how to be present for our experience it becomes less and less interesting to turn away and more and more

interesting to turn toward. Then everything that a difficult situation brings up inside of us become doorways into a deeper connection with ourselves and with life.

~Mary

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 **Gift of Our Challenges Group** is being offered on four Thursday evenings, **December 6th-January 3rd** (there will be no group on Dec. 13th) at 6:00 PM Pacific Standard Time, 7:00 PM Mountain Time, 8:00 PM Central Time and 9:00 PM Eastern Time.

The next **Food Compulsions Group** is being offered on four Monday evenings, **January 7th-28th** at 5:55 PM Pacific Standard Time, 6:55 PM Mountain Time, 7:55 PM Central Time and 8:55 PM Eastern Time.

The cost of these groups 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](#) for the **Gift of Our Challenges Thursday group** or [this link](#) for the **Gift of Our Compulsions Monday group**. 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.

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 hour. (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.

The Gift of Our 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.

*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, December 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 at heyjude763@comcast.net or by calling 206-362-9077.

Thursdays, December 6-January 3 *(There is no group on Dec 13th)*

Telegroup 17: 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.

Saturday, January 5th

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 at heyjude763@comcast.net or by calling 206-362-9077.

Mondays, January 7th-28th

Telegroup: Food Compulsion Group

This is an interactive group focusing on issues of food compulsion. It is conducted over

the phone from 5:55 to 6:55 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. This group is limited to 5 participants. If the group is full and you are interested in having another group scheduled, please [Contact Mary](#).

Wednesday, January 16th

Class: Healing Compulsions

From overeating and over-working to over-spending and over-worrying, compulsions are a call from your soul to awaken. Explore a new approach in which you heal your compulsions, and the emotional patterns that fuel them are healed in the process. To register, follow [this link](#) and click on arrow beside the "Class Title" box to select the above title. Then click "Search" and class registration page will come up. The class meets from 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10.

Thursdays, January 10-31st

Telegroup 18: 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.

Wednesday, February 6th

Class: Breathing Power

Discover how the amazing power of breath can revitalize and empower you, and how it enhances your ability to meet life's challenges. To register, follow [this link](#) and click on arrow beside the "Class Title" box to select the above title. Then click "Search" and class registration page will come up. The class meets from 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10.

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 and the [Hui Ho'olana](#) link for more about the retreat center.

The framework of both retreats 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.

We still have 2 openings, although several people have expressed interest, so you will want to register soon. To Register, click on the Waking Up In Paradise link above, scroll to the bottom of the page and click on the Registration Form link. Fill-in and submit the form and click on the Buy Now button specific to that retreat to make your deposit using a credit card or send a check for \$500 to the address on that page. The balance is due upon receipt of confirmation that your registration has been accepted.

There will be no refunds for cancellations made less than 30 days before the retreat begins.

March 14 & 15, 2008

Gift of Our Compulsions Workshop in Washington D.C.

The workshop will be sponsored by and held at [Circle Yoga](#). Workshop sessions will be 7:00-9:00 PM on Friday evening and Noon-7:00 PM on Saturday. You may attend one or both, but for those new to the work we recommend attending both. Please contact [Circle Yoga](#) for registration information. Cost is \$150 for both sessions (\$135 if registered by March 1st) - \$50 for Friday only and \$125 for Saturday only.

This is a wonderful opportunity for those of you on the East Coast to work with Mary in person. She will also be available for individual sessions on Monday the 16th by appointment. Please [Contact Mary](#) for appointments.

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.

To print this newsletter, follow these steps: Click on "Reply" and delete the email information that shows up at the top of the pane. Click on File-Print and in the Print dialogue box go to "Scale to paper size" and select "Letter" so it will fit on a normal size page. The banner will print on a separate page due to our HTML editor's formatting, but everything else should be as you see it on the screen.

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

