



October, 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:**

When we meet our own experience in curiosity and kindness, whatever we are experiencing relaxes because it is being heard.

**Intention:**

When I feel anxiety or fear, or even just a subtle unease about something in my life, I will listen to my feelings and meet them with kindness in my heart.

**Featured Offering:**

Join a Telegroup and share awakening with others of like-mind!  
(Please see Below)



I can walk! For the first time in three and a half months I can walk....little steps.... but what a joy. During this time of being deeply challenged, I have been given so many gifts. A friend sent me a quote: "We are all faced with a series of great opportunities brilliantly disguised as impossible situations!" Well, this whole journey with my hip was experienced many times as an impossible situation, but as I stayed with it, moving from reaction to listening, it brought many gifts into my life.

I would say that one of the core gifts I received is a deeper ability to be *IN* my body, listening to its network of deep wisdom. Our bodies are highly intelligent systems (100 trillion cells all working together without a thought from us!!!) and they are speaking to us at all times, guiding us along the path of life. We can only tap into this intelligence if we are listening, but most of us don't. We have been trained to see our bodies merely as tools for maneuvering around life. Acting from this perspective, we do things that hurt it – eat unhealthful foods, over-exercise, work it too hard, get insufficient sleep, use drugs and alcohol unskillfully, etc., and then we get mad at it when it doesn't do what we want it to do. It's like we all need

relationship counseling with our bodies! That's what this hip thing was for me.

Now I *LISTEN*, recognizing that I have deepened my relationship with one of the best friends I will ever have – my own body! And as with all healthy relationships, we want to be kind. So the more I listen and the more I treat my body with kindness, the more it glows in this deepening relationship, and I get to experience the bliss of a body that is heard and loved.

I now eat and walk and sit with much more kindness. And I am continually feeling gratitude for the amazing gift of a body. I don't take even the most basic things for granted. Imagine all of the people on this planet that can't walk, and yet we who can walk hardly ever give it a thought. Think about all the people who can't see or hear, or speak, or eat, and yet most of us can! It is truly one of the great joys of life to live in gratitude for these basic and simple things.

Another core gift was to become much more conscious and kind with my own fear. We don't see that the mind we live in most of the time is run by fear. It oftentimes doesn't look like fear for it shows up as a subtle but very powerful urge to make life be a particular way. (I need to lose weight, be more successful, not procrastinate or be so shy or so talkative, etc.) If you live in a mind that always wants you and your life to be different, you can't be here for the joy of being alive right here, right now!

At times this subtle unease amplifies into anxiety and even into full-blown fear. But that is not necessarily a bad thing. When fear is strong, we can learn how to relate to it rather than from it, freeing ourselves up from the deep grip it has on our minds. My seemingly endless sleep-deprived nights, when there was nothing I could do to get away from the pain, flushed out the deeper stories of fear that I carry. Not only could I see them more clearly, but I could touch them more deeply with the healing balm of my own heart. It is an amazing gift from life to learn how to see fear and to meet it in tenderness. And something happens – something very, very healing happens – when we learn to no longer fight what is going on inside of us and, instead, listen to it with kindness.

When we meet our own experience in curiosity and kindness, whatever we are experiencing relaxes because it is being heard. Isn't this exactly what happens when we are feeling out of sorts and a friend simply listens to us? The same is true for all of our feelings. It doesn't matter whether what's arising is a feeling of fear, sadness, anger, confusion, overwhelm, self pity, anxiety or even doubt. They all just want to be acknowledged, listened to and touched with our hearts.

So life is more precious now. And all of this was brought forth through deep pain. Pain made me rethink how to be with my life. As many great myths tell us – the treasure is hidden in the places where the hero (all of us) most doesn't want to go!! May we all come to know that even the deepest of challenges we experience are *for* us, helping us to recognize the phenomenal power of meeting our experience with curiosity and compassion.

Be light, Mary

**Quote:** Something happens – something very, very healing happens – when we learn to no longer fight what is going on inside of us and, instead, listen to it with kindness. 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.

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.

## Join a Telegroup

If you would like to share your process of awakening (and falling asleep!) in a supportive community of others of like-mind, facilitated by Mary, we invite you to join the Monday telegroup which meets from 5:55 to 6:55 PM Pacific Time or the Thursday group which meets from 6:00 to 7:00 PM Pacific Time. For details go to our [Events Calendar](#), and to register, click on the link to the desired Telegroup there.

## From Our Readers

Dear Mary,

Thank you so much for your truthful and enlightening email. As you put it so well--in awakening there are no accidents. I totally agree with you that the misunderstanding you addressed was a perfect opportunity that life gave me to recognize, understand my internal feelings and bring them to consciousness.

Recently there was an incident that really hurt my feelings. A person I respect greatly said something to me in front of others that was quite upsetting. It shook me so badly that I left. But your timely email was an eye-opener for me. It made me search as to what feelings arose inside me. I felt very hurt and rejected. I must have felt this as a child and it all came to the surface in this situation. So I know your email to me was no coincidence. These feelings of hurt and rejection must be aspects of my struggling self which I took on when I was very young, and they still erupt and keep me feeling separate and isolated.

If not for your email, my immediate reaction would have been to protect this struggling self by avoiding this person, but after reading your kind email, I knew intuitively that this is not the solution. In fact, I really have to pay attention to these

disturbing psychological states rather than covering them up as I have done in the past.

Currently I am reading both your books and I would really love to meet you someday to help me go deeper. I am really happy that you have asked me to use these situations to bring more consciousness into my life.

--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, October 2nd

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

### Mondays, October 4th-25th

Telegroup: Being Fully Alive

5:55-6:55 PM Pacific Time

### Thursdays, October 7th-28th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

### Mondays, November 1<sup>st</sup>-22nd

Telegroup: Being Fully Alive

5:55-6:55 PM Pacific Time
<b><u>Thursdays, November 4<sup>th</sup>-18<sup>th</sup> (no group on Thanksgiving)</u></b>
<b><u>Telegroup: The Gift of Our Challenges</u></b>
6:00-7:00 PM Pacific Time
<b><u>Saturday, November 6<sup>th</sup></u></b>
<b><u>Half-Day Retreat</u></b> 9:30 AM-1:30 PM, Kirkland, WA
<b>For more information about Awakening, please follow the links below.</b>
<b>To unsubscribe, click on the link at the bottom of any e-Newsletter.</b>
Please feel free to forward these emails to those whom you feel would be interested.
<a href="#"><u>Contact Mary</u></a> <a href="#"><u>About Awakening</u></a> <a href="#"><u>Our Offerings</u></a> <a href="#"><u>Mary's CDs</u></a>