



May 1, 2008

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

—Eckhart Tolle

Inspiration: All of the wisdom, aliveness and connection we long for is to be found right here, right now.

Intention: Throughout my day, I will remember to be truly HERE - fully experiencing the present moment without any need for it to be different than it is.

Featured Offering:

Save \$200 on the 2009 Hawaii Retreat if you register by May 15th. See details below.



Imagine sitting on a majestic sand dune overlooking the Pacific Ocean, your mind truly quiet. There is no past or future running through your head, so you are fully available to LIFE - right here, right now. Instead of being lost in the mind that is always trying to 'do' life you are HERE for life, AS life. Every moment is new and vibrant and truly alive. And everywhere you look, you can feel this aliveness in every cell of your being.

This gives a glimpse of one of the many purely awake moments I experienced while on retreat last week in Northern California. In these kinds of moments we come *home*, with no veil of thought separating us from being truly present for life. We are all homesick for life! We feel so far away, lost in a maze of thought, and yet our *home* is right here in this moment. I go on retreat at least once a year in order to continue to clear the pathway through the maze of my mind back into life – into the here and now.

When I first began waking up to life, this ability to pull my attention out of my busy mind and bring it back to my living experience was like a faint dear trail through the jungle of thought. But slowly, as I learned how to see what my thoughts were doing rather than being lost in them, the dear trail became a pathway, then a road and now it is a freeway where, even in the middle of a very challenging day, I can see through my struggling self and reconnect with life right here and now.

Oh, the joy of that. All the wisdom, aliveness and connection we long for is to be found right here, right now. And it is always available to us as we learn how to bring our attention out of our busy minds and into this living moment. This is why I not only give myself the gift of retreat every year, but also why I lead retreats. My heartfelt intent is to create safe places where people can discover a pathway through the maze of their minds so that they can know the deep joy and peace of truly being present for life.

No matter how challenging your life is right now, LIFE is calling to you. LIFE is inviting you to see through the maze of your mind so you can become one again with the aliveness that is your birthright. In fact, let us do it right now. Lift your eyes and truly see the space you are sitting in. This is not an ordinary moment. Everything in this moment is completely brand new, even if you have been in this space a thousand times. See it through new eyes. Be present for your own life!! This is the only moment that is relevant in your life. This is where it is all happening.

Even a few moments of truly being HERE are deeply healing. Of course, the world of thought will capture your attention again, pulling you back into a maze of thinking. But that is just a story in your head – a story about life rather than the real experience. We do need thought to maneuver through life, but we also need to learn how to not be lost in it. Just a few moments each day of being present can begin to clear a pathway through the maze of your mind back into the joy and freedom of the only moment that matters – NOW.

And I find it so exciting that, with the phenomenal success of Oprah and Eckhart Tolle's web class, the opportunity to wake up is being offered to millions of people!

Quote: "Just a few moments each day of being present can begin to clear a pathway through the maze of your mind back into the joy and freedom of the only moment that matters - NOW." — 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 - 2009 Hawaii Retreat

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 again be held at [Hui Ho'olana](#), an exquisitely 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 hiking trails providing an ideal environment for inspiration and a safe haven for the

growth and nurturing of the spirit.

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](#).

Words From Our Readers

Hi Mary,

You are such a gift. Thank you. I am sharing your work with everyone I know.

Namaste, Robert

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, May 3rd

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, May 7th

Class: Freedom From Anxiety: Finding Deep Peace

Does life sometimes feel like it's 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.

Mondays, May 12th-June 2nd

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, May 15th-June 5th

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.

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 or by calling 206-362-9077.

October 25-27, 2008

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 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.

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 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.

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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](#)