



April 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:

Imagine getting up in the morning trusting that life is truly for you – knowing everything that happens as the day unfolds is either an invitation to be fully here with the great river of life or an experience that reveals the particular brand of struggle you are addicted to that keeps you caught in the world of your mind.

Intention:

When I wake up tomorrow morning, I will hold the intention that whatever life brings me is exactly what needs to be here to release me from my struggling self, and bring me back into the joy of being fully alive - fully engaged with the life I have been given..

Featured Offering:

Know that life is *for* you!



April 1st is known as April Fool's Day, a day for pranks and jokes. But what if the greatest joke is something that most of us don't recognize? What if all of the struggles we have been living are just a game in our minds that cuts us off from life? What if we could truly trust life? I know that sounds like the last thing we could ever do, but I am here to tell you that it is not only possible, it is the truth!

I am not saying that there aren't challenges in our lives because we all have them. It is the stories in our minds around our challenges that are an illusion. We deeply upset ourselves over fears about what may happen and ideas about what should or shouldn't happen. The truth is, we are addicted to struggling with life, endlessly trying to unravel an imaginary ball of yarn while we are standing in paradise!

Author Andrew Harvey was once told by a Tibetan Lama, "When you finally see what

is really going on, you will nearly die laughing!” Paradise is this living moment without any conversation attached to it. It is simply direct contact with life, which we are all deeply hungry for. Imagine getting up in the morning trusting that life is truly for you – knowing everything that happens as the day unfolds is either an invitation to be fully here with the great river of life or an experience that reveals the particular brand of struggle you are addicted to that keeps you caught in the world of your mind.

Can you feel what a relief it would be? You wouldn’t need to argue with life anymore. You wouldn’t try to control it, second guess it or even feel a victim to it. You would be fully engaged with it, letting go of the steering wheel of control. When we struggle with life, we tighten, cutting ourselves off from the joy of being alive. When we stay open to whatever comes our way, we feel exhilarated by the ride. That is the place we can live from as we see beyond our addiction to struggle and instead, open to the great adventure called life.

As you read this, your mind may be coming up with thoughts of resistance. It may even be saying that it must stay in control or nothing will happen or that bad things will happen. I know those are a very seductive ideas, but they come from our disconnection from life that stops us from noticing the great and vast intelligence that is life and its essence which is Love. Struggle will never bring us the peace we long for. Softening and opening into life will.

How do you discover that the safest thing you will ever do is show up for life as it is? Here is an invitation. When you wake up tomorrow morning, hold the intention that whatever life brings you on that day is exactly what needs to be there to release you from your struggling self and bring you back into the joy of being fully alive...fully engaged with the life you have been given.

You can also spend the day noticing that when your mind tries to control life, it inevitably tightens you – tightens your body, your mind and your heart. When you notice yourself struggling with life, take one deep breath and say to yourself, “Right now, THIS is life and it’s okay!” Know that the willingness to stop arguing with life and to stay open to it instead brings more ease into your life.

In order to stay open to life we do need to change our relationship to discomfort because many moments of our lives are challenging and even painful. More and more of us are learning how to open to the wonderful moments of life, but we haven’t been taught how to stay open in difficult times. If you are interested in exploring this further, here is a link to a chapter in my book *Belonging to Life* called “[The Fertility of the Dark](#).” For now, what I can say is that our difficulties are not what they look like on the surface. Whether it is a stomach ache, heartbreak, or even a terminal diagnosis, our difficulties are doorways into the aliveness and joy we long for.

I am off to leading a retreat in Bali. I will hold you all in my heart and know that whatever comes your way is for you!

May we all be fully alive in each moment! --Mary

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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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From Our Readers

Hi Mary,

After many years of being tucked away, dusty and partially hidden on my bookshelf, I am re-reading *Belonging to Life: The Journey of Awakening* which I purchased from you just after you had it printed. I am enjoying it even more now as I read it slowly, digest it in small segments, and ruminate upon it in the wee hours of the morning. The personal reflection and introspection brings me the peace, joy, and solace that I remember from reading it the first time.

I just wanted you to know that I am thankful for your work and am happy to see that you are continuing to share your knowledge and mission with all of us that find it so valuable.

--Harry

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, 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](#).

Saturday, May 1st

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

Thursdays, May 6th-27th

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

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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