



March 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: When I resist what I am experiencing, I amplify my pain.

Intention: When I feel myself resisting an experience, I will take a breath and stay open with compassionate curiosity to whatever is arising inside of me, allowing it to move through me.

Featured Offering:

One free 20-minute phone counseling session when you sign-up for a Telegroup for the first time.

See details below.



I invite you to take a moment and just be right here, reading this newsletter in the exact space you are in, with the sounds and smells and sights around you. To be this open to the flow of life is to discover that it is not only safe, but everything you truly long for is to be found right here, right now, no matter what is happening in your life. And it can truly be fun!

In order to be this open to life, we need to change our relationship with what we have considered the unacceptable and unmeetable parts of ourselves. That is why we closed down to life in the first place when we were very young.

We didn't know what to do with all of these very deep feelings that are part of being human. So we learned to hold our breath, tighten our bodies and retreat into what Eckhart Tolle calls the 'mind-made-me.'

In order to be truly awake to life, we need to learn how to *use* the mind rather than being lost in it. To make this shift, it helps to learn how to allow our feelings to move through us rather than resisting them or getting lost in them. All of the challenges of my life have taught me that when I resist what I am experiencing, I suffer. I actually amplify the pain! When I can take a breath and stay open to whatever is arising inside of me, it moves through me, leaving gifts in its wake.

There is a humorous story in my book, *The Gift of Our Compulsions*, that highlights the movement from resisting what is showing up to opening into compassionate curiosity about what is happening right now. It is about a monster that moves into our house. This monster represents all of the parts of ourselves that we have tried to ignore or get rid of or rise above. We do everything to get rid of it – we plead, we attack, and even consider hiring a hit man – all to no avail. In this analogy, we finally see that the monster is there to awaken us, so we can come into our wholeness by embracing every single part of ourselves.

Imagine what it would be like if you understood there was nothing to be ashamed of or afraid of inside of you? That includes anger, sadness, irritation, shame, jealousy, self pity, and anxiety, to name a few of the feelings most people try to resist. Imagine what life would be like if you could embrace every part of you with your own heart? These feelings would no longer have any control over you.

If this calls to you, I invite you to reread Chapter 5 in *The Gift of Our Compulsions* – “Moving From Management to Engagement.” If you don’t have the book, you can click on this link for a PDF copy. It includes the story about the monster. The book is talking about the monster of compulsions, but remember that our core compulsion is to struggle. All of the other compulsions, whether they be food, drugs, alcohol, shopping, endless lists, the internet, (or most anything else, for we can become compulsive about anything!) are just our attempt to numb out the feelings inside of us that we don’t want to experience.

I can tell you from my own life that experiencing our feelings in this way will free you from them. You don’t learn how to do this overnight. We have turned away from our immediate experience most of our lives. So we start with the little things, by just noticing life like we did at the beginning of this letter. As the muscle of your curiosity gets stronger, you can begin to notice what is happening in your body and eventually what is happening there when you are reacting to life. And finally, you can learn how to bring the light of your compassionate attention to the deep feelings inside of you that are triggering your reactions. Step by step, just like a baby learning how to walk (and it falls down a lot!), you can learn how to be present for your own experience – no matter what it is – and rediscover the safety and the joy of being truly present for life.

Be light, Mary

P.S. - Please comment on my Blog Post by following [this link](#).

Quote: “In order to be truly awake to life, we need to learn how to use the mind rather than being lost in it.” — 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](#) 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](#)

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

Featured Offering - Free 20-Minute Counseling

Sign up for the first time for one of Mary's telegroups and receive a free 20-minute phone counseling session with Mary. Sign-up information is under Events below.

Letters From Our Readers

Hi, Mary!

Thank you for your wonderful counsel today. Thank you for your human beingness, and for shining your own light from within to without which, in turn, can help the rest of us to find our way through the same wildernesses.

~Kathy

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).

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

To register, please see listing under Events 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 6:00-7:00 PM Pacific Time; Cost \$80/4weeks

To register, please see listing under Events below.

Events

Saturday, March 7th

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, March 9th-30th

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.

Thursdays, March 12th-April 2nd

Telegroup: 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, April 4th

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.

Wednesday, May 6th

The Power of Breath - How to Revitalize Your Life

Conscious breathing is a first-aid kit for your life. It can revitalize you when you are tired, empower you when you are afraid, calm you when you are agitated, and heal you when you are sick. This class teaches approaches to breath work that enable you to feel energized, peaceful and clear, no matter what is going on in your life.

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 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10

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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