



February 1, 2010

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:

Our challenges are not here because we have done something wrong...they are tailor-made to bring us to awakening.

Intention:

Whenever I notice that I am judging myself wrong, I will open my heart to myself and become curious about what this challenge is here to heal.

Featured Offering:

I invite you to love and cherish both the light and the shadow in yourself this Valentine's Day



Before we can begin to be curious about what we are experiencing and bring it the healing of compassion, which is the doorway to our freedom, we need to allow the possibility that our challenges are not here because we have done something wrong.

The belief that we are wrong is so deep in our psyches that at first it may be difficult to let in the truth that our challenges are here because they are tailor-made to bring us to awakening. I am not saying that we haven't done unskillful things in our lives, we all have. But we have a choice in how we relate to our unskillfulness. To judge ourselves keeps us caught in an ongoing prison of struggle. To bring understanding and compassion opens us to the freedom of connection and joy.

In order to make this shift, we need to understand that everyone makes mistakes and everyone judges themselves for doing so. I have worked with people for over 20 years and have never met anyone, including internationally known teachers, who don't have

to work with the feeling that they have done things wrong and thus are wrong. The more I awaken, the more I realize the truth in the Grateful Dead song *Scarlet Begonias*, “I have seldom been right but I have never been wrong.” Or as I like to say it, “With all of the mistakes you have made, you have never made a mistake.”

How can this be true? In Lynn Andrews’ Medicine Woman series, Agnes Whistling Elk says, “Everything begins with a circle of motion. Without the positive and negative poles, there would be no movement and no creation. Without your shadow side, your beauty would not exist!” For years I couldn’t allow this truth in. I couldn’t accept that I was made out of both dark and light, strengths and weaknesses. I believed that I had done wrong and thus I was wrong. It also appeared to me that everybody else had it together and I did not. It was like an oozing wound inside of me that kept being re-opened by my judgment and shame. When I finally saw that I was wounding myself where I was the most wounded, I began the slow opening of my bruised but tender heart.

For just this moment, allow in the mercy of realizing that at every step of the way you have done the best you knew how. Let go of “I should have done better,” and let the healing of compassion in. We are all wounded in some way or another. And when these wounds are brought close to the surface through the ups and downs of life, we all react in unskillful ways. The way out of this morass is to let go of blame. As we discover a more compassionate relationship with both our strengths and our weaknesses, the storms of struggle will calm down enough for us to hear the voices of wisdom inside of us that know the path to the healing we are longing for.

Be light, Mary

Quote: “Everything begins with a circle of motion. Without the positive and negative poles, there would be no movement and no creation. Without your shadow side, your beauty would not exist!” — Agnes Whistling Elk

To learn more about this work, please visit our website at www.maryomalley.com

Also, please click on the [Your Gift Movie link](#) in the left sidebar of my website homepage to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Blog link](#) to read messages from me and reply or ask questions.

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Words From Our Readers

Mary,

I just have to deeply thank you today.

I have been meeting myself in mercy, and I have just stumbled across the *experiential knowing* that truly it has never been the externals in my life that have ever hurt me...it has only ever been me. Me, in that I did not meet myself in love and compassion. It is as obvious now as the nose is on my face!

I feel in this moment I am just a babe, on the edge, or better said - the beginning of something. There is this subtle (but yet huge) *knowing* that this is the birth of fearlessness, and its implications are perhaps more profound than I can even grasp in the moment.

Thank you for the grace of your work in my life Mary. It is moving me in ways that are too sublime and subtle for words. Love is close, but Love that is much richer - fuller...embodied.

With deep Gratitude!

Kristen

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 \$105 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.

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

Events

Please go to our [Events Calendar](#) for details

Saturday, February 6th

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

Thursdays, February 4th-25th

Telegroup: The Gift of Our Challenges 6:00-7:00 PM Pacific Time

Saturday, March 6th

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

February 20-26, 2010

What's In the Way Is the Way a retreat co-facilitated by
Mary O'Malley & Neale Donald Walsch

Cost is \$1975 for the retreat, room and meals.

Please follow title link for more information and to register.

Wednesday, April 7th

Class: Happiness Is Good Medicine

7:00 PM Evergreen Healthcare, Kirkland, WA

To register, please go to our [Events Calendar](#).

April 18-24, 2010

Awakening In Paradise

A Women's Retreat in Bali with Mary O'Malley

Cost is \$1475 for the retreat, room and meals. Please follow the title link for more information and to register.

For more information about Awakening, please follow the links below. To unsubscribe, click on the link at the bottom of this email.

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