



April 1, 2008

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 moment where you are, reading this newsletter, is IT. This is the only moment that matters. This is the only moment in which you are truly alive.

Intention: Throughout my day, I will stop and say to myself "This is it!" to remind myself to be alert to those precious moments where life is inviting me to simply be here.

Featured Offering:

New Telegroups starting in April
See details below



A number of weeks have now passed, and my heart is still full of the amazing energy of the retreat at Hui Ho'olana in the Hawaiian Islands. Everything in Hawaii conspires to invite you into simply being present and open for lift – the sweet smells that float on the soft warm air, the lush beauty that is everywhere you look, the sounds of the tropical birds, and the music of the ocean. And if that isn't enough, the retreat center is on the magical island of Molokai, sitting on what is called The King's Hill with a panoramic view of the island below and the ocean beyond. We were not only enfolded by the lush beauty of Hawaii, but also held within this vast and spacious view that opened our hearts and calmed our minds.

Everyday we walked down a path on this sacred land to a building nestled in the forest like a jewel. The windows were all open and as we sat in silence or shared from our hearts, the tropical birds would serenade us. There is one experience I would like to share with you, an experience I wouldn't have believed if I hadn't been there myself! I had just rung the bell to signal the end of a time of silence, and a bird, who had a different song than the ones who had been serenading us all morning, trilled right by the window. I quietly said, "Here and now." The bird immediately trilled again and one of the women said "You are beautiful." And then, without missing a beat, the bird trilled

again and it whistled just like a man would whistle at a pretty girl. We all laughed and laughed for the pure joy of how amazing life is.

Was this just a random experience? Maybe. But as far as I can see, none of us really knows what is going on here. Life is just too big for our minds to comprehend it. And if you have a belief system that invites you into being more engaged and open to life, right here, right now, it makes sense to me that this belief is probably closer to the truth than not. So in my world, there are two types of experiences we have as human beings.

The first is the invitation to simply be here in the moment life arises out of mystery. That is what we all experienced with the bird and at many other moments throughout the time we spent together. And that is the intention of the retreat, to create the safety, the curiosity and the openness of heart that allow us to be present for life, much like we were when we were little children.

The second type of experience is the kind that shows us what is keeping us separate from life. For most of us, most of the time we are lost in ideas about life, a story in our heads that is always trying to 'do' life rather than 'be' life. It is this story in our heads that puts a veil between ourselves and life. Life then brings us experiences that get our attention so we can begin to see the story. With practice, we can learn to see the it clearly enough to not get caught in its web.

I will share with you in the next newsletter some experiences from my life that show how much life wants us to see this struggling self inside of us and how flawless and methodical it is in giving us the exact set of experiences we need to become free from our dream of separation. In the meantime, know that there are no ordinary moments in your life. Every single experience you have is a part of this journey from unconsciousness to consciousness, from being lost in your thoughts about life to being fully present for life.

So I invite you to practice the first type of experience by being alert to those precious moments throughout your day where life is inviting you to simply be here. And it can be helpful to use a mantra I explore in my first book, "This is it." It is a reminder that all the millions of moments of your life have brought you to this moment. In fact, I invite you to say it right now. This moment where you are, reading this newsletter, is IT. This is the only moment that matters. This is the only moment in which you are truly alive. Recognize it. Open to it. I assure you that the safest thing you will ever do is be present for your own life.

Quote: "Every single experience you have is a part of this journey from unconsciousness to consciousness, from being lost in your thoughts about life to being fully present for life." — Mary O'Malley

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 multimedia 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.

Featured Offering - New Telegroups

Mondays, April 7th-May 5th (no group April 21st)

Telegroup: Food Compulsion Group

This is an interactive group focusing on issues of food compulsion. It is conducted over the phone from 5:55 to 6:55 PM Pacific Time. The cost for 4 sessions is \$100. This group is limited to 5 participants. 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](#) 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. If the group is full you are interested in having another group scheduled, please [Contact Mary](#).

Thursdays, April 10th-May 8th (no group April 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](#) 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

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. 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.

~Kathleen

Counseling & In-Person Groups

Counseling - In Person & by Phone

Mary is a guide who offers insights born of experience and awareness. Through deep listening and presence, she helps others open to their own clarity and wisdom. Her office is in Kirkland, WA and she is also available for phone counseling. The fee is \$95 for each hour. (sliding scale available for those who need it.)

For information and appointments, please call Mary at 425-889-5937 or send her an email at awaken@maryomalley.com

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 Group

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, April 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 by email at heyjude763@comcast.net or by calling 206-362-9077.

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Wednesday, April 16th

Class: Healing Compulsions

From overeating and over-working to over-spending and over-worrying, compulsions are a call from your soul to awaken. Explore a new approach in which you heal your compulsions, and the emotional patterns that fuel them are healed in the process.

Registration will open March 1st. To register, follow [this link](#) and click on arrow beside the "Class Title" box to select the above title. Then click "Search" and class registration page will come up. The class meets from 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10.

Wednesday, April 30th

Class: Meditation Made Easy

Meditation is easy to learn and brings many, many benefits into our lives. It calms and clarifies our minds, eases our emotions, aids in the healing process and brings us the joy of being alive. Even Oprah and Dr. Oz say that meditation brings you vitality and longevity. Come learn basic techniques that you can apply even in the busiest of lives.

This Extended Learning class meets from 6:30 to 8:30 PM at Lake Washington Technical College at 6505-176th Ave NE in Redmond, WA. The cost is \$25. To register, click on [this link](#). The Class number is COHF 022.

Wednesday, May 7th

Class: Freedom From Anxiety: Finding Deep Peace

Does life sometimes feel like its too much for you? Do you feel pushed, pulled, overwhelmed and anxious? 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 centers of peace, clarity, creativity and joy.

Registration will open March 1st. To register, follow [this link](#) and click on arrow beside the "Class Title" box to select the above title. Then click "Search" and class registration page will come up. The class meets from 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10.

February 21-27, 2009

Waking Up In Paradise Residential Retreat

Cost is \$1875 (\$1675 for deposits made before May 1st, 2008)

Travel is separate and you need to make your own arrangements.

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 above for retreat details and the Hui Ho'olana link above for more about the retreat center.

The focus of the retreat is on learning how to show up for whatever life brings in each moment. In that process, we will have times of silence and times of exploring together ideas and skills that invite us back into life. We will share both our wisdom and the challenges of learning to quiet our minds and open our hearts. There will be some meditation. The emphasis, however, is not on meditation techniques, but rather on using meditation practices to experience each moment of our lives more fully.

To register, click on the Waking Up In Paradise link above, scroll to the bottom of the page and click on the Registration Form link. Fill-in and submit the form. A deposit of \$500 will hold your place (\$200 is non-refundable). The full amount is due December 1st, 2008.

There will be no refunds for cancellations made less than 60 days before the retreat begins, but any payments may be applied to another retreat (minus \$200).

To ask questions or request a printed brochure or registration form, please contact MarySue at sumara@earthlink.net or 206-550-2524. 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.

[Contact Mary](#) [About Awakening](#) [Our Offerings](#) [Mary's CDs](#)