



November 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.

Inspiration: When we resist the difficulties life gives us, we deepen them...Life is so much easier when we let go of resisting and open to them instead.

Intention: When I become aware that I am resisting some difficulty in my life, I will stop and say, "Right now, this is life, and it's okay."

Featured Offering:
\$200 off Hawaii Retreat
See details below.



I just returned from the fall retreat at Wellspring, an amazingly nourishing retreat center nestled in the mountains surrounding Mt. Rainier. The cells of my being are still resonating with the joy, peace and bliss of hanging out for a weekend with a group of people where we all held the intent of quieting our minds and opening our hearts so that we could be more present for this amazing adventure called life. I brought into the retreat a mantra that the weekly groups have been exploring together - "Right now, **THIS** is life." The power of this phrase is that it reminds our constantly becoming mind to let go for a few moments and simply open to life. In fact, I invite you to say this to yourself and simply be here as you are reading this newsletter. For this is the only moment that matters in your whole life! *See* where you are; *feel* where you are; *hear* the sounds of where you are. Use as many senses as you can to bring your attention into life the moment it appears out of mystery. Right now, this IS life!

When we access this place where our minds, our bodies and our hearts are all in the same place at the same time, we discover that the peace, clarity, joy and love of our true nature is always with us right now. We don't experience it very much because we are so busy with all the stories in our head. It's as if we are all standing in paradise, endlessly trying to unravel a ball of yarn!

What we did for a weekend together was to see through the conceptual world that we are so familiar with – the 'mind made me' as Eckhart Tolle calls it - so that we could again open to life. Because our minds love to struggle with life, I added three words to the end of this mantra – "Right now, this is life, and it's okay. The amazing thing is

that all the while we are struggling with life, 99% of the time life really is OKAY! These extra words at the end of the mantra spoke to what Samuel Clemens/Mark Twain was alluding to when he said, "I have been through some terrible thing in my life, and some of them actually happened."

This mantra also helped people in the retreat to see what their favorite struggles are, for there were times in everybody's experience that, when they would say that mantra, the mind would say "No way!" This is the place of our suffering. As Stephen Levine said, "Pain is a given in life; suffering is our resistance to pain." What he means is that when we fight with the difficulties life gives us, we deepen them – we turn them into suffering. The good news is, we can learn how to let go of struggling with our difficulties, even though that is what we have been trained in, brainwashed in, conditioned in. Rumi so clearly invites us into this new way of being with life in his poem *The Guest House*. He says, "Learn the alchemy that true human beings know; the minute you accept what difficulties you have been given, a door opens." Both Rumi and Stephen understand a deep truth of the human psyche: What you resist you empower; what you embrace you transform.

The invitation this month is to play with this mantra –

Right now, this is life, and it's okay.

As you do, it is going to bring two things into your life. First there will be more moments of pure connection with life. Second, it will help you to see the places and the ways in which you still resist life. In my experience, life is so much easier and much more fun when we let go of resisting the difficulties in our lives and open to them instead. As Rumi also says in *The Guest House*, "Each (difficulty) has been sent as a guide from the beyond to clear you out for some new delight!" What a wild and wonderful way to dance with life!

Quote: "Learn the alchemy that true human beings know; the minute you accept what difficulties you have been given, a door opens." — Rumi

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 - Hawaii Retreat

February 21-27, 2009

Waking Up In Paradise Residential Retreat

Cost is \$1875 (\$200 off if registered by Nov. 15th)

Travel is separate and you need to make your own arrangements.



This 6-day retreat will be held at [Hui Ho'olana](#), a beautiful retreat center on the island of Molokai. Please see details below in Events section.

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. The

link will take you to PayPal where you can make a deposit of \$500 by Credit Card. You may also pay by check. The balance is due December 1st.

Letters From Our Readers

Dear Mary,

I want to thank you deeply for your marvellous book “The Gift of Our Compulsions”.

It first came to me in august 2007 – and before I had even read just one page, I realized that this book would be something very special. Eckhart Tolle has written his recommendation on the front and on back of the cover - that is for me a sign of quality. Now - after more than one year **living** with your book, I certainly know it is true.

With love & light, Karen

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 50-minute session. (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 Kirkland, WA.

Mondays from 7:00 - 9:00 pm in Kirkland, WA.

You may visit an in-person group 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 for in-person groups is \$120 for 6 weeks (a sliding scale is available).

Tele(phone)Groups

Food 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.

Mondays 5:55-6:55 PM Pacific Time; Cost \$80/4 weeks

To register, please see listing under Events below.

Gift of Our Challenges Group

Life is like the weather – constantly changing from easy to difficult, from joyous to sorrowful. True peace comes when we can embrace it all, even the challenges of our lives. We can change our relationship to them – whether they are illness, difficult relationships, compulsions, or deep loss – and discover the healing that is always there.

Thursdays 6:00-7:00 PM Pacific Time; Cost \$80/4weeks

To register, please see listing under Events below.

Events

Saturday, November 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 or by calling 206-362-9077.

Mondays, November 3rd-24th

[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.

Thursdays, November 6th-December 4th (no group on the 27th)

[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.

Mondays, December 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 \$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.

Thursdays, December 11th-18th (only 2 group sessions in December)

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 2 sessions is \$40. 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, December 6th

Living in the Here and Now Half-Day Retreat

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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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