



May 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:**

*The peace and joy you long for are always with you, and always have been - right here inside of you!*

**Intention:**

*I will take time everyday to just be quiet for awhile by sitting in meditation or walking in nature or listening to peaceful music - whatever helps me to quiet the busyness of my mind and open my heart.*

**Featured Offering:**

***New Gift of Our Challenges Tele-group starting Thursday, May 6th  
See Events below***



joy of simply recognizing the common heart we all share.

I just returned from leading a six-day retreat in Bali and I am still being nourished by its amazing presence. I have never been any place in the world where the openness of life - the aliveness and vibrancy of life - is so available. The essence of the heart is truly alive there. With most all of the Balinese I met, their hearts poured out of their eyes, and they were not afraid to connect with me, eye to eye, heart to heart. It constantly brought up joyful laughter in me to be walking down a path or street and to connect that deeply with a 'stranger.' And most were willing to stay with that connection as we passed one another, smiling for the pure

That same quality of heart is fully alive in the land of Bali. In my imagination, I am sitting on the porch of one of the beautiful buildings of Nirarta where I led the retreat. These buildings cascade down the side of a hill that is overlooking a mountain-ringed valley terraced on both sides with rice fields. The new spring rice is a vibrant green and the sound of cascading mountain streams, geckos and the tropical birds is the sweetest music. The land is saying over and over again, just be open to life. It is safe!

The Balinese people go about their day as they have for hundreds of years, carrying things on top of their heads and tilling the land with hand tools. There is a profound thread of gratitude and reverence all throughout Bali. You go to sleep at night with flower offerings on your bed, your sink, and your shower, and you wake every morning to beautiful flower and food offerings that are left everywhere in gratitude for all that life gives.

In my times alone during the retreat. I was reading the book “My Stroke of Insight” by Jill Bolte Taylor, the story of a neuroscientist at Harvard who had a stroke at the age of 37. She describes how she watched as her left brain went “off-line.” The left brain is where our every day identity lives - our ability to talk and make sense of life. With the left brain we see ourselves as an individual, separate from life. It is also where our ego lives with the mind chatter of all our stories about who we are and what life is, and it usually runs on an undercurrent of fear.

As her left brain became incapacitated, her right brain came to the fore. She experienced the bliss of being connected to something that is greater than her limited, time based perception. She felt spontaneous and carefree and knew without a shadow of a doubt that everything was okay (even having a stroke!). She knew that she was one with everything and felt the compassion of understanding that we are all in this together.

As her left brain slowly came back on line after the stroke, the most amazing thing she came to understand is that the neural pathways of anger, despair, fear and shame live in the left brain. Each has its own neural circuitry, and we have the choice to feed those circuitries by identifying with them or not. But she is also saying that the bliss and joy and ease of the right brain are not produced by neural circuitries. It is the *essence* of our right brain, so we cannot turn it off and on. It’s ALWAYS there. We just don’t notice it because the left brain is so darn noisy! What she is saying is what mediators have been saying for eons – as we learn how to quiet our left brain (hopefully without a stroke!) our natural essence of peace and joy that lives in the right brain can be known.

I guess I could say that Bali is a right brain place – a place that says, “Be open to life.” Everything you long for and everything you truly are is right here, right now. Now most of us probably won’t be going to Bali anytime soon, but I invite you to know that the peace and joy you long for are always with you and always have been, right here inside of you!!

Be light, Mary

**Quote: “Everything you long for and everything you truly are is right here, right now.” — Mary O'Malley**

To learn more about this work, please visit our web site at [www.maryomalley.com](http://www.maryomalley.com)

Also, please click on the [Your Gift Movie link](#) in the left sidebar of my web site 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

Hello Mary,

I just read "The Gift of Our Compulsions", and it was wonderful. Like many on the path, I have read so many books and gone to a lot of workshops, etc, but nothing touched me like your book. For the first time in my 50 yrs, I can see hope for learning to love myself and others.

Bless you dearly for giving us the gift of your book, your love. Thank you.

--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 \$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](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.

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

## Events

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

**Saturday, May 1st**

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

**Wednesday, May 19th**

**Class: Freedom From Anxiety**

7:00 PM Evergreen Healthcare, Kirkland, WA

To register, please go to our **Events Calendar**.

**Thursdays, May 6th-27th**

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

**Saturday, June 1st**

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

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