



awakening

with Mary O'Malley

March 15, 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: You are nothing less than a being of light!

Intention: I will live this day with eyes that see light everywhere and in everyone I meet.

Featured Offering: Hawaii Retreat

**Early registration discount before
May 1st . See details below.**

A Message from Mary



Right now, in this moment, you are in contact with the most powerful field of creativity and joy that you will ever know – and that is you . What do I mean by that? At the heart of the universe is the longing for life to express itself in all of its magnificence. And you are a part of that. In order to understand this, we have to go back 14 billion years to the first communities ever seen in this universe - hydrogen atoms. Now an atom is an amazing creation. If you blew up one to the size of ball field, the nucleus would be a grain of sand at the very center and the electrons would be dancing around the edges. So the interesting question to ask is “What fills up all that space?” The leading edge physicists of our time would say that it is filled with light! This light is alive and intelligent and it is both the particles and the space that make up an atom.

But this light-filled community of an atom was only the beginning. Life longed to express itself in ever more creative and complex communities. So it then drew itself together into the next community called molecules, then cells, and finally multi-cell beings. The amazing thing is that all of these communities are formed out of those little balls of light called atoms.

In this wondrous unfolding over eons of time, life came to a place where it wanted to express itself as you. You are made out of around 10,000 trillion communities called cells. And each of these is made up of 100 trillion little balls of light called atoms. So you are nothing less than a being of light!! If we were able to harness all of the light in one human being, it could turn on the numerous flood lights that it takes to light a major league baseball field and keep them lit for three hours!

The way we make contact with this light is by following the inclination of the universe – by developing community. First you become a community unto yourself, loving this great and wondrous being of light that you are. This includes even your dark side, for without it, your beauty would not exist. Think of day without night and summer without winter

– it wouldn't work. So you are absolutely perfect in your imperfection!!!

Now expand this sense of community out into nature, realizing that even though you see rocks, trees, animals and birds, they actually are made out of the same little communities of light called atoms. When we look at life from these eyes, we discover that absolutely everything has been brought forth from light, is permeated by light, and IS light!

The next step is to extend your community out to your loved ones, realizing that they too are beings of light and have been brought forth by mystery because life needed to express itself as them. From this foundation, open your community to include all human beings – even the ones you have the most difficulty with. They are a unique and necessary expression of life, as well. (If you need help in this perspective, reread [Awakening Newsletter August 15, 2006](#))

As we become the community that we truly are – inside of ourselves and in our world – we begin to resonate with life, living from radiance and reverence. In other words, we become this light that we truly are. So live this day with eyes that see light everywhere. Feel the warmth in your body – that comes from light! Feel the warmth of your heart and know you are recognizing the truth of light. See the miracle of nature and see that it is all made out of radiant light. And then allow your whole being to open to the light that you are and be filled with joy.

I also encourage you to take time away from your busy life to cultivate experiencing the field of light that you are. This is why I go on retreat - to get away from the clouds of ordinary existence and, in the beauty of nature, come into contact with the vast beauty of who I truly am. [Click here](#) for information on the retreats I offer, including the Hawaii retreat in February of 2008 and Pacific Northwest retreat in September 2007.

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: “As we get in touch with the community we are - inside ourselves and in our world - we begin to resonate with life, living from radiance and reverence.” — Mary O'Malley

Featured Offerings

I invite you to take time apart to remember who you truly are and to reconnect with life in all its splendor. In both of the following retreats, 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.

Fall Retreat along the Skagit River

September 28-30, 2007

Cost is \$295 - \$30 off for registrations received by May 1st

This will be a 2-day Residential Retreat at the beautiful [Cedar Springs Renewal Center](#) along the Skagit River in Washington. The accommodations are lovely and the land is beautiful.

Follow the title link for details of the retreat and click on the Cedar Springs link to see photos of the retreat center.





Waking Up In Paradise Retreat

February 16-22, 2008

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 both retreats 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 either retreat title link above which will take you to the Retreat page on our website. Scroll to the bottom of the page and click on the Registration Form link. Fill-in and submit the form and click on the Buy Now button specific to that retreat to make your deposit using a credit card or send a check to the address on that page.

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

Dear Mary O'Malley,

I am a freelance journalist writing for *Femina*, one of the two biggest womens magazines in Denmark, and I am working on a seven page theme about dependences and compulsions.

I have read part of your very good and interesting book "The Gift of Our Compulsions" and I would be very happy if you would like to be a part of this theme. I will, off course, mention your book, which will be published in Denmark in March.

It is not very usual that Danish woman magazines bring interviews with international experts, but I think that you have so much interesting knowledge and I would be so honoured to introduce your work to the Danish readers/audience.

A lot of people are struggling with dependences and it could be a great help for them to read about your experiences.

Best regards,

Gitte Jørgensen

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 29th – April 26th** 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. (There will be no group on April 19th as Mary will be

on retreat.) 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 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, March 29th-April 26th (No group on April 19th)

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.

Beginning in April, 2007

Accomplishment Coaching--Coaches Training Program

Accomplishment Coaching of San Diego is a program which uses Mary's work extensively in their trainings.

They are bringing their newly credentialed, powerful Coaches Training Program to Seattle again in April 2007. They are very proud to have received the International Coach Federation's approval as an Accredited Coach Training Program.

For more information please contact:

Kathy Fleming, LIOS '93
Patricia Campbell, LIOS '96

Phone: 760-929-1268
Phone: 360-733-1178

Kathy.Fleming@accomplishmentcoaching.com or Patricia.Campbell@accomplishmentcoaching.com

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.

Wednesday, April 25th

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.

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 hevjude763@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 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 hevjude763@comcast.net or 206-362-9077 and specify that you wish to register for the 2-Day Retreat.

May 13th, 14th & 15th

Mary at the Courtyard 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 (open to public): "True Empowerment: The Secret Behind the Secret (And it's not what you think!)"

May 14th - Evening Gathering (open to the public): "You Can Trust Your Life - All of It"

May 15th - Individual Sessions

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). 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.

If you are interested in becoming a professional life or executive coach, you can get a taste of one of the nation's newly ICF Credentialed Coaches Training Programs by calling Accomplishment Coaching for a conversation. You will have the opportunity to ask questions and discover the possibilities available in our premier Coaches' Training Program. This program applies Mary's groundbreaking work in working with challenges.

Phone: 619-238-3600

Website: www.accomplishmentcoaching.com

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.

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 both retreats 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 the Waking Up In Paradise link, scroll to the bottom and click on the Registration Form link. Fill-in and submit the form and click on the Buy Now button specific to that retreat to make your deposit using a credit card or send a check for \$500 to the address on that page.

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.

To print this newsletter, follow these steps: Click on "Reply" and delete the email information that shows up at the top of the pane. Click on File-Print and in the Print dialogue box go to "Scale to paper size" and select "Letter" so it will fit on a normal size page. The banner will print on a separate page due to our HTML editor's formatting, but everything else should be as you see it on the screen.

Contact Mary

About Awakening

Our Offerings

Mary's CDs