



January 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: You are part of life's awakening from the unconscious mind to the conscious mind - from disconnection to connection.

Intention: When I notice feelings of being separate and alone, I will sit on the moon in my mind, and in that spaciousness remember that I am part of the amazingly beautiful tapestry of life.

Featured Offering:
 Gift of Our Challenges Tele-Group starting January 10th
 See details below



In the beginning of this New Year, I invite you to come and sit on the moon with me so that we can drink in the beauty of our Earth in the vast stillness of space. I want you to share this with me, for when I watch this blue green jewel as it dances and spins through the vast oceans of the universe, it sends thrills throughout my mind and body. We live in such a beautiful home.

The power of this spacious view is enormous, especially at this time in evolution. For when I look at the Earth in this way, I can see it is an evolving being. Just like you and me, it had a babyhood (I wasn't quite so hot and molten!), and even a childhood. As I fast-forward the unfolding of the Earth, I can watch the vast river of creativity that is life figure out how to bring forth such awesome creations as water and rock, fins and legs, eyes and ears, long necks and short necks, single feet and multiple feet, all so it can express itself to its fullest.

At this point in evolution, the Earth has tried a very courageous thing. It has created in the human being a system in which it can know itself. The human being is the only part of the Earth that can recognize and celebrate every other part – the majesty of the mountains, the intricacy of a leaf, the power of bacteria, the mystery of a whale. It is

courageous for the earth to experiment with the kind of mind that can recognize itself, for in the youth of our species, we have barely begun to learn how to use this marvelous tool. We are mostly lost in the stories in our heads, cut off from being awake and at one with this mysterious and amazing unfolding called life. Because of that we struggle with most everything – ourselves, our loved ones, our neighbors and even other religions and belief systems. All you have to do is watch the evening news to see this.

And yet something new is happening – the possibility of the human mind moving into its adulthood. A mature human mind lives from the understanding that everything has arisen out of a vast river of creativity and each part of life is essential to the greater whole – regardless of the color of skin or religion, or even likeability. It sees this about the trees, the air, the rivers and the oceans. It also understands the fragility and impermanence of life and thus lives from the deep awareness of the preciousness of every single moment. A person who lives this level of communion with life is one whose very presence can heal the world. A few human beings throughout the ages have matured into this next level of evolution and religions were created around many of them. But now as we enter the next millennium, there is the possibility of more and more people waking up – ordinary folks such as you and I.

Because you are reading this letter, you are part of this awakening from the unconscious mind to the conscious mind – from disconnection to connection. What can you do to help this enormous and wondrous birth? Go sit on the moon and see that, like lights being turned on, more and more people are waking up. And see these lights spreading like wildfire across the face of the planet until it glows in the radiance of its own true nature. Is this possible? Yes, because you are reading this letter! And even if you can only lift yourself out of your own narrow world of thought and become a conscious part of the greater whole for a moment, it is one more moment of awakening. Moments such as these are now increasing from a trickle into a river of awakening and are bringing us all to the brink of becoming the ocean of love that is life.

Quote: “Even if you can only lift yourself out of your own narrow world of thought and become a conscious part of the greater whole for a moment, it is one more moment of awakening. and moments such as these are...bringing us all to the brink of becoming the ocean of love that is life.” — Mary O'Malley

An Opportunity to Give

Stephen Levine's work is an integral part of everything Mary offers as he was one of her primary teachers and mentors in her process of awakening. Stephen has given so much to the world through his work and his books, and he is now in need of assistance. If you would like to help, please click on [this link](#) to read a letter from Ram Dass, Jack Kornfield and Sharon Salzberg on his behalf.

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, **January 10th-31st** at 6:00 PM Pacific Standard Time, 7:00 PM Mountain Time, 8:00 PM Central Time and 9:00 PM Eastern Time. 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, **January 7th-28th** at 5:55 PM Pacific Standard Time, 6:55 PM Mountain Time, 7:55 PM Central Time and 8:55 PM Eastern Time. 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). *The January group is full and the next one starts on February 4th.*

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 **Gift of Our Challenges Thursday group**. 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 had one of the most intense nights last night even more than the night before. I feel like just staying in bed. My breath doesn't "seem" to touch it. My questions about not resisting seem not to touch nor trying to love...although I do feel a softness.

I have no "spiritual tricks" to use anymore it seems. Not only do I feel they won't work with this, but I don't even want to try.*but* I am really tired of feeling so yucky so often, and am afraid that if I give into it, I am programming myself and feeling sorry for myself.

Thank you for being there, ~Yvonne

Yvonne, I am right there with you and yes, I have walked through this and will speak from my experience

Right beyond any belief is a deep trust in life right here, right now. It is a connection with life..the sounds, the sensations, the tastes, the beauty. Life is pushing you very hard right now, not because it is punishing you but because it wants you to come home. It has had to work very hard to bring you to a place where you can't hold onto any beliefs any more. And just one nano second away from your struggling self IS your home. IS this moment that is SAFE, and LOVING.

I am sure this feels just like the vise a child feels when it is in the birth canal. These contractions – no matter how intense – are for you!! When you work with breath, don't

use it now to lessen or change anything. Let the contractions roll through you just like a woman giving birth. This is not giving into it. This is opening around it so they can pass through you. You are not these states. You are the vast blue sky that these states are moving through.

Ultimately there is nothing to fix or change. As much as you can, let the feelings, the sensations AND the resistance be there. And when you can, soften your belly. Keep it simple. ~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 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, January 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.

Mondays, January 7th-28th

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. This group is limited to 5 participants. If the group is full and you are interested in having another group scheduled, please Contact Mary.

Wednesday, January 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. 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, January 10-31st

Telegroup 18: 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, 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.

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.

February 16-22, 2008 *(Next year's retreat will be February 14-20, 2009)*

Waking Up In Paradise Residential Retreat

Cost is ~~\$2000~~ \$1800 (plus travel)

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.

The retreat is full, but you may sign up to be on the waiting list. To do so, 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. The full amount is due upon receipt of confirmation that your registration has been accepted.

There will be no refunds for cancellations made less than 30 days before the retreat begins.

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.

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](#)