



December 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.**

**Inspiration:** When we acknowledge and accept the vulnerable and rejected parts of ourselves, they become beloved and essential parts of the community that we are.

**Intention:** When I am emotionally triggered by a situation or person, I will acknowledge the feeling and accept that part of myself as if it were a little child needing attention."

**Featured Offering:**

Your Gift Movie on YouTube!  
See link below.



I would like to share with you a gift for this holiday time, a wonderful poem from Mary Oliver called "Love Sorrow." Everyone I have shared it with has been deeply touched and many have teared up, for this poem speaks the truth of the heart. It speaks from the knowing that we are made up of many different parts, and most of them run us from underneath our everyday awareness. As we learn how to recognize "who is here" (inside of us) at any given moment of our life, the usually vulnerable and rejected parts of ourselves feel recognized and acknowledged. Then, rather than causing upset in our lives, they become beloved and essential parts of the community that we are.

The subject of the poem is "love sorrow," but you can substitute for sorrow any part of you – anger, fear, jealousy, hatred, grief, self judger, depression. And as Mary Oliver says, "Remember, she is just a child." The roots of these most unloved parts of ourselves go back into our childhood. And the poem ends with, "little by little she (the unloved part) relaxes; she looks about her; she begins to grow." In other words, as these parts are included in our hearts, we become the wonderfully alive innocence that is our natural state!

Love sorrow. She is yours now, and you must  
take care of what has been  
given. Brush her hair, help her  
into her little coat, hold her hand,  
especially when crossing a street.

For, think, what if you should lose her? Then you would be  
sorrow yourself; her drawn face, her sleeplessness  
would be yours.

Take care, touch her forehead that she feel herself

not so utterly alone. And smile, that she does not  
altogether forget the world before the lesson.

Have patience in abundance. And do not  
ever lie or ever leave her even for a moment  
by herself, which is to say, possibly, again,  
abandoned. She is strange, mute, difficult,  
sometimes unmanageable but, remember, she is a child.  
And amazing things can happen.

And you may see, as the two of you go  
walking together in the morning light, how  
little by little she relaxes; she looks about her;  
she begins to grow.

May we each hold the intent to truly see and listen to every part of ourselves, so that in  
integrating them, we become a healing presence in our world.

**Quote: “As we learn how to recognize “who is here” (inside of us), the usually  
vulnerable and rejected parts of ourselves feel recognized and acknowledged.  
Then, rather than causing upset in our lives, they become beloved and essential  
parts of the community that we are.” — 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](http://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.

## Featured Offerings

Mary's inspirational presentation “The Gift of Our Challenges” has been converted into  
video format and is now on YouTube.

To view, follow this link: <http://www.youtube.com/watch?v=aWLkDZKQtsA> And please  
share the link with your friends!

We are excited to join with Daily Om to launch Sonia Choquette's "Balancing Your

Chakras" Online Course. If you sign up for the course, you will have the choice of a number of free gifts, including one from Mary. We invite you to check out this link to see what's available.

<http://member.madisyntaxlor.com/cgi-bin/display/orderlink.cgi?wid=114&from=bycpro>

## Letters From Our Readers

Hi Mary,

I wanted to catch up and say a hello and thank you for the conversation we had at Unity when you visited. Much is happening with me as I journey to whatever I am being called to do, and I must admit to being in a difficult space at times with this as my mind says I want to know what it is all about, and where it will lead me. I also find myself feeling lost as I struggle with a feeling of insecurity and being out on a limb. Not that being out on a limb is new to me, still the feeling persists and in some way is disempowering.

Hi Joan,

Great to hear from you. I so understand about the mind that want to KNOW! And yet the greatest connection, creativity and joy comes from letting go and letting life. I just lead a retreat and I realized on the way up to Wellspring that the greatest security I could know would come from not knowing! Every time the mind demanded that it know what was happening next in the retreat I would remind it that Life was in charge and it does a better job than the 'mind made me" And the retreat was wonderful! That is the joy of being truly and freely alive!

Hugs, Mary

## 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 50-minute session. (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](mailto: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 Kirkland, WA.

Mondays from 7:00 - 9:00 pm in Kirkland, WA.

You may visit an in-person group 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](mailto:info@maryomalley.com) or 425.889.5937

The cost for in-person groups is \$120 for 6 weeks (a sliding scale is available).

## Tele(phone)Groups

### Food 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.

Mondays 5:55-6:55 PM Pacific Time; Cost \$80/4 weeks

To register, please see listing under Events below.

### Gift of Our Challenges Group

Life is like the weather – constantly changing from easy to difficult, from joyous to sorrowful. True peace comes when we can embrace it all, even the challenges of our lives. We can change our relationship to them – whether they are illness, difficult relationships, compulsions, or deep loss – and discover the healing that is always there.

Thursdays 6:00-7:00 PM Pacific Time; Cost \$80/4weeks

To register, please see listing under Events below.

## Events

### Mondays, December 1st-22nd

#### [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 \$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.

### Saturday, December 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, contact Judy by email at [heyjude763@comcast.net](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

### Saturday, January 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 by email at [heyjude763@comcast.net](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

### Mondays, January 5th-26th

#### [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 \$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.

#### **Thursdays, January 8th-29th**

##### **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 2 sessions is \$40. 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.

#### **February 21-27, 2009**

##### **Waking Up In Paradise** Residential Retreat

**Cost is \$1875**

*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 after December 21st, 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](mailto: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.

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