



July 1, 2008

“Thank you, Mary, for your contribution to the evolution of human consciousness.”

—Eckhart Tolle

Inspiration: The important thing is to notice that there truly is a difference between being *here* for life and being lost in our minds. Once we see this, the journey of awakening truly begins. But know that the journey involves both opening and closing - being *here* for life and then getting lost in the conceptual world over and over again.

Intention: I will take moments throughout each day to stop and really listen to the sounds around me, and when my mind takes over, to become curious about what it is telling me.

Featured Offering:

Mary's workshop at the Unity Retreat
at Crystal Mountain, August 21-24
See details below.



Last month we explored together the joy of simply being open to life. More and more of us, as we learn about the **now**, are discovering Life again - seeing through the “mind-made-me” that is always trying to *do* life, and simply opening to life right here, right now. And yet, if we are honest with ourselves, most of the time we immediately slip back into the stories in our heads, the stories that are always trying to manage life.

Take a minute right now to close your eyes and really hear the sounds of life around you. Every single sound you are hearing is totally brand new, arising and fading away in the great dance of life. How long can you listen without the mind taking over with a commentary about what is going on or how you are doing? Probably not very long. We have all been deeply conditioned into being lost in our heads, thinking that our stories about life are really life. They aren't! But the important thing in this invitation to listen is to notice that there truly is a difference between being *here* for life and being lost in our minds. Once we see this, the journey of awakening truly begins. But know that the journey involves both opening and closing - being *here* for life and then getting lost in the conceptual world over and over again.

The important thing to recognize is that opening and closing are just a part of the process. For probably 99% of us, our awakening won't be like Eckhart Tolle's, where he saw through the struggling self and it simply dropped away leaving him completely

open to life. Most of us get glimpses of being truly open to life, and then the “doing” self reconfigures. I used to be so discouraged by this until I heard Stephen Levine say that if you are fully here for the **now** for just a few minutes a day, you are fairly awake. When I heard this, I was able to let go of being frustrated when the conceptual world took over again, and instead became fascinated with what it was doing.

As I learned how to watch this “mind-made-me” with heart-opening honesty and deep sincerity, my struggling self began to dissolve. I saw clearly that trying to get to the **now** was only more struggle because I had never really left it - I only thought I had - and that awakening is not about trying to get anyplace different. It is all about seeing with an open heart the “mind made me” that is so afraid of life. Other than being fully present for the awesome beauty and mystery of every single person, thing and experience, the other greatest joy I know is to bring that same kind of presence to my struggling self and watch it dissolve through the light of my focused, compassionate attention.

If you have my book, *The Gift of Our Compulsions* (which explores that our core compulsion is to struggle; that all the other compulsions are an attempt to numb out from all of the stories of struggle that the mind generates all day long; and that it is totally possible to see through this struggling self and open back into life), I invite you to reread Chapter 7, *Cultivating Curiosity*. If you don't have the book, you can click on [this link](#). This chapter explores how to awaken our curiosity again so that we can fully experience life right here, right now, and it also helps us to see how we can use this curiosity to see our particular brand of struggle. As my first teacher said, “In the seeing is the movement.” What he was saying is that we don't need to fix or change or resist or get rid of our struggling self. It is in seeing it that it loses its power to seduce us back into our heads.

So I invite you to take this simple phrase into your life today: "Be Curious!" Whenever you can, use your curiosity to connect with life like we did with the invitation to listen. And become truly interested in what the stories in your head are doing as they again and again put a veil between you and the living moment of your life. Moments where you **relate to** what your mind is doing rather than being lost in it are the pathway to freedom and joy.

Quote: “I saw clearly that trying to get to the **now** was only more struggle because I had never really left it - I only thought I had - and that awakening is not about trying to get anyplace different. It is all about seeing with an open heart the “mind made me” that is so afraid of 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 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 - Mary at Unity Retreat

August 21-24, 2008

[Unity Western Region Retreat at Crystal Mountain, Washington](#)

Mary's Workshop: What is In the Way Is the Way: The Doorway to True Joy

Workshop: What would it be like if the challenges of your life - whether they are showing up around health, finances, relationships or yourself - rather than being something wrong, are doorways into the aliveness and joy that is who you truly are? Over the years, Mary has helped many, many people get in touch with their own innate joy and trust in themselves and their lives, no matter what is showing up. We invite you to come learn how to transform your challenges from problems into possibilities for experiencing more joy in your life.

In addition to the workshop, Mary will be offering the much-beloved Cherokee **Dance of Life** each morning before breakfast, outside the lodge, with the mountains all around.

This year's Unity Western Region Retreat is titled ***Restory Your Life and Restore Your World*** and features Christina Baldwin, author of *Storycatcher: Making Sense of Our Lives Through the Power and Practice of Story*, and the incomparable Rev. Richard Levy. And if you've never been to Crystal Mountain in the summer, it has been compared to being in the Swiss Alps - a truly memorable experience of inspiration, community and natural beauty.

To ask questions or request a printed brochure, please go to www.nwunityretreat.org

Questions From Our Readers

Hi Mary,

Do you remember our conversation last week and my wide-awake dream about diving to the bottom of a lake and seeing something so beautiful in that serene setting? The days followed that conversation, I finally recognized that object of beauty at the bottom of the lake was none other than my other self. The self that was always brushed aside, ignored, embarrassed about. It was the self that I never came to accept.

I had never felt so solid inside and benevolent until I realized what I had seen at the lake. It has changed the way I feel about myself, the way I see other people, the way I see my work activities.

Just a week before I was besieged in problems to solve and was desperate for a solution. But the solution that came did not fit into a format I was expecting. To say that out of all the things I had to work on, the solution was to find myself seemed ludicrous and even irresponsible.

This long-lost relationship is so pure and strong that I feel lighter, taller. I have never felt things so well aligned inside myself. The acceptance I have for myself has brought about forgiveness and embrace for life. The struggle and tension have all but disappeared once I realized it was myself in the lake. I feel like I can just recall the experience and be whole.

Thanks so much Mary for being the primary and instrumental means for this awesome transformation.

--James

Yes, James, you are on the right track. One of the core messages of the book is that our CORE compulsion is to STRUGGLE! And one of the main components of struggle is the judgmental self.

And yes, you are on the threshold of what I call a shift in perception. It is a little like a birth and you are going through the painful contractions of life birthing you through the belief that you are this struggling self, back into the openness and awareness that you

truly are.

Be light, 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

Mondays, July 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 \$100. This group is limited in size. If you are interested in this group, please [**Contact Mary.**](#)

Thursdays

Telegroup: The Gift of Our Challenges

This group is in recess for the summer and will resume in September (see below).

Saturday, July 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.

August 21-24, 2008

[Unity Western Region Retreat at Crystal Mountain, Washington](#)

Mary's Workshop: What is In the Way Is the Way: The Doorway to True Joy

Workshop: What would it be like if the challenges of your life - whether they are showing up around health, finances, relationships or yourself - rather than being something wrong, are doorways into the aliveness and joy that is who you truly are? Over the years, Mary has helped many, many people get in touch with their own innate joy and trust in themselves and their lives, no matter what is showing up. We invite you to come learn how to transform your challenges from problems into possibilities for experiencing more joy in your life.

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Mondays, September 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 \$100. This group is limited in size. If you are interested in this group, please [Contact Mary](#).

Thursdays, September 4th-25th

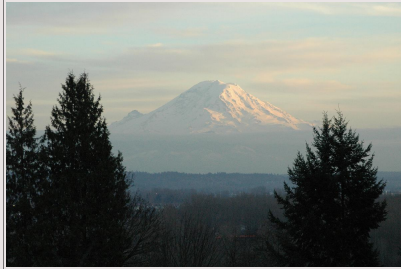
[Telegroup: The Gift of Our Challenges](#)

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.

October 17-19, 2008

[Living in the Here & Now](#) Residential Retreat

Cost is \$325



It is a gift to ourselves to set aside time from our busyness to reconnect with ourselves and with life. An Awakening retreat is about opening into that place of healing and renewal, and learning ways to continue to live from there as we go back into our daily lives. Two powerful tools that aid us in re-awakening to this sacred and mysterious process we call life are keen attention and the healing balm of mercy. When we put these two

together, we have compassionate curiosity, the art of being open and available to all that life offers us.

This 2-night retreat will be held at Wellspring, a beautiful retreat center in Ashford, Washington. Wellspring is a place uniquely suited for healing and renewal. Located at the foot of Mt. Rainier in a beautiful wooded setting, it offers a mountain lodge surrounded by cozy cabins, hot tubs, and an outdoor labyrinth.

We will share in providing and preparing our meals. Depending on registrations, you will be part of a 2 or 3-person team taking care of one meal.

To register, click on the Living In the Here and Now link above, scroll to the bottom of the page and click on the Registration Form link. Fill-in and submit the form. A non-refundable deposit of \$100 will hold your place. The full amount is due September 1st, 2008.

There will be no refunds for cancellations made after September 1st, but any payments may be applied to another retreat (minus \$100).

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](#).

February 21-27, 2009

[Waking Up In Paradise](#) Residential Retreat

Cost is \$1875 (\$1675 for deposits made before May 15th, 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 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 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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