



June 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:

My life is an adventure that I can slowly and surely learn how to show up for.

Intention:

I will cultivate an open heart and a curious mind with which to meet and flow with the bends and rapids in the river of my life.

Featured Offering:

Free Download of Trusting Life: All of It audio file
(Link is at the end of message)



Imagine walking through the woods lost in thought, when suddenly and very faintly you begin to hear the sounds of running water. The sound touches you like music. It calls to you. Then imagine coming out of the trees and finding yourself standing on the banks of a river that is cascading over moss covered boulders. If you are like me, the image of that nourishes me to my core.

Why does moving water touch us so deeply? It may be because water flows! To watch a river is to see a glimpse into what life is really like – a great river of dancing energy that has been flowing and creating for almost 14 billion years. Rivers call to us because they remind us of this flow of life and our longing to trust it. But we have lost our trust in life and spend a lot of our time trying to control it, hanging on to branches along the banks of the river that is our life. And because we get more battered doing that, we oftentimes just get out of the river, sit on the bank, and become half-alive.

Both of these strategies for controlling life - trying to make it be a particular way and

then disconnecting when all of our attempts to control don't bring us the peace we long for - are how most people navigate their lives. And these strategies only bring us suffering because they are a form of resistance, and resistance tightens our minds, our bodies and our hearts which causes us pain. One of the greatest truths of life is that it ultimately hurts us more to resist life than to consciously show up for its flow. We can learn to trust life so that our main focus shifts from trying to change it to opening to it. The way to experience this is to soften our bellies, open our hearts, and use our minds to be curious about life rather than always trying to make it be different than what it is.

I wake up every morning and say to life, "Where do you want to take me?" My life is an adventure that I am slowly and surely learning how to show up for. Can you feel the joy of that? Can you hear how that takes you out of struggling with life and invites you to engage with it, as it is, rather than trying to make it be a particular way? At the same time, can you feel how that scares your conditioned self because it feels like it has no power and no choice? But that is just the fear-based mind that doesn't understand that the greatest power you will ever discover doesn't come from managing life. It comes from engaging with life, right here, right now. I assure you, having been somebody who got out of the river, dug a big hole in the ground and crawled into it, that the safest thing you will ever do is reenter the river.

Yes, the river has rapids, and whirlpools and waterfalls, but as you awaken to life, you begin to have an entirely new relationship with your daily river – you begin to pay attention. Attention is like putting a life vest on your heart (being willing to be as kind and compassionate with yourself as possible) and stepping into the river of life, keeping your feet pointed downstream (as they recommend if you fall overboard on a river rafting trip) so you can see what life is doing right now. Very quickly it becomes clear that the river is always changing, but it is nothing to be afraid of – in fact it can be fun! With a curious mind and open heart, you can feel the currents of life and respond to anything that comes your way. You become able to listen to yourself and know what you need to do, say or be in any part of your life.

It can be scary at first to open into the unknown. But once you recognize as illusion the belief that you can control life, and that this brings far more suffering than showing up for life, you will begin to be curious about what the next bend in the river will bring. If waking up every morning with a sense of adventure in your heart speaks to you (even when life is moving you through whirlpools and stage five rapids!), I offer you the gift of a free download of my MP3 audio file [Trusting Life: All of It](#).

Let me know how it touches you.

Be light, Mary

Quote: "With a curious mind and open heart, you can feel the currents of life and respond to anything that comes your way." — Mary O'Malley

To learn more about this work, please visit our web site at 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.

To view previous newsletters, please click on the link [Newsletter Archives](#).

If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

From Our Readers

Dear Mary,

It's always wonderful to get your newsletters. I look forward to them and your special wisdom.

I was feeling rather anxious this morning, and reading your newsletter reminded me "Today I will be curious about whatever I am experiencing," and this put me at ease. Such a simple statement that brings me to the present and helps me to let go of future concerns that haven't yet arisen - and may not!

Kind Regards
Michael

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, June 3rd-24th

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

Saturday, June 5th

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

Sunday, June 6th

Tacoma Unity Church: "Being Fully Alive"

Mary will be speaking at the Sunday Services at 9:00 & 11:00 AM. For Directions, go to <http://www.unitytacoma.org>

Mondays, June 7th-28th

Telegroup: Being Fully Alive 6:00-7:00 PM Pacific Time

Saturday, July 3rd

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

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](#)