



awakening

with Mary O'Malley

January 1, 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: Everything that is authentically new and of lasting value comes from the ability to be fully engaged with life no matter what is going on.

Intention: When I notice that I am resisting what is going on in my life, I will become curious and try to creatively engage with what is showing up.

Featured Offering: New Tele(Phone)Group beginning January 4th (See below for details)

A Message from Mary



As we are opening into another year, and are more inclined to take an overview of our lives, I ask you to live in the question, "What would it be like if I could trust my life – all of it – what has happened in the past, what is happening right now, and what is to unfold in the future? And what would it be like if I could watch the evening news and have a part of me know that all this confusion is taking us someplace?" It is possible to trust on this level. In fact it is not only possible, it is the most powerful way for human beings to move through life. Trust isn't about always liking what is happening. And it isn't about just lying down on the side of the road and letting life run you over. Rather, trust is full engagement with life as it is right now.

To trust life allows you to dance with it passionately, lovingly and joyously. To trust life allows you to let go of all of the *should's*, *have to's*, *can'ts* and *wont's* so that you can connect with the newness of every moment. To trust life is to learn how to respond rather than react so your actions don't add to the confusion and heartache, and instead become a place of healing. And to trust life allows you to tap into the flow of creativity that has been unfolding for millions of years, for everything that is authentically new and of lasting value comes from this ability to be fully engaged with life no matter what is going on.

What we are exploring here is how we can live our lives from a place that empowers us. Shifting our perspective from reaction to trust changes our experience and thus changes our lives. In this time of crisis, both on the world stage and inside of many of our lives, we can either react, creating more confusion, or we can learn how to respond, knowing that life is *for us*. Life wants us to become conscious human beings even more than we do and is giving us, both individually and collectively, the experiences we need to move into our maturity.

Together we are on the threshold of possibility such as we have never seen before. Yes, this is a time of breakdown –

the breaking down of our old views – our old ways. **And** this is a time of breakthrough – into becoming more and more conscious, loving, aware human beings. As in all births, it is painful and messy at times. But this birth is taking us to a place that is beyond the dualistic mind. This old kind of mind moves mainly from comparison and judgment. It says, “I am right” and “you are wrong.” Or “I am wrong and you are right.” It can become so ridiculous that it says, “I am better than you because of the color of my skin.” Or “I am not as good as you because I am a woman” or “I am poor,” or “I am illiterate.” This kind of mind has brought forth so much suffering on this planet. It creates wars inside of us, in our relationships and all over the world.

This shift that is happening for human beings is not about getting rid of the dualistic good/bad, right/wrong mind. It is a useful tool for maneuvering through life. But when it is in the driver’s seat, it keeps us caught in struggling with life. We don’t need to get rid of it, but we do need to learn how to use it rather than having it take over our lives.

We are being asked to mature into the kind of mind that trusts the breakdowns and the breakthroughs, a mind that connects rather than controls, a mind that understands rather than judges, a mind that can see we are all in this together. This kind of mind makes choices and decisions from an empowered place, from a place that trusts life.

As my New Year’s gift to you, I leave you with a quote from Leonard Cohen.

“Sometimes when you no longer see yourself as the hero of your own drama expecting victory after victory, you understand deeply that this is not paradise. We’ve somehow embraced the notion that this veil of tears is perfectible, that you can get it all straight. I found that it became a lot easier when I no longer expected to win. You abandon YOUR masterpiece and you sink in to the real masterpiece”

So I invite you, in the midst of your new year’s resolutions to hold the intent of engaging with the life that you have been given so you can show up for the “real masterpiece” – Life!

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: “We are being asked to mature into the kind of mind that trusts the breakdowns and the breakthroughs, a mind that connects rather than controls, a mind that understands rather than judges, a mind that can see we are all in this together.” — Mary O'Malley

Featured Offering

Free 20-minute phone counseling session with Mary for 1st-time registrants for the Tele(Phone)Group Beginning January 4th

This is wonderful way to engage in weekly discussion with Mary about meeting the challenges in your life if you live too far away to attend one of the local groups. The group is limited to 10 people and meets from 6:00 to 7:00 PM PST. The cost is \$80 for four weeks.

To register for the next **Phone Group**, 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. You can also register by emailing Mary and paying by check or through PayPal.

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.

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Words From Our Readers

Hello Mary!

Thank you so much for putting into words something I have been wrestling with for most of my life. I've just begun your book with your wonderful approach to compulsions and it feels like I've found a fellow traveler, someone who not only understands far more than I do still but has the depth of experience, self-learning and education to show me where I can endeavor to put my feet next on this path I am walking.

Thank you for not only writing it, but sticking with it to get it published and distributed!

Sincerely, Jason

Questions for Mary

If you would like to ask Mary a question and would be willing for your letter to be published (with a different name) in this Newsletter along with Mary's response, please write to her at mary@maryomalley.com

Telephone Groups

If you would like to have an 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 now being offered on four Thursday evenings, **January 4th-25th** 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.

To register for the next **Phone Group**, 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.) You can also register by emailing Mary and paying by check or through PayPal.

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

Thursdays, January 4th-25th

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. To Register, 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. You can also register through PayPal or by sending a check. Please email Mary at info@maryomalley.com for those options.

Saturday, January 6th

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, call Judy at heyjude763@comcast.net or 206-362-9077.

Wednesday, January 24th

Healing Compulsions - Evergreen Hospital, Kirkland, WA, 7-9:00 PM

From overeating and overworking to overspending, compulsions are a call from our soul to awaken. Explore a new approach, in which you heal your compulsions and are healed by them. 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. Click on the "Class Title" box and select the title from the list. Then follow the instructions.

Wednesday, January 31st

Breathing Power - Evergreen Hospital, Kirkland, WA, 7-9:00 PM

Discover how the amazing power of breath revitalizes, empowers, calms and enhances your ability to meet life's challenges. 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. Click on the "Class Title" box and select the title from the list. Then follow the instructions.

Saturday, February 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 Half-Day Retreat.

Saturday & Sunday, February 3rd & 4th

Living in the Here and Now Two-Day 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 a Sliding Scale \$85-\$105 depending 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.

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. Click on the "Class Title" box and select the title from the list. Then follow the instructions.

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