



July 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:

We are ready for a new consciousness – one that does not divide but that unites instead. It bows in wonder to the awesome mystery of this living moment and realizes that recognizing the sacredness of everything transforms all that we turn our attention to.

### Intention:

I will notice when my mind goes into fear or blame and will choose to respond from my heart instead, recognizing that Life is in charge.

### Featured Offering:

Free Download of eBook  
The Magical Forest of Aliveness  
(Link is at the end of letter)



Here we are on day 71 and the oil is still gushing into the Gulf. What happens inside of you when I say that? Most of the time, most of us would tighten, going into fear, judgment and blame. But what would happen if you didn't do that? What would happen if instead of turning this into a disaster in your mind, you could see it as an important part of the shift in consciousness that is happening on this planet? Yes, on one level it is a disaster, and we need to do everything we can to help heal what is happening in the Gulf, but does reacting to it with fear and blame help anything?

The ego will say "yes," but reacting never brings us the healing that we want. It is the never-ending churning of our dualistic mind that says, 'This is good/this is bad, this is right/this is wrong, this should be/this shouldn't be.' This keeps us caught in the endless game of struggle and causes us so much pain. We can see it in our stories around the Gulf situation and we can see it in our daily lives. The ego loves to turn

everything into a problem, and it says that all we have to do is blame or resist or get rid of this problem and then everything will be okay. But if you are honest with yourself, you will notice that the mind always comes up with another problem.

We have a choice about how we are going to respond to what is happening in the Gulf – from fear and reaction or trust and vision. To make this shift from reaction to response, we need to see that all great evolutionary shifts have happened in the midst of chaos, as the old way is dying and a new is being born. This has occurred countless times on our planet, and right now you and I are living in the middle of one. In fact we are the evolutionary shift. The shift is happening inside of us. We are being moved out of an old way of perceiving that says controlling and struggling with life will bring us the safety we long for. This old way of perceiving does not recognize the sacredness of our planet and it believes that getting ‘more’ (whether it is money, food, sex, success, etc.) will bring the peace it promises. This old paradigm also believes in ‘them’ and ‘us’. ‘We’ are doing it right and ‘they’ are doing it wrong. All you have to do is look at politics to see this soul crushing game of our minds. We have a choice whether to resist or to allow ourselves to be moved into a new way of seeing.

We are ready for a new consciousness – one that does not divide but that unites instead. It bows in wonder to the awesome mystery of this living moment and realizes that recognizing the sacredness of everything (including oil spills) transforms all that we touch. It also sees that this moment in which you are reading this newsletter is enough. In fact, nothing you can try to add to your life will be more satisfying than true connection with right now. It also recognizes that there is no ‘them’ and ‘us’. We are all in this together, floating on a tiny blue green jewel through vast oceans of space.

We have to think ‘big picture’ to step out of the old way of perceiving and understand what is asking to be born inside of our minds and hearts. As Brian Swimme, once said, “If you could fast-forward time, you would see that mountains are galloping across this planet.” If we can imagine mountains galloping, we can expand our awareness enough to see that life is waking up. We are part of the Earth, and we are finally becoming conscious. And what is happening in the Gulf is part of that. It is a call to a level of consciousness that sees the intelligent oneness of everything.

Can you allow it to wake you up out of fear and into trust, into the knowing that life knows what it is doing? Can you allow it to wake up inside of you the place beyond ‘them’ and ‘us’ and realize that we are just characters in this theater of awakening that is life? Can you see what your ego is doing right now with this invitation into true consciousness?

So I invite you to notice when you go into fear. That is old paradigm. Yes, I know, it feels like the earth is bleeding in the Gulf coast, and she is. But we are like a man who has discovered that he has an aneurysm in his aorta and it has been caught early enough that it can be taken care of. Yes, what is happening in the Gulf is devastating but it is also our wake-up call.

And I ask you too to watch your mind wanting to blame – really, really old paradigm. What would happen if we knew that everybody on the chain of command was supposed to act in a way that caused this oil spill as a part of this paradigm shift? Can you feel how it takes you out of reaction? Can you see from non-reactive space that you can go into vision rather than struggle mode? And from that place, instead of adding more to the disaster through your reactive mind, you can now respond?

The Dali Lama was on the Today show a month or so ago and the interviewer asked if he thought humanity was getting better or worse. And he said absolutely better. He cited the fact that even 50 years ago if there was a major disaster somewhere in the world, basically the people in that region dealt with it. Now the whole world responds. Can you see our shared heart in the response to the Tsunami in Thailand and the earthquake in Haiti? Can you imagine a response of the heart to the oil spill? THAT is the evolutionary shift. It doesn't mean that things don't need to be done. We all, whether we are a person, a company, or a government need to learn from our mistakes (mis-takes). But let us leave the fear and blame out of it. Let us move into the new level of consciousness that works with what is unfolding in our lives rather than resisting or blaming. For whether we see it or not, Life is in charge, and Life knows what it is doing!

Be light, Mary

Here is the link to [The Magical Forest of Aliveness](#)

**Quote: “Let us move into the new level of consciousness that works with what is unfolding in our lives rather than resisting or blaming. For whether we see it or not, Life is in charge, and Life knows what it is doing!” — Mary O'Malley**

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

Dear Mary,

I have heard and read and talked about the mercy and acceptance of our own selves with other teachers, and my mind can/could go with it all, but the depth of your message

touches me so deeply. To accept myself every morning with mercy caresses my very being, and your words have touched me - moved me so very gently to enable me to make this shift and to feel the peace it can bring. You have been there and done that, and that is what did it. Thank you and bless YOU! I hope I one day have the Trust in Life and my Self that you do - that you have shown me. Thank you for supporting me in taking the first step.

with Love,  
Eva (from Germany)

## 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

### Thursdays, July 1st-22nd

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

### Saturday, July 3rd

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA  
Potluck and music following for those who wish to stay.

### Thursdays, July 29th - August 12th

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

### Saturday, August 7th

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

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[www.maryomalley.com/current\\_mailing.htm](http://www.maryomalley.com/current_mailing.htm)

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