



June 1, 2008

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

—Eckhart Tolle

**Inspiration:** Our awake mind recognizes that life is much smarter than it is, and it knows that the safest thing it will ever do is to *trust* life, learning how to engage with it right here, right now, no matter what is happening.

**Intention:** I will take moments throughout each day to give my body my attention, knowing that all the sensations of my body are happening within a field of bliss that is my natural state.

### **Featured Offering:**

***New Dates*** for the Wellspring Retreat

***Register by June 15th for discount***

See details below.



I was in such joy yesterday as I was running errands. My mind was fully here, my heart was open, and I was grounded in my body. I met everyone I saw in the spaciousness of my attentive mind and my open heart. There was no story in my head that put a veil between my awareness and the immediate experience of life. So I was *open* – delightfully, compassionately and with great interest – here for life the moment it appeared out of mystery.

This is our home – the experience of being fully open to life, right here, right now. We all knew this when we were very young and then, over time, pulled ourselves up and out of our bodies, getting lost in our minds. And the kind of mind we have gotten lost in loves to struggle with life, looking at everything from the perspective of good/bad, right/wrong, whether it is ourselves, others or the state of the world. The by-product of that kind of mind can be seen in the heartache evident on the evening news, and in the subtle unease that can be so much of our lives. But that is not our destiny. To be fully human is to be fully alive, trusting and opening into this great adventure called life. Rather than controlling, we connect. Rather than dividing, we unite, simply by the quality of our consciousness. That was what was happening as I was running errands.

More and more of us are now being awakened by life. Instead of living in a mind that is always trying to *do* life, struggling with everything from the length of a stoplight to our financial state, the awake mind recognizes that life is much smarter than it is. And it knows that the safest thing it will ever do is to *trust* life, learning how to engage with

it right here, right now, no matter what is happening. The awake mind also recognizes itself as an essential part of a vast and mysterious process. As you sit here reading this newsletter, you are being held by a planet that is dancing through vast oceans of space. And surrounding you, there are more stars than there are grains of sand on every beach of the Earth. Expand your awareness and let that in! There is no such thing as an ordinary moment in your life.

The heart that is fully here for life sees that we are all in this together. Whether we are a terrorist or a saint (or a combination of both), the heart recognizes that each of us is doing the best we know how with the raw materials we were given by life - our body, mind, emotional nature and environment. I know that flies in the face of one of the core beliefs of our controlling self – that people are good or bad or we are doing it right or wrong, but for just a moment, feel the possibility of not putting anybody or any part of you out of your heart and see if you can feel how that takes away a core fuel of your struggling self. The wondrous thing is that the quickest way to transform negative energy is to meet it with an open heart!

As our minds become quiet and present for life and our hearts open to whatever is, we begin to naturally embody ourselves again. Our center drops out of our head and into our bodies. Our shallow breathing opens again, engaging down into our bellies, and we discover again the field of joy and radiance that is our bodies. Take a moment and give your body your attention. Whether you can feel it or not, all the sensations of your body are happening within a field of bliss that is your natural state. And that radiance can be accessed no matter where you are, no matter what is happening, even great illness.

The amazing thing is that we have never lost our natural capacity for *being* that includes an awake mind, an open heart and a truly radiant body. It just got covered over by this game of struggle that is happening in our heads. Our job is not to try to get ‘back’ to our natural state. That is just more struggle. Our job is to get to know our struggling self enough so that we can *see through it*. It is just like a fog that blocks the sun. Every time we give our full and compassionate attention to one of the stories that makes up our struggling self, more of the fog lets go, revealing the radiant, joy-filled ‘sun’ of our true nature.

**Quote: “Every time we give our full and compassionate attention to one of the stories that makes up our struggling self, more of the fog lets go, revealing the radiant, joy-filled sun of our true nature.” — 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.

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## **Featured Offering - 2008 Wellspring Retreat**

**October 17-19, 2008 (Note New Dates!)**

**Living in the Here & Now** Residential Retreat

**Cost is \$295 (Price goes up to \$325 after June 15th, 2008)**

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](mailto:sumara@earthlink.net) or 206-550-2524. You can also download a brochure by clicking on [this link](#).

## Questions From Our Readers

Mary,

Someone told me that if you are on medications which alter your moods, you can never really be present and mindful and reach any kind of "enlightenment" or whatever. I have been embarrassed and confused about being on mood medications for years, and I am now trying to quit them. In the past I haven't had much success with this, but I am really going to try hard this time.

I have been feeling so alone. I don't know why I'm telling all of you this; just because I don't have anyone else, I guess. And maybe to ask you for support and positive energy in becoming more "clear" and more compassionate with myself.

I like the idea of making an altar for our compulsions, Mary. I want to try that, but I'm not sure if I'll have one second to myself from now until next Monday. I feel like I'm "failing" at group, although I know (in my head) there isn't such a thing as failing. I'm just so frustrated and wish I could escape from myself. But I can't. Aghhh!!!

Love and Light (and a lot of frustration), Jean

Dear Jean,

I love the word mercy! It is such an essential component of becoming free from the struggling self. Everything you shared all comes from the struggling self and whether you know it or not, you are on the path to the place beyond the struggling self. And when the struggling self has taken over again, as you described so well, mercy for ourselves is hard to access.

In order to open the doorway into mercy, I want to share with you what oftentimes happens on my retreats. there is always someone, hopefully on Saturday morning, that speaks the same voices you are..."I am not doing this right. I will never become free"

And their willingness to be real about the core of the struggling self that we ALL share, gives everyone else the freedom to be real about where they are. So no, you are not failing at group. In fact, the opposite is true. You are learning how to be real and you have found a place where there is complete acceptance and TRUST that you are exactly where you need to be.

So when the struggling becomes too much, a wonderful little mantra is “Mercy, Mercy, Mercy”. And if you can’t do that, know that you are firmly planted in all of our hearts!

Many 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 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](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 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](mailto:info@maryomalley.com) or 425.889.5937

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

## Events

### **Mondays, June 9th-June 30th**

#### **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. 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.

## **Saturday, June 7th**

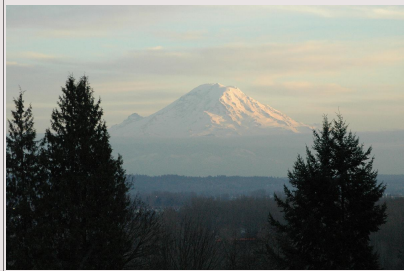
### **Living in the Here and Now** Half-Day Retreat

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.

## **October 17-19, 2008 (Note New Dates!)**

### **Living in the Here & Now** Residential Retreat

**Cost is \$295 (\$325 for deposits made after June 15th, 2008)**



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

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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](mailto: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](mailto:sumara@earthlink.net) or 206-550-2524. You can also download a brochure by clicking on [this link](#).

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