



November, 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:**

All of the millions of moments of your life have brought you to this moment and it is the only moment that matters.

**Intention:**

I will hold the intention to stay open and attentive to my life today- letting go, softening my grip, and simply being with life as it is appearing, over and over again throughout this day.

**Featured Offering:**

Gift of Our Compulsions book  
35% Off!  
(Please see Below)



As you read this newsletter, I invite you to pause for a moment and open up to the amazing truth that you are sitting on a planet that is spinning around in the middle of absolutely nowhere, a nowhere that goes on forever! Let that in. Then open to the truth that you are zipping along at the speed of 65,000 MPH surrounded by more stars than there are grains of sand on every beach of the earth! Allow this realization to shift your focus out of your everyday mind and to recognize you are a part of an amazingly huge, truly awesome unfolding called life. And it is a lot bigger and a lot smarter than us.

But what do we do with this thing called life? Most of us narrow it down to struggle. We wake up in the morning ready to grumble, judge, control and resist life. Because we are run by fear, we try to make life happen in a way that brings us the illusion of being in control. We worry about five extra pounds or the scratch on our car (forgetting that we are dancing through oceans of space). In relationships, we defend our positions, making other people, political parties and religions wrong. We fight over imaginary borders, throwing our world into chaos. In the youth of our species we are like adolescents with a

lot of power to bully one another. If you doubt this, just watch most of the political ads right now. They give the message that the best way to make decisions for who will run our country is to tear other people down. It is scary, isn't it, but it doesn't have to be this way.

We can grow up out of the kind of mind that is afraid of life – the kind of mind that judges, compares and endlessly tries to make life be a certain way – and discover another way of being with life, engaging with it exactly as it is appearing rather than trying to make it be a particular way. This may bring up fingerlings of fear inside because it has been a long time since most of us have trusted life enough to show up for it - but it is only scary to the fear-based mind, which is a very small part of who we are. Pema Chodren, the deeply wise Buddhist nun and world renowned author, describes enlightenment as the willingness to relax into life!

What would it be like if - just for today - rather than struggling with life, you were willing to stay open to whatever is showing up in your life and in your world? You lived this way when you were very young, and you can learn how to live this way again. The key is being present for life rather than trying to control it. An image I love to use is that most of us are like little old people, endlessly trying to unravel a ball of yarn, all the while sitting in paradise. Being fully present in this moment is paradise. And it is trustable! Life knows how to keep the planets spinning as they do, heal the cut on your skin and bring forth everything you see out of stardust!

So for just this moment, stay open to the flow of life. All of the millions of moments of your life have brought you to this moment where you are reading this newsletter and it is the only moment that matters. Now hold the intention to stay open and attentive today. It won't necessarily be easy. Your fear based mind will over and over again move you back into control and upset about every conceivable thing. But feel yourself letting that go, softening your grip on life and simply being with it as it is appearing, over and over again throughout this day.

This will make a huge difference in your life. The furrow in your brow will relax. The tightness in your shoulders will let go. It will allow you to really see people today, really hear them whether it is your cranky next door neighbor, your rebellious daughter or your complaining mate. Because you are now listening to life, it will allow you to see that your life is for you. It is not a series of random events you must control in order to be happy. It is an amazing adventure that is always inviting you back into the living moment, helping you to see all of the fears you took on that keep you separate from the joy of truly connecting with life.

Now imagine what our world would be like if more people really showed up and listened. I believe that life is an unfolding process and we human beings are growing beyond our adolescence and into our maturity. Will we make it? I don't know. But we can make a difference. Every moment we bring our attention back to life we are a part of the healing of our world.

Be light, Mary

**Quote:** We can grow up out of the kind of mind that is afraid of life – the kind of mind that judges, compares and endlessly tries to make life be a certain way – and discover another way of being with life, engaging with it exactly as it is appearing rather than trying to make it be a particular way. 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.

## Gift of Our Compulsions book 35% off

To order a copy of Mary's transformational book for 35% off, follow [this link](#) and click on the Specials tab. This offer is good for one month only.

## From Our Readers

Dear Mary,

I just read your last newsletter. I am so happy for you that you can move and walk again. Step by step. Isn't this exactly how we move along our own yellow brick roads to realize who we are more fully? Including those steps that wander into fear, criticism, loneliness or a hardened heart. It is quite perfect that you chose long ago the word "Awakening" as the beacon you share with the world. Your compassionate wisdom is a gift to so many.

Sentence after sentence resonated deep within me to cherish and remember. I hope that you will consider submitting your letter to reach a widening circle---magazine, books, radio, talks etc. Your writing is truly inspirational.

--Sara

## 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, November 6th**

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

### **Thursdays, November 4th-18th, Dec 2nd**

**Telegroup: The Gift of Our Challenges**

5:55-6:55 PM Pacific Time

### **Saturday, December 4th**

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

### **Thursdays, December 9th, 23rd, & 30th**

**Telegroup: The Gift of Our Challenges**

6:00-7:00 PM Pacific Time

### **March 2011**

**Mary in Denmark**

Watch for details

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