



awakening

with Mary O'Malley

June 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: As you progress through the valley, the fog of "I am not" will become thinner until you can again see the mountain of "I am."

Intention: I will remember that the mountain of "I am" truly is at the end of my journey, even if my life feels engulfed by clouds right now.

Featured Offering: Sign-up for the June 7th Tele-Phone-Group and receive one session free.

A Message from Mary



Imagine a beautiful field that extends forever representing the field of aliveness and joy that we really are. In that field is a small, opaque bubble – the bubble of struggle that is the ordinary human mind. It is where we live most of the time, lost in our ideas *about* life, always trying to make life be better or different than what it is, but rarely truly **HERE** for life. It is the essence of John Lennon's famous quote, "Life is what is happening while you are busy making other plans!" The more I explore my own bubble of struggle with great curiosity and compassion, the more it dissolves allowing me to open to the wondrous and amazing adventure called life.

What I want to touch on today is that, in my experience and in the experience of the thousands of people I have worked with over the years, the bubble of struggle is held together through self judgment. We are all so amazingly hard on ourselves, and sometimes this is so chronic that we don't even notice it except for a sense of unease that permeates our life. In my earlier life, I took on a ferocious bubble of struggle that was fueled by a relentless and extremely cruel judger inside of me. I used to say that this judger went to law school AND was president of the debate club.

I can truthfully say that it no longer runs my life. How did I get to this place, you may ask, where the core voice inside of me is my heart rather than my judging mind? The key I want to explore in this letter is perspective, because we are all caught in the same place.

Imagine standing at one end of a beautiful valley and at the other end is a majestic mountain called "I am!" The path that goes through the valley to the mountain represents the journey of life. At the beginning of your journey, when you were very young, you could see the mountain clearly and were connected to a deep sense of trusting yourself and trusting your life.

As you began walking through the valley in the process of growing up, you (like all of us) started taking on the opposite of the “I am” – what I call the “I am not”. This is the struggling self. It truly believes that *you, they*, and life itself always need to be better or different than what they are. As you took on this struggling self, it was as if a fog bank rolled in completely filling the valley and cutting you off from recognizing the mountain of “I am”. Your journey became one of trying to find your way through the fog of the separate mind, always struggling with yourself and with your life. This is the experience of most human beings, caught in a world of thought that is trying to *do* life rather than *be* life, comparing themselves and their lives to some mythical idea of *what should be* and usually coming up short. The journey in the fog becomes so challenging that many of us simply claim a homestead somewhere in this foggy valley and go through life only partially alive.

What I am saying is, keep walking! The mountain of “I am” truly is at the end of the journey even though your life may feel like it is completely engulfed by clouds. It helps to hang out with other people who are remembering the “I am”. And find somebody you can be real with about your version of “I am not,” someone who doesn’t judge you so your judging self will lose its power over you. This allows you to keep on moving through the fog. As you progress through the valley, the fog of “I am not” will become thinner until there comes a day when you can again see the mountain of “I am”. And when you do, you will remember that this great force is within you – is you!

This is the place where you again trust yourself and trust life – it may not always be likable, but it is trustable. And finally you understand that the journey through the “I am not” was an essential part of remembering the truth of “I am”. Just as we couldn’t recognize day if it wasn’t defined by night, it seems that we all have to take on the sense of “I am not” in order to truly recognize the “I am”.

If this calls to you, here is a link to the chapter called [Disarming the Judger](#) from my first book [Belonging to Life](#). In it I speak a lot about my journey from ‘I am not’ to ‘I am’ and share many ideas and techniques that can help in this healing. This and more is included on the [Disarming the Judger CD](#). I have also included in this newsletter some quotes from people in the weekly telephone-group. It is very healing to explore with other people who are discovering the safety and the joy of understanding that we all took on the fog bank of ‘I am not’ and we can support each other in the journey to the mountain of “I am!”

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 finally you will understand that the journey through the ‘I am not’ was an essential part of remembering the truth of ‘I am.’ ” — 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, 7th 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.

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Words From Our Readers

Mary ~

I just want to congratulate you on the work that you shared with us in group. Thank you, Mary, for consistently staying true to your awakening and sharing openly and authentically your awakening process with those of us that you are also facilitating to move more deeply into it. It is a tricky place to navigate and you do it with such beauty and grace.

It is so helpful to me to experience you BEING so real and willing to share your triumphs and sorrows for the quickening of us all. Your willingness to share as deeply as we do and not to stay separate for whatever reasons leaders in duality do, is the experience of Oneness that fuels my knowing that this is not an idea it is the reality that I am at this very moment able to feel and know and appreciate. The heart at work rather than the mind. More and more sinks into my conscious knowing each week as we go along. What a huge, huge service that is to the awakening of the world.....truly.

Thank you with deepest gratitude and respect.

Kathleen

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, June 7-28th 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 July 5th) 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 July 5th 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

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. Cost \$25

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

Thursdays, July 5th-26th

Telegroup 10: 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.

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). (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](#).

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