



awakening

with Mary O'Malley

May 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: This is a core source of joy –learning how to be quiet enough that not only can *we* feel life, but we can feel *life* in return celebrating our recognition of it.

Intention: I commit to creating times in my life, no matter how brief, for becoming quiet enough to truly see and hear and feel the life around me.

Featured Offering: Sign-up for the May 3rd Tele-Phone-Group and receive one session free.

A Message from Mary



It is early morning and I am sitting on my porch, watching the sun begin to fill my magical yard. It highlights the riot of spring blossoms in every color you can imagine and the vibrant greenness, redness and newness of the baby leaves. My heart is full. After all these years of awakening, after all of the practices I have added and let go of in my life, after all the longing and trying it seems to simply come down to.....relax.....let go. Open to life right here right now.

To our egos this is like life inviting us to let go of the handle bars on a wild and scary roller coaster. The ego truly believes that controlling life is the only safety there is. But as my hands have been pried off the bars by the circumstances of my life, I have found the exact opposite to be true. The greatest safety is to *show up for life* with as much curiosity and compassion as we can discover.

I just returned from a nourishing and inspiring week of silence. Twice a year I go to a beautiful piece of land on Whidbey Island in order to more deeply remember this core truth: "Relax. Let go. Everything you long for and everything you really are is always with you right here, right now. You can trust life!" It took me a long time to see that all the trying and doing and figuring out, while an important part of the journey, ultimately kept me separate from myself and from life.

I would like to share with you some of the shifts of perception that happened on my retreat as I more deeply relaxed my grip on life. The first day I arrived I walked the land, and rather than seeing trees and grass and flowers and stream, I *felt* them. In my core I could *feel/remember* the life force that animates all of these endlessly diverse and infinitely creative expressions of life. To move out of seeing life as a series of objects and recognizing it instead as an exuberant outpouring of the creative force at the heart of life brings forth such joy.

As the days unfolded, I would sit in stillness and simply open to the meadows and the forests. I *felt/remembered* that not only was I truly recognizing life, but that it was responding to my recognition. There was a sense of celebration in the air as one human being slowed down enough to truly be present for life. This is a core source of joy – learning how to be quiet enough that not only can *we feel* life, but in return we can *feel life* celebrating our recognition of it with our eyes, ears, mind and heart.

A few days later, another major shift happened when I *felt/remembered* that as I was recognizing life, it was recognizing me. I could feel the love radiating out of the grass, the trees, the bees, the birds, the flowers, the air. And I was able to open to that love – to receive its blessing. So it was now a full circle, giving and receiving love, becoming the love that is at the heart of life.

And then, as the mind truly let go, subject/object consciousness faded away. For flashes there was no *me* loving life and *life* loving me back. There was simply Life. And that is coming home – giving life our full, undivided attention, loving its riotous celebration, and having it love us back and then watching all sense of separation fall away and merging with the vast river of creativity that is Life.

Each one of us is on this journey to *becoming* life rather than the homesickness of always *doing* life. And we are exactly where we need to be on that journey no matter what our life looks like. Also, there is nothing we can do that will make it go faster or slow it down. It is all unfolding as it needs to be. With that said, I invite you to bring things into your life that remind you to let go and open to life right here right now.

And if a retreat calls to you, come be with me and other awakening beings on a retreat. (Click on [this link](#) and register for either retreat by May 15th to receive the May 1st reduced price.) There is great power in lifting ourselves out of our ordinary existence into a field of remembering such as the retreats I offer. The retreats also help by creating a safe and flexible structure. This allows you to take your hands off the handle bars of the roller coaster for a few moments here and there so you can discover that it is safe to show up for the life you have been given. It is not only safe; it is the path home.

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. If you are printing a Newsletter from the Archives page, these are in PDF format scaled to a letter-size page, so just go to File-Print.*

Quote: “And that is coming home – giving life our full, undivided attention, loving its riotous celebration, and having it love us back and then watching all sense of separation fall away and merging with the vast river of creativity that is Life.” — Mary O'Malley

Featured Offerings

One Free Tele-Group Session for 1st-Time Registrants

First-time registrants for the Tele-Phone-Group starting on Thursday, May 3rd will receive one session free. If you are paying by check, just send \$60. If you are paying by credit card, you will receive your free session in the form of a \$20 refund.

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.)

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,

The sessions with the group have been so helpful for me in such a diffused, non linear way, which I know IS living in the field that you talk about. I feel like you are offering such service as you be yourself in such an authentic, honest and open way for us to see how living in the field AND still experiencing the struggle at times looks.

Thank you from deep within,

Arlene

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, **May 3rd – 24th** at 6:00 PM Pacific Time, 7:00 PM Mountain Time (except in Arizona), 8:00 PM Central Time and 9:00 PM Eastern Time. (The next group starts on May 31st) 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](#). (For the May 31st 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.)

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 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.

*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 (a sliding scale is available).

Events

Thursdays, May 3rd-24th

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, May 5th

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.

May 13th, 14th & 15th

Mary at the Courtyard Central in San Diego with Accomplishment Coaching

May 13th - Evening Sessions for individuals

May 14th - Talk to Coaches Alliance in the morning

May 14th - Afternoon Workshop 1:30-4:30: "True Empowerment: The Secret Behind the Secret (And it's not what you think!)"

May 14th - Evening Gathering 7:00-9:00: "You Can Trust Your Life - All of It"

May 15th - Morning Sessions for individuals

Cost for the Afternoon Workshop is \$65 (\$55 for anyone who references this newsletter and \$45 for Accomplishment Coaching trainees). Cost for the Evening Gathering is \$35. If you attend both the Afternoon and Evening sessions, the cost is \$85 (\$75 for anyone who references this newsletter and \$65 for Accomplishment Coaching trainees). The Evening Gathering is \$35 for all participants. Individual sessions are \$85 for one hour.

To Register, call Terra McCullough at 619-238-3600 or email her at programs@accomplishmentcoaching.com To schedule individual sessions, call Mary at 425-889-5937.

Thursdays, May 31st to June 21st

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, June 2nd

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, June 2nd & 3rd

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

For those who would like time for a more 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.

Sunday, June 17th

Tacoma Unity Sunday Services and Breath Workshop

Mary will give a talk entitled "The Breath Within the Breath" at both the 9:00 and 11:00 AM Sunday Services and will offer her life-changing "The Amazing Power of Breath - How to Revitalize Your Life" workshop from 1:30 to 4:30 PM

Saturday, June 23rd

Drawing in the Garden with artist Kitty Okamoto

This will be a day of drawing and seeing through new eyes in Mary's beautiful garden in Kirkland, Washington. We will meet from 9:30 AM to 2:30 PM. The workshop will include basic instruction, drawing/seeing, and sharing. Cost for the day is \$60. Bring lunch, a small camp stool (if you have one), pencils and a drawing pad (at least 11x14). For more information, please contact Kitty at 425-252-6810 or okamotok@comcast.net

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 framework of the retreat is silence, but there are times throughout each day when we will explore 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 Day Creek and down to the river with views of mountains, eagles 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, 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, if you wish to pay by credit card or using a PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check to the address on the Thank You page. A minimum \$100 (non-refundable) deposit is required. For questions, contact Kitty at okamotok@comcast.net or 425-252-6810. If you would like a brochure, you may call Kitty to have one mailed to you or download it by clicking on [this link](#).

February 16-22, 2008

Waking Up In Paradise Residential Retreat

Cost is \$1800 (plus travel) - \$200 off for registrations received by May 1st

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](#) for retreat details and the [Hui Ho'olana](#) link for more about the retreat center.

The framework of the retreat is silence, but there are also times throughout each day when we will explore together ideas and skills that invite us back into Life. You will share your wisdom as well as the challenges of learning to quiet your mind and open your heart.

To Register, click on [this link](#) and scroll 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, if you wish to pay by credit card or using your PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check for \$500 to the address on that page. To ask questions or request a printed brochure or registration form, please contact Gail at 239-821-076 or gbrooks5@cox.net You can also download a brochure by clicking on [this link](#).

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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