



	February 1, 2008
<p>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.</p> <p>Through her organization Awakening, she offers groups, classes, counseling and pro-ducts which provide support for your own inner work and thus enable you to utilize the gifts this process unlocks, to benefit yourself and others.</p>	<p>Inspiration: The darker states that are a part of being a human being – fear, sadness, anger, self judgment – are just like the weather – never static, always changing, coming and going through our lives. And what they pass through is the vast spaciousness of who we truly are.</p> <p>Intention: When I feel a dark state descending, I will remember that it is just passing through like a rain storm, and that the light of my attention will allow the rainbow behind the clouds to shine through.</p>
	<p>Featured Offering: Gift of Our Challenges Tele-Group starting February 7th See details below</p>



I was graced for years by an exquisite willow tree outside my bedroom window. One spring evening as I was getting ready for my son's 18th Birthday, a rainstorm moved into the Northwest and I was drawn to look out the window. The willow was in the beginning stages of putting on her summer dress of vibrant green, and the sky framing the willow was black and stormy, as rain danced horizontally past my window.

Suddenly, the clouds opened up on the horizon, allowing the setting sun to bathe this stormy sea with its vibrant light.

The myriad rain drops on the willow's branches were immediately transformed into individual prisms of light. It was so breathtakingly beautiful that tears came to my eyes. As I looked out the window on the other side of the house, there was a double rainbow, crystal clear against the dark and forbidding clouds. I knew as I watched this gift of beauty that it was a metaphor for human life. Without the stormy sky to frame the opening for the setting sun, the beauty of the willow would not have been highlighted, and without both the rain and the sun, the rainbow wouldn't have been born.

The darker states that are a part of being a human being – fear, sadness, anger, self judgment – become much more workable when we learn that they are just like the weather – never static, always changing, coming and going through our lives. And what they pass through is the vast spaciousness of who we truly are. We don't see that because we are so busy resisting them! If we don't resist, it allows those seemingly static states to float through us like clouds moving across the face of the sun. Stephen Levine, after having watched his own depression move in and out of his life for years, had a visit from this old friend. He said that in three minutes he went through the whole cycle that formerly would have taken weeks or months. With every single part of the depression, he was able to say, "I recognize you." In that recognition he was able to let go of any identification with these feelings and they passed on through.

A friend of mine teaches white-water kayaking. Dancing down the river, cascading over rapids, navigating around boulders, it is a very real possibility that at some time the students will be tossed into the seething cauldron of a whirlpool (just like the whirlpools of our daily lives). The raging water pulls them down and tumbles them around. The students instinctual reaction is to fight it (exactly how we fight the struggles in our lives), but what he teaches them to do is to let go and allow the water to move them as it will. In that nonresistance, the water will lift them up to the top and they can then make their way to safety. The same is true for our lives; it is our resistance to what we don't like inside of us that actually sucks us into the vortex of struggle and keeps us caught there. And yet to turn toward our experience, simply bearing witness to it rather than falling into it or running away, allows these states to visit us temporarily and then move through us like clouds in the sky.

It has been my experience that whenever an old state comes rising to the surface of my life, I may initially have a reaction to it, but I know and trust a deep law of the human psyche... "What I resist persist!" So I look, and listen and give whatever is there the spaciousness to simply be there so it can move through me. I then can gather the gifts that the darker states always leave in their wake.

May we all know that the challenges of our lives are for us. And may you be curious this month about what clouds are passing through the vast spaciousness of your true self!

Quote: "...it is our resistance to what we don't like inside of us that actually sucks us into the vortex of struggle and keeps us caught there. And yet to turn toward our experience, simply bearing witness to it, allows these states to visit us temporarily and then move through us like clouds in the sky. " — 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 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 Offering - 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 **Gift of Our Challenges Group** is being offered on four Thursday evenings, **February 7th-March 6th** at 6:00 PM Pacific Standard Time, 7:00 PM Mountain Time, 8:00 PM Central Time and 9:00 PM Eastern Time. (There will be no group on February 21st due to the Hawaii Retreat.) This group is conducted over the phone and is limited to 10 participants by pre-registration. The cost is \$80 for all four sessions, paid in advance (no refunds after the group begins).

The next **Food Compulsions Group** is being offered on four Monday evenings, **February 4th-March 3rd** at 5:55 PM Pacific Standard Time, 6:55 PM Mountain Time, 7:55 PM Central Time and 8:55 PM Eastern Time. (There will be no group on February 18th due to the Hawaii Retreat.) This group is conducted over the phone and is limited to 5 participants by pre-registration. The cost is \$100 for all four sessions, paid in advance (no refunds after the group begins).

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, for the **Gift of Our Challenges Thursday group**, click on [this link](#). For the **Food Compulsions Monday 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. This is a wonderful way to experience this work, especially if you live too far away to attend local groups.

Words From Our Readers

Mary ~

I wanted to write to you and say thank you so much for your beautiful book [The Gift of our Compulsions!](#) I have been on a journey of self discovery for a long time now and your book has come into my life to add to the richness of what is waking up inside!

~Joyce (Nova Scotia)

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

Sunday, February 3rd

White Rock (BC) Unity Service 11:00 AM & Workshop 1:30-3:30 PM

My talk title is "The Gift of Our Challenges" and the workshop is entitled "Turning Difficulties Into Doorways." Cost \$25. The church is located at #74-15515 24th Ave, Surrey, Canada and the phone number is 604.538.9519.

Mondays, February 4th-March 3rd (no group on Feb. 18th)

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.

Wednesday, February 6th

Class: Breathing Power

Discover how the amazing power of breath can revitalize and empower you, and how it enhances your ability to meet life's challenges. 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.

Thursdays, February 7th-March 6th *(no group on Feb. 21st)*

Telegroup 19: 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.

Saturday, March 1st

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.

March 14 & 15, 2008

Gift of Our Compulsions Workshop in Washington D.C.

The workshop will be sponsored by and held at [Circle Yoga](#). Workshop sessions will be 7:00-9:00 PM on Friday evening and Noon-7:00 PM on Saturday. You may attend one or both, but for those new to the work we recommend attending both. Please contact [Circle Yoga](#) for registration information. Cost is \$150 for both sessions (\$135 if registered by March 1st) - \$50 for Friday only and \$125 for Saturday only.

This is a wonderful opportunity for those of you on the East Coast to work with Mary in person. She will also be available for individual sessions on Sunday the 16th by appointment. Please [Contact Mary](#) for appointments.

February 21-27, 2009

Waking Up In Paradise Residential Retreat

Cost is \$1800 (\$1600 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 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 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).

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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