



October 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:** Fearing life comes from a misunderstanding of life, and trusting life comes from the truth that life is in charge of life and it is much smarter than our little egos.

**Intention:** Every time I noticed fear showing up in my mind, I will take a breath and come back fully to life right here, right now and say, "I choose to trust life."

### **Featured Offering:**

One space left in Wellspring Retreat!

Discount if registered by October 8th

See details below.



In his first inaugural speech in 1933, Franklin Roosevelt said "...the only thing we have to fear is fear itself..." This was a profound thing to say given the economic climate of that time and was intended to shake people out of their focus on their material losses. But what if that is not actually true? What if we don't need to fear fear. In fact, what would our lives look like if the voice of fear inside of us couldn't catch us in its web? This is certainly a time on our planet in which fear is up big time - financial fears, terrorist fears, fear for the future. But what would happen if, rather than being seduced by fear, we could frame this time differently?

Rather than seeing it as a time of breakdown, we could see it as a time of break-through. Yes, it certainly looks as though things are breaking down, but that is true of all breakthroughs. Think of a woman giving birth. It is challenging and it is messy and it is necessary for her body to contract in order for the baby to be born. What would it feel like to see what is happening on this planet as a time of birth - of going through the contraction of the birth passage so that we can emerge into a more aware level of consciousness?

The key to this birth is a different relationship with fear itself. Let us go back to the butterfly story we explored last year because it holds the keys to the evolutionary shift we are currently undergoing. For our purposes, the caterpillar represents the old level of consciousness this planet has been living in which is based in fear and reaction. The caterpillar is, for its size, one of the most destructive beings on our planet, and if you recognize that human beings in the last century killed over 100 million of their fellow

human beings in the name of war, it is reasonable to say that we have been in our caterpillar phase.

As the caterpillar's time comes to an end, it creates a cocoon, and in its dark embrace, the caterpillar turns into goo. Out of that goo comes a wave of what they call imaginal cells – the first appearance of the butterfly. The amazing thing is that the goo kills this first wave of cells! In other words, the old tries to kill the new. Such chaos! And if we looked at all the great evolutionary shifts on this planet, we would see that there is always chaos as the old phase is dying out and the new is being born.

This chaos of the goo killing the new cells of the butterfly causes these imaginal cells to come together into communities that begin to differentiate into the butterfly. This is the place where breakdown (the caterpillar turning into goo) becomes the breakthrough into the new expression of life called a butterfly. The butterfly *is* life transforming itself as it has done billions upon billions of times as evolution has progressed on this planet. The butterfly is a completely different kind of being than the caterpillar. Rather than being destructive, this new being gives to the world, both beauty and pollination.

I believe that the butterfly of human consciousness is being born - a much wiser, more loving consciousness - and fear is the birth contraction. We are in the 'goo phase' where our fear-based perspective on the world is now coming to an end, and more of us are beginning to see the possibility of living from a level of consciousness that is as transformative as the shift from caterpillar to butterfly. This level of consciousness doesn't divide us like fear does. Instead it unites. And at its core it deeply trusts life, so rather than living through fear and all of its reactions (that cause so much devastation on this planet), it lives from wisdom and heart. This allows us to live from the level of consciousness that recognizes we are all in this together and each person is a necessary and integral part of the human family that we are.

You are the place where this evolutionary shift is happening – right there inside of your own mind and heart. Life is asking you to relate *to* fear rather than believing what it is saying. It is asking you to move from “I am afraid!” to “That is the voice of fear inside of me.” What would it be like in your life if every time you noticed fear showing up in your mind, you took a breath and came back fully to life right here, right now and said, “I choose to trust life.” Is this a lot to ask our fear based consciousness? Yes! But fearing life comes from a misunderstanding of life. And trusting life comes from the truth. Life is in charge of life and it is much smarter than our little egos. It has created stars and planets and galaxies and waterfalls and ladybugs and you and me from light, of all things! To trust life is to step off the cliff of fear and, rather than falling to our death, discover that it is our nature to fly!

**Quote: “What would it feel like to see what is happening on this planet as a time of birth – of going through the contraction of the birth passage so that we can emerge into a more aware level of consciousness?” — 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 multimedia 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 - Wellspring Retreat

**October 17-19, 2008**

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

**Cost is ~~\$325~~ \$295 if registered by October 8th**



This 2-night retreat will be held at Wellspring, a beautiful retreat center in Ashford, Washington.

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. The link will take you to PayPal where you can pay the full amount by Credit Card. You can also pay by check.

## Letters From Our Readers

Thank you so much, Mary, for Chapter 8 of your book! I apologize for not being able to express myself better in English. I wanted to tell you I feel such a gratitude for the light you are pouring into my mind about so important and fundamental matters. For long, I knew (mentally) that it was important not to neglect "darkness", but I never read or met someone who could speak of it so brilliantly, explain it in such a clear and convincing way and make me understand and feel the reality and absolute necessity of it!

Warm regards, John

## 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](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 Kirkland, 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.

*There is no Weekly in-person Group at this time. Please see Food Compulsion Telegroup information below in the calendar section.*

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](mailto: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, October 4th

#### [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, October 6th-27th

#### [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.

### Wednesday, October 15<sup>th</sup>

## **Radio Interview**

On October 15th, I will be interviewed on The Coaching Show on WSRadio at 8:30 AM. To listen, go to <http://www.wsradio.com/>.

## **Thursdays, October 9th-Oct. 30th**

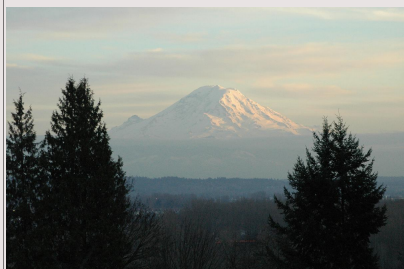
### **Telegroup: The Gift of Our Challenges**

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 - \$295 if registered by October 8th**



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](#).

## **February 21-27, 2009**

### **Waking Up In Paradise Residential Retreat**

**Cost is \$1875**





*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](#).

[Back to top](#)

**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](#)