



March 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 everyday mind is a problem-factory, addicted to making problems out of everything. But when we see this, it will let go, allowing us to open to life.

Intention:

Whenever I notice that I am caught up in my mind's problem-factory, I will acknowledge it and then open and respond to whatever is showing up.

Featured Offering:

Save \$200 on Mary's Bali Retreat if you register by March 18th



I am sitting quietly in my hotel room in Honolulu as the dawn is beginning to flood the room with its presence. Yesterday, the retreat I co-lead with Neale Donald Walsch at the Hui (a little bit of paradise on the island of Molokai in Hawaii) came to an end, though its effects will reverberate through me and through everyone who participated for years to come.

It was such a joy to be part of a group of people from all over the world who, through the week, opened to themselves, to each other and to life. As one man said at the end of the retreat, "If people could receive just a glimpse of what we connected with together, our world would be healed."

One of the things we worked with is the realization that our everyday mind is a problem-factory. We noticed that it seems to be addicted to making problems out of everything, putting a veil between us and the direct experience of life. As people recognized their problem-factories' favorite stories and let them go, they discovered that they were able to be more HERE for Life!

I had a couple of wonderful opportunities to see how deeply I had moved beyond my problem-factory's deepest stories. The first was teaching with Neale. We had never taught together before and hadn't even spent much time together. There was a moment the day before the retreat when my problem-factory said, "I don't know how to do

this!” So I reminded it that Life would do it, and it (reluctantly) let go. And both Neale and I were delighted with how the retreat simply flowed.

The other opportunity was after the retreat. I arrived at the Molokai airport for my flight to Honolulu at 4:30, and it didn’t take-off until around 9:00 PM. I was tired after having led a 6-day retreat. In addition, the chairs in the tiny airport were hard, my back hurt from sitting so much during the retreat, and there was no food available. But rather than going into problem mode, I simply stayed open to Life as it was appearing.

After finally checking in to my condo in Honolulu, I went to bed around midnight with the intention of having a nice, long sleep. But at 6:19 AM, a blaring – and I mean blaring – sound woke me out of a deep sleep. It was the tsunami warning, and I (along with everyone else in the building) was thrown into the unknown – something the problem-factory thrives on! We didn’t discover until 8:30 that we were not going to be evacuated, so the problem-factory had some time to work on all of us, but again I was able to stay open.

As we all waited for the tsunami, I took a walk on the beach (as we had hours before the waves were to hit) and there I met a man from the retreat who was having the same experience, opening and grounding into what was unfolding. This opening and grounding is more than just letting life happen. It is a place from which to live life where, since we are not making whatever is showing up into a problem, we can respond rather than react, and it makes an amazing difference in our quality of life.

As you all probably know, the tsunami thankfully did not do any damage in Hawaii. And its gift to me was to see over and over again the power of getting to know our own problem-factories so that the veils of struggle lift from our minds and are able to be truly present to and for Life – such joy!

Be light, Mary

Quote: This opening and grounding is more than just letting life happen. It is a place from which to live life where, since we are not making whatever is showing up into a problem, we can respond rather than react, and it makes an amazing difference in our quality of life. Mary O'Malley

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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Featured Offering

Awakening In Paradise - April 18-24, 2010

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

\$200 off if registered by March 18th. Please click on the title link for more information and to register.

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

Thursdays, February 4th-March 11th

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

Thursdays, March 18th-April 8th

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

Saturday, April 3rd

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

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 \$1675 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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