



February 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: The primary person we have been put on this planet to love is ourselves.

Intention: Throughout this month, I will remember to say 'Hola mi amor' (hello, my love) silently or aloud to myself and others at every opportunity.

Featured Offering:

Buy 1 copy of Gift of Our Compulsions
and Get 1 Free to Give to Someone!

See details below.



In this month of February when we traditionally celebrate love, I want to add a little different twist on it. I got an email from my niece Jody who is traveling the world, exploring the art of healing for herself and everyone she meets. During the last year she lived here in Seattle, she had a passing acquaintance with a woman called Manana whom she saw when she was out riding her bike. They had brief, but wonderful connections. Then when Jody went to live in Thailand a year ago, they began emailing one another.

Manana was raised in Nicaragua and is truly a woman of the heart. Jody loved their connection, but was also a bit uncomfortable with it at times because Manana was unconditional love, something Jody had not experienced in her family. One day Jody emailed Manana her discomfort and this is the email that she sent back to Jody. It begins with three of the most wonderful words a human being can say – Hola mi amor – hello, my love. It is one of the clearest and most healing emails I have ever read and the reason why I am sharing it with you all is that we all know the truth in this message, but we oh so easily forget it..

Hola mi amor

I am writing after three hundred and sixty five days of getting your first e-mail. Why am I calling you 'my love?' Why am I saying that to a stranger? Well, it is very much part of my culture. Let's say, if one goes to the market and walks by the lady selling tomatoes she

will say, what do you want mi amor? One would reply, amor I want some tomatoes. Get me the ripe and juicy ones please.

This is not just business but the amor business. It makes life light and playful. There is a sense of trust and community from the get go. No barriers. It is just talking about tomatoes and nothing heavy. So when the heavy stuff comes up, the hola mi amor is not only necessary but essential.

There is a sense of closeness, but more importantly it emphasizes the need to love and to be loved. It is right there. No need to test the animal in a lab. It is not science. It is a human need. It is all about celebrating the fact that we are going through a journey on this beautiful earth and we are not meant to do it alone. The joy to connect with the amor exchange is imperative to have a healthy life. So for us crazies from the jungle, we feed the heart at every opportunity, because the reservoir in it is huge and it can hold all the love in the world. Thank God for that!!!

Thank God for that, and for being able to hear the message in this email. As I have shared this with my groups this week, I have added a little twist to it. The most important person we need to say these words to is ourselves. If we can't be there with and for ourselves, we truly can't be there for other people. So the primary person we have been put on this planet to love is ourselves. And in some ways, it is the hardest thing to learn how to do. We are so good at ignoring ourselves, demanding that we be different than what we are, and sometimes being downright mean.

So the invitation in this Valentine time is to be in the spirit of 'Hola mi amor,' not only with your friends, loved ones and even strangers (you don't have to say it out loud – just let it sing in your heart), but also to include yourself in the feast of love. Look at yourself in the mirror and say 'Hola mi amor!' And if you can't do that, then discover the part of you that is stopping that (I am fat, I am less than, I am selfish etc.) and say 'Hola mi amor' to that part.

May we fall in love with ourselves – with every part of ourselves – so we can be the heart in our world.

Be light, Mary

P.S. - I wish to apologize to you for sending the email promoting a Hay House author's work. When they contacted me, I agreed to be part of it because they sent a nice message acknowledging my work, and they are such a respected publishing house in the field of awakening. But in retrospect, I regret having sent an unsolicited promotion to you and I will not do that again.

Quote: "If we can't be there for ourselves, we truly can't be there for other people." — 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 Book with Purchase

Buy one copy of *The Gift of Our Compulsions* and get a second copy free to give to a friend or donate to a library, reading room or residential facility in your area. If you have been touched by Mary's work, this is an opportunity to share her message with others.

Letters From Our Readers

Hi, Mary!

I'm a psychotherapist specializing in eating disorders (with a subspecialty in addictions). I'm also recovered (or recovering, depending on how you want to look at it) from my own longtime eating disorder and addictions. I just finished *The Gift of Our Compulsions*, and I want to tell you that of the hundreds of psycho-spiritually oriented books I've read, this is amongst the best! I love how you've taken pieces from various different approaches/philosophies and combined them into such a user-friendly format.

I totally resonate with everything you've written and am absolutely floored by how similar your approach is to mine. The difference, of course, is that you've found a way to clearly and eloquently organize the information and present it as a coherent whole, whereas the way I've approached the same material has been more of a scattershot approach. As a therapist, I feel so validated and supported by your book.

Thank you again for the gift of *The Gift of Our Compulsions*. I so appreciate you and it!

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

Mondays, February 2nd-March 5th *(no group on Feb. 23rd due to Hawaii)*

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.

Wednesday, February 4th

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

Thursdays, February 5th-March 5th *(no group on Feb. 19th or 26th)*

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 3 sessions is \$60. 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, February 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.

February 21-27, 2009

Waking Up In Paradise Residential Retreat

Cost is \$1675

Travel is separate and you need to make your own arrangements.

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 above for retreat details and the Hui Ho'olana link above for more about the retreat center.

The focus of the retreat is on learning how to show up for whatever life brings in each moment. In that process, we will have times of silence and times of exploring together ideas and skills that invite us back into life. We will share both our wisdom and the challenges of learning to quiet our minds and open our hearts. There will be some meditation. The emphasis, however, is not on meditation techniques, but rather on using meditation practices to experience each moment of our lives more fully.

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. The full amount of \$1675 will secure your place (\$200 is non-refundable).

There will be no refunds for cancellations made after January 1st, but any payments may be applied to another retreat (minus \$200).

To ask questions or request a printed brochure or registration form, please contact MarySue at sumaral@verizon.net or 206-550-2524. You can also download a brochure by clicking on [this link](#).

Saturday, March 7th

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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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