



August 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:**

We have the capacity to turn unconsciousness into consciousness right as it is happening inside of us.

**Intention:**

Whenever I'm feeling frustrated, angry, in fear or in despair, I simply stop and turn my attention to what my immediate experience is.

**Featured Offering:**

There are two spaces left in my Fall Retreat at the Earth Sanctuary on Whidbey Island in Washington. See details below.



You and I are alchemists. We have the capacity to turn unconsciousness into consciousness right as it is happening inside of us. To learn the art of alchemy is to discover you don't have to be at the mercy of all those uncomfortable states that show up inside of you – anger, fear, sadness, loneliness, shame, to name a few.

What does alchemy look like? A great example from my life is that I am have been dealing with a malware problem on my website this week, and this has brought up a lot of frustration. If frustration goes on too long it can turn into anger, and I have noticed flashes of anger. If there is no resolution, it can turn into helpless rage or hopeless despair. Rather than going down that path, however, I simply stopped and turned my attention to what my immediate experience was.

As I did so, I discovered a feeling of agitation all over my body along with the story line “this is too much.” Rather than resisting the experience of agitation, I gave it my attention, allowing it to be there. As it lessened in intensity, I was able to give all the frustrated and angry thoughts in my head my attention. I asked them to tell me about

how they see the world, and as I listened to them, they dissolved like early morning fog under the presence of the hot summer sun. I was then able to respond to the situation rather than react.

Why is this so powerful? Imagine being very angry with a friend who, when you share with them what you're feeling, tries to fix or ignore or judge you. What would that do for your anger? It would very likely increase, wouldn't it? Now imagine that instead of reacting, your friend says that they would really like to hear what it was that you were experiencing, and you could feel their sincerity. You might begin speaking to your friend from anger, but you would not be able to hold onto it. It would fizzle because a feeling that is met with spaciousness and compassion - that is not resisted - loses its power.

We can learn how to do this inside of ourselves. But first we need to see that we usually do the opposite. We have been taught to be with uncomfortable states in exactly the way the imaginary friend first did – we resist them! We either ignore what is going on inside of us or we judge it or we endlessly try to fix it. This may calm the feeling down for a bit, but if we are honest, it comes back again some other time and we get caught in it again. We have not been taught how to be *with* our immediate experience, giving it our compassionate attention like the imaginary friend did, so the feelings can move through us like the clouds move through the sky.

To learn how to be with what we are experiencing right here, right now is alchemy. The deepest healing we can know doesn't come from changing anything. It comes from the ability to *see* and *be with* what is happening *right now*. This is a radically new way to be with ourselves and the amazing thing is – it works! This morning my frustration was so relieved that I didn't fall into it nor cause it to erupt into rage or despair. Instead it was heard, and that trapped energy was thus released back into the free flowing aliveness that is my (and our) natural state. My responses then came from wisdom rather than my reactive self.

To learn alchemy, the first step is to develop the art of curiosity – to use our minds to be curious about *what is* rather than thinking about it, falling into it, or trying to run away. Every time we are curious about what is going on right now, we strengthen our awareness. That is why I invite people to let go of thinking *about* life and just notice what is right here, right now as they live their lives. Really taste a bite of your food, hear the early morning sounds outside of your window, feel the water as it cascades down your back in the shower. Little moments such as these sprinkled throughout the day wake us up out of our reactive selves and bring us back into life. We can then use our strengthened awareness to be an alchemist with our feelings.

If you are interested in reading more about this, click on **this link** to the chapter on curiosity from my book *The Gift of Our Compulsions: A Revolutionary Approach to Self-Acceptance and Healing*. Even though the book is about working with compulsions, its premise is that, for all of us, our core compulsion is to struggle, and all of our self-sabotaging behaviors are attempts to numb out from the constant unease of

struggle. We truly can become alchemists, learning how to see through and meet the struggling self with curiosity and compassion so that we can be fully connected to ourselves and to life!

Be light, Mary

P.S. – As I said above, my website was compromised this week, but we have replaced all of the infected files and Google has given us a clean bill of health, so it is now safe. We think the attack was last Sunday and involved a Trojan, but if you have been on my site in the past week or so, it would be good to do a virus scan and a malware scan (you can download a reliable program at <http://malwarebytes.org/>).

**Quote: “The deepest healing we can know doesn’t come from changing anything. It comes from the ability to *see* and *be with* what is happening *right now*.”**  
— Mary O'Malley

To learn more about this work, please visit our website at [www.maryomalley.com](http://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 - Fall Retreat

### **Being in the Here and Now** **A Retreat at the Earth Sanctuary on Whidbey Island** **October 9-11, 2009**

This will be an intimate retreat for 8 people at the Earth Sanctuary Retreat House on Whidbey Island in Washington State.

The cost will be \$250 with your own sleeping bag & mat, \$275 for the shared bedroom with a twin bed (*taken*) & foam mat. We will share in providing food.

The [Earth Sanctuary](#) is an amazing place dedicated to the earth, its creatures, and to people walking on the earth with sacred intent. There are trails through the woods and alongside several beautiful ponds teeming with life which you will be free to walk at times during the retreat. We will be staying in the Retreat House which has been blessed by Tibetan lamas and is intended for individuals and gatherings who come with sacred intent.

For more information and to register, please click on [this link](#).

## Letters From Our Readers

Dear Mary

I would love to be put onto your mailing list for any and all of your upcoming events. Your book, *The Gift of Our Compulsions*, is absolutely brilliant! One of the best books I've ever read... what a treat!

With appreciation,  
Joan

## 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](mailto: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](mailto: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, August 1st**

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

**Mondays, Sept 7th-28th**

**Telegroup: Food Compulsion Group** 5:55-6:55 PM Pacific Time

**Thursdays, Sept 10th & 24th, Oct 1st**

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

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

**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.

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