



August, 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 didn't know how to deal with all of the feelings that arose inside of us as we were being conditioned into unconsciousness when we were children, so we learned to hold our breath, tighten our bodies, and retreat to the world of our minds, thinking about life rather than being present for it.

Intention:

Instead of always trying to do life, for just this moment, I will feel what it would be like to show up for life exactly as it is appearing, including all of the deep feelings I have been trying to manage my whole life.

Featured Offering:

New Telegroups
(Please see Calendar)



Last month we explored the possibility of seeing what is happening on our planet from that place of wisdom inside of us that recognizes that life knows what it is doing rather than from the victim place that fears, rages and despairs about what is going on. This allows us to respond rather than react to what is unfolding. As Trungpa Rimpoche once said, "Without confusion there would be no wisdom. Respect whatever happens. Chaos should be regarded as extremely good news."

This month, let us bring it closer to home. What would it be like if you truly trusted your life – the state of your health, your emotions, your mate, your boss, your best friend – in other words, trusted exactly what is happening? Rather than arguing with life, you showed up for it, knowing that it is for you. What do I mean by that? When we first arrived on this planet, we were wide open fields of energy. Life flowed like the clouds in the sky. Then, over time, we were hit with bombs full of shrapnel made out of conditioning from our parents, our siblings,

teachers, next door neighbors, television and religious authorities.

We didn't know how to deal with all of the feelings that arose inside of us as we were being conditioned into unconsciousness (anger, fear, sadness, self judgment, confusion, despair are some of its core building blocks), so we learned how to hold our breath, tighten our bodies, and retreat to the world of our minds, thinking about life rather than being present for it. And the free-flowing aliveness that we were - the joy that is inherent in young children - was turned down, just like a light on a dimmer switch. We got caught in trying to manage our lives to avoid waking up the deep holdings we carried inside of ourselves. And that is suffering! We try to control life rather than being fully here for it, while the shrapnel influences us from underneath our everyday awareness.

Instead of always trying to do life, feel what it would be like to show up for life exactly as it appears, including all of the deep feelings you have tried to manage your whole life. You would understand that life is bringing you the perfect set of experiences you need in order to bring your shrapnel close to the surface so it can be released. It is a huge step in awakening when we stop arguing with life and instead are curious about what any given situation brings up inside of us. At that point, we have moved out of the victim mode and into consciousness. Even if it is just a moment of being curious about what is happening right now, it is a moment of consciousness and it is powerful

The next step is to bring our focused attention into exactly what is happening inside of us, especially in difficult situations. What do I mean by that? Let me use an example from my own life which is in an interesting phase right now. A couple of months ago I began experiencing an intense pain in my left hip. Not knowing what it was (hip dysplasia), I continued walking on it, then limping, then a cane, then crutches and now a scooter. Needless to say, my activities have become very limited. In addition, I can't sleep at night because of the pain, have to ask for lots of help (my conditioning has a very hard time with that), and last week my daughter was scheduled to testify in her rape trial. Needless to say, there are lots of deep feelings racing through me right now.

When I get caught in my head, resisting what is going on and falling into the victim mode (which hates and fears this experience and truly feels sorry for itself), I suffer. But I only spend short periods of time in that reactive place, and quickly I return to consciousness by bringing my attention into my immediate experience. I am able be present for levels of despair, anger and fear that have been waiting my whole life for me to wake up enough to give them what they need – my loving attention – so they can be freed. When I am that present, not leaving myself when I most need myself, it brings up waves of joy and gratitude. If this intrigues you, you can read the chapter on *Treasure Hunting with Sensations* from my book, *The Gift of Our Compulsions* by clicking on [this link](#).

So, I may not like this time of my life, but I deeply appreciate and respect it. Life is giving me the opportunity to release some very deep holdings I have carried around my entire life. Much shrapnel has arisen in my mind and has been met in my heart. And the

free flowing aliveness I knew as a child is now dancing through my whole body. Such gratitude!

Be light, Mary

**Quote: "It is a huge step in awakening when we stop arguing with life and instead are curious about what any given situation brings up inside of us."
— 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.

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From Our Readers

Dear Mary,

I hadn't gotten one of your newsletters in a long time. What a wonderful surprise it was, and this really touched me. Funny how I am sitting here with a broken leg. I am extremely active, and for the first 10 days I resisted this process. I could not accept this had happened to me.

Today, after much prayer and fussing, something finally lifted and decided to enjoy this time of not doing anything. I started working on some computer projects that I am passionate about without any guilt.

So....how appropriate that I receive this newsletter and it just hit it all on the nail for me. Thank you, Mary. I am going to copy this and paste it and share it with my friends and family.

Many blessings to you, Clara

P.S. - I want you to know that I read The Gift of Our Compulsions twice and it is a great book. I have given it as a gift to many friends as well. You are a blessing.

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

Mondays, July 26th-August 9th

Telegroup: Being Fully Alive

5:55-6:55 PM Pacific Time

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

Saturday, September 4th

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

Mondays, September 6th-27th

Telegroup: Being Fully Alive

5:55-6:55 PM Pacific Time

Thursdays, September 9th-30th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

For more information about Awakening, please follow the links below.

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