



awakening

with Mary O'Malley

February 23, 2007

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.

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.

Inspiration: Every time we bring our attention into the present moment, we bring more consciousness into our lives and into our world.

Intention: I will take time every day for moments of being fully present to whatever is happening within and around me.

Featured Offering: A Week-end Retreat along the magnificent Skagit River in Washington. See details below.

A Message from Mary



I invite you to take a moment right now and let it all go – the past, the future, the entire story in your head – and simply be present for this moment. See it, feel it, hear it, breathe it. This moment is all that matters because the last moment is gone and the next one isn't here yet. See if you can be fully here, right now, in this moment.

This moment is your home. And most of us, most of the time, are far away from home. But this isn't cause for despair. In this schoolroom of heart that is our lives, it seems that we have to take this journey into the story in our heads, into trying to *do* life rather than *be* life. Many of us are now on the journey back home, awakening into the phenomenal power of being. Moments here and there of simply recognizing what is showing up in and around you – using your mind to connect with reality rather than always trying to create a reality – are powerful beyond your wildest imagination.

That is why I set aside time every day to simply open to life. I do it by sitting, closing my eyes and bringing my attention to whatever is arising in that moment, inviting my mind to be curious and attentive. Connecting with my life in this way opens me back into the safety and the clarity of being present for life.

Are you open to giving yourself this amazing gift? Here is a link to the chapter in my book [*Belonging to Life*](#) about a daily practice. If you have any questions, please email me. Know that the most important step is the willingness. Your mind may resist for awhile, but don't let that discourage your intention to be present for yourself in this way. Your intention is very powerful, and in the right time it will bring you the gift of pure connection with yourself and with life.

Once I tasted the joy and clarity of opening to life right here, right now, I began lifting myself out of the busyness of life twice a year to go to a place where I could be quiet and simply connect with myself again. I have opened this way in

Hawaii, in the desert, in a cabin by a sacred cove on Puget Sound, and at a beautiful farmhouse on a peaceful island in the Northwest. Every time I do this, I come back with a quieter mind, a more open heart and a greater trust of myself and of life.

When I do this, I take along in my heart all of the skills we have been exploring together: curiosity – the ability to be fascinated by what is going on right now rather than being completely lost in it or running away from it; compassion – the ability to bring the spaciousness of the heart to whatever is happening, both inside of ourselves and outside; and living in questions – using questions to make pure contact with life and to ask for help from the intelligence and wisdom that is always with us.

I also guide people in retreats in the art of awakening to life. It is a great joy to gather together with a group of people and awaken together. Because of my writing and CD recording work over the past couple of years, I haven't been leading retreats, but it is now time to do retreats again. We have found a wonderful new retreat center along the beautiful Skagit River in Washington State for a retreat next fall with views of mountains, horses in the field and wonderful trails along a beautiful creek. Also, we are making preparations for a Hawaii retreat the first of next year.

So I invite you to cultivate some level of intention to bringing your attention out of the constantly becoming mind and into this moment – right here, right now. And every time you do that, even if it is only for split second, you bring more and more consciousness into your life and your world. A moment may not seem like a lot, but the oceans are made out of drops of water. May we be healed and may we become a part of the healing of our planet.

***Note:** If you want to print this letter, you can copy and paste it into a Word document. If you want to print the whole newsletter, please see guidelines at the end.*

Quote: “Moments here and there of simply recognizing what is showing up in and around you – using your mind to connect with reality rather than always trying to create a reality – are powerful beyond your wildest imagination.” — Mary O'Malley

Featured Offering

Week-end Retreat along the Skagit River

This will be a 2-day Residential Retreat September 28th-30th at the beautiful [Cedar Springs Renewal Center](#) along the Skagit River in Washington. The accommodations are lovely and the land is beautiful. (Follow the link above to see photos)

I invite you to take time apart to remember who you truly are and to reconnect with life in all its splendor. We will be exploring together all of the ideas and skills we have been looking at in these newsletters, and you will take home with you a greater ability to bring awakening into your daily life.

The framework of the retreat is one of silence, but there are also times throughout each day when we will be exploring together ideas and skills that invite you back into Life. You will share your wisdom as well as the challenges of learning to quiet your mind and open your heart. There will also be time for walks through the fields, along a beautiful creek and down to the river with inspiring views of mountains and evergreen forests.

The retreat will begin at 5:00 PM Friday evening and will conclude at 1:00 PM on Sunday. The basic cost of the retreat including accommodations is \$295 (\$100 of which is non-refundable). If you send your registration with payment by May 1st, the cost is \$265. (The cost for registrations received after September 1st will be \$325.) To register using a credit card or PayPal account, click on [this link](#) and scroll down to the bottom of the page. Then click on the Registration Form link, fill out the form and click Submit. When the Thank You page pops up, click on the Pay Now button. To send a check or for questions, contact Kitty at okamotok@comcast.net or 425-252-6810 and specify that you wish to register for the September Retreat. A minimum \$100 (non-refundable) deposit is required.

Because we have found sharing in meal planning and preparation to be a wonderful addition to our residential retreats,

you will be asked to participate in providing and preparing one meal during the retreat. If you are coming from out of town, a local participant will contact you to work out details.

If you wish to make a vacation of it, there are many magnificent sights nearby including the San Juan Islands, Vancouver Island, Deception Pass and Whidbey Island, and the North Cascades Highway which overlooks spectacular Ross Lake on the way to Winthrop, Washington. A private waterfront retreat cabin overlooking beautiful Puget Sound with views of the Olympic Mountains is available by following [this link](#).

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,

Thank you for writing your book "The Gift of our Compulsions". I have been trying to quit smoking for many years and actually have felt as though the process and addiction were totally possessing me. I have spent a lot of money on various ways to help me CONTROL this addiction. I am about 1/2 way through your book and it is speaking to me like nothing else.

--Shellie (Alberta, Canada)

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 one is being offered on four Thursday evenings, **March 1st – 22nd** at 6:00 PM Pacific Time, 7:00 PM Mountain Time, 8:00 PM Central Time and 9:00 PM Eastern Time. The cost of this group is \$80 for all four sessions. 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](#). 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. (The number is long distance, so we recommend using a calling card. (MCI has them for 3.5 cents per minute.)

This is a wonderful way to experience this work, especially if you live too far away to attend local groups.

In-Person Groups

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 Groups

In these groups 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.

Events

Wednesday, February 28th

Freedom From Anxiety - Evergreen Hospital, Kirkland, WA, 7-9:00 PM

In this class you will learn how to work with the energy around your worries and anxieties so you can hear and connect to your own center of peace, clarity, creativity and joy. Cost is \$10. For information and to register, click on [this link](#) and click on the "Find a Class" link at the top of the page. In the next page, click on the "Class Title" box and select the title from the list. Then follow the instructions.

Thursdays, March 1st-22nd

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 www.acteva.com 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, March 3rd

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 at heyjude763@comcast.net or 206-362-9077 and specify that you wish to register for the 1/2-Day Retreat.

Saturday & Sunday, March 3rd & 4th

Living in the Here and Now Two-Day Non-Residential Retreat

For those who would like time for a more an in-depth exploration, this month only we are offering a 2-day non-residential retreat. We will meet from 9:30 am to 1:30 pm at my home & garden sanctuary in Kirkland, WA for the regular Half-Day format and then, after a lunch break, those participating in the 2-day retreat will continue until 5:30 PM Saturday and will meet from 9:30 AM to 4:30 PM on Sunday. Cost is \$105. A sliding scale is available based on your means. To Register and for Directions, please contact Judy at heyjude763@comcast.net or 206-362-9077 and specify that you wish to register for the 2-Day Retreat.

Saturday, April 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 at hevjude763@comcast.net or 206-362-9077.

September 28-30th

Living in the Here and Now Week-end Residential Retreat

This will be a 2-day Residential Retreat at the beautiful Cedar Springs Renewal Center along the Skagit River in Washington.

The retreat will begin at 5:00 PM Friday evening and will conclude at 1:00 PM on Sunday. The basic cost of the retreat including accommodations is \$295 (\$100 of which is non-refundable). If you send your registration with payment by May 1st, the cost is \$265. (The cost for registrations received after September 1st will be \$325.) To register using a credit card or PayPal account, click on [this link](#) and scroll down to the bottom of the page. Then click on the Registration Form link, fill out the form and click Submit. When the Thank You page pops up, click on the Pay Now button. To send a check or for questions, contact Kitty at okamotok@comcast.net or 425-252-6810 and specify that you wish to register for the September Retreat. A minimum \$100 (non-refundable) deposit is required.

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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