



March 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:** To resist that which we hate and fear gives it greater power. To be present to these dark states dissipates them like the sun dissolving fog revealing the gifts they always hold.

**Intention:** When I feel a dark state descending, I will take a moment to be present for it with curiosity and compassion, trusting that the gifts it holds will be revealed.

#### Featured Offering:

Mary in Washington, DC March 14th-16th

See details below



In last month's newsletter we explored the power of turning toward our experience, especially when it is something that we don't like. In order to be willing to take this incredibly healing step, we need to understand that the challenges of our lives are *for* us.

One of the ways that I like to describe this is to imagine a fierce lion, one that represents all we hate and fear. It has been chasing us our whole lives. At moments it gets so close that we can feel its breath on the back of our legs. The closer it gets, the faster we run. If we are lucky, there will be a time when we can't run anymore. We are just too tired. As we fall to the ground, ready to be devoured, the lion screeches to a halt, and we find ourselves face to face with our pain. The lion opens its mouth (to eat us, we think) and instead, on its tongue is a gift that it has been trying to bring to us for years! **Our pain has waited our whole lives for us to be present for it** and it always comes bearing gift, but we have to *look* in order to discover these gifts.

The pain in our lives may not be likable but it is trustable and ultimately benevolent. It isn't here because we've done something wrong or because Life is against us. It is here because it is our teacher. As Stephen Levine loves to say, "Pain grabs our attention!" If

we change our relationship to it from one of resistance to one of curiosity, it becomes a doorway into the healing we long for.

I had run away from my pain – fear, sadness and loneliness – for a good deal of my life, and that only made it worse. I was such a bundle of pain in my twenties that I didn't want to live anymore and tried to kill myself three times. I couldn't seem to live with my pain anymore, but I also couldn't seem to get away from it, so I asked my first honest question. "What is this pain all about?" In just a matter of months my first teacher came into my life who taught me one of the core skills of awakening – "In the seeing is the movement." In other words, When we can give ourselves our own undivided attention when we are uncomfortable, in that simple "seeing" - in that willingness to be fully present for what we are experiencing - is the movement out of that experience!

To resist that which we hate and fear gives it greater power. To be present for the darkness dissipates it like the sun meeting the fog. And it not only moves through us, it also leaves gifts in its wake. As I was present for my own fear, it gave me the gift of courage. As I made space for my anger, it revealed the gift of compassion. And I was available to my own grief, I discovered I was never alone.

The Tibetan Lama Trungpa Rimpoche goes to the heart of what we are exploring together when he says:

If there were no confusion, there would be no wisdom....

Chaos is workable...not regressive.

Respect whatever happens, chaos should be regarded as extremely good news.

Respect the upsurge of energy that is emotions, no matter what form. Nothing is rejected as bad or grasped as good.

We grapple only because we feel they will overwhelm the basic posture we have deemed ourselves to be.

Go towards the emotion, then there is no resistance. Let yourself be in the emotion, go through it, give-in to it, experience it. Then there is rhythm.

Transmutation involves going through such fear.

If we can see how much our radiance and our potential have been imprisoned by our resistance to the deep wounds we all carry, and if we allow ourselves to truly long for our spiritual vitality, we will become willing to explore our deepest of pains so that we can be truly free.

**Quote: "The pain in our lives may not be likable but it is trustable and ultimately benevolent. It isn't here because we've done something wrong or because Life is against us. It is here because it is our teacher." — 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 Offering - Mary in Washington, DC

**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 go to [Circle Yoga](#) and click on the workshops link and scroll down to Mary's workshop information to register. 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.

## Words From Our Readers

Mary ~

I have read "The Gift of our Compulsions" three times and it has not only changed my relationship with food, but has changed how I react in all areas of my life.

Thank you for sharing your gift with those of us who embrace it with open arms.

~Cindy

## 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

### **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](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

### **Mondays, March 10th-31st**

#### **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](#)

### **Thursdays, March 13th-April 3rd**

#### **Telegroup 20: 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.

### **March 14 & 15, 2008**

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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.

#### **Saturday, April 5th - No retreat**

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

There will be no retreat on April 5th due to an Adyashanti workshop in Seattle which Mary is attending. He is an extraordinary teacher of presence, and Mary invites you to join her there if you wish. For more information, go to [www.adyashanti.org](http://www.adyashanti.org) and click on the Events link.

Our monthly Half-Day Retreat will resume on the 1st Saturday of May. 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.

#### **Wednesday, April 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.

Registration will open March 1st. 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.

#### **Wednesday, April 30th**

##### **Class: Meditation Made Easy**

Meditation is easy to learn and brings many, many benefits into our lives. It calms and clarifies our minds, eases our emotions, aids in the healing process and brings us the joy of being alive. Even Oprah and Dr. Oz say that meditation brings you vitality and longevity. Come learn basic techniques that you can apply even in the busiest of lives.

This Extended Learning class meets from 6:30 to 8:30 PM at Lake Washington Technical College at 6505-176th Ave NE in Redmond, WA. The cost is \$25. To register, click on [this link](#). The Class number is COHF 022.

#### **Wednesday, May 7th**

**Class: Freedom From Anxiety:** Finding Deep Peace

Does life sometimes feel like its too much for you? Do you feel pushed, pulled, overwhelmed and anxious? In this class you will learn how to work with the energy around your worries and anxieties so you can hear and connect to your own centers of peace, clarity, creativity and joy.

Registration will open March 1st. 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 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).

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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