



awakening

with Mary O'Malley

November 1, 2007

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.

Through her organization Awakening, she offers groups, classes, counseling and products which provide support for your own inner work and thus enable you to utilize the gifts this process unlocks, to benefit yourself and others.

Inspiration: No matter how much invasion or abandonment life may bring me, I do not have to be afraid of it. Instead I can gather the gifts that great challenges always bring.

Intention: When I notice feelings of being invaded or abandoned, I will bring my attention back into the present moment and be with the feelings rather than reacting to them in my habitual ways.

Featured Offering: Two new Tele(phone)groups.
See details below.

A Message from Mary



I had a very healing experience the other day. As I walked in my backdoor, I discovered that a burglar was rushing out the front with some of my things. How can I possibly call that a healing experience?

Before I share with you what unfolded, I want to first say that in my experience, we are each wounded by life. And our personalities were created around these wounds much like a pearl is created from the irritant of a grain of sand. Two primary wounds are being invaded or being abandoned by life. The foundation of our wounds happens in childhood, and we each experience at least some of each. Think of a judgmental friend or teacher or a controlling or sexually seductive parent and you will get the sense of what I mean when I talk about being invaded. And for abandonment, think of the feeling of not being included on the playground or a time when you were scared and nobody was there for you.

These woundings slowly build a wall around our open hearts, much like an acorn shell surrounds the vulnerable potentiality of the seed. Our shell protects our scared and broken hearts, but it also cuts us off from life. And because life wants us to be fully alive, it will bring experiences into our lives that help us to see, love and let go of the ways we have closed ourselves off.

In my journey through life, my core wounding was mostly around being invaded – so much so that at a time in my life I curled up in my shell and no longer wanted to live. But slowly my shell began to be cracked open by life, and the seed of my own joy began to germinate. I learned over time how to take care of this broken heart, and instead of retreating behind the shell, I began to send roots down into life again, to grow and eventually flower. I am now in a flowering time, and in the middle of that a burglary showed up. How interesting!

There was a lot to deal with on that day – police, family members, neighbors. And even though from the very

beginning I understood that this experience held gifts for me, as I walked through my house seeing the evidence that a burglar had been in my sacred space, a yucky feeling would pass through me as a shudder. It was the core fear of invasion that I knew so well in my childhood. I also noticed that old urge to contract behind a wall – to try to find safety by closing off from life. At times I was holding my breath and my body was tightening. Over and over again I invited myself to let go and simply be present for what was happening right now.

By the time everybody finally left, I was very tired and went right to bed, but in the middle of the night I woke up full of terror from a time when I was abducted and raped in my twenties. For a few moments the terror was all encompassing, but I quickly recognized that I was caught in an old story – a story evoking the primal fear of being invaded that had been reawakened through the burglary. So I brought my attention back into this moment where all that was happening was that I was lying in my bed. Grounding *here*, I *explored* what was going on inside of me rather than being lost in it. I was able to identify deep within my belly the core fear all egos feel about being out of control and being invaded by life.

Rather than turning away from it, I went toward it and was able to touch it with my heart. In the light of my loving attention, it moved through me and I fell back to sleep. I didn't leave myself when I most needed myself! Rather than resisting and becoming scared of these deep feelings moving through me, I was able to be with myself exactly as I was. Such joy!

When I woke up the next morning, the yuckiness was gone and I realized that the burglar had gifted me with a deeper knowing that no matter how much invasion life may bring me, I do not have to be invaded. Instead I can gather the gifts that great challenges always bring.

How does one do this? How does one not get lost in the story of struggle inside of us so we can be present for ourselves? And how do we dissolve the armoring around our hearts so we can be fully alive? These are some of the questions I live in and what I offer to the world. For if we can respond to the challenges of our lives rather than reacting, we are then more able to open to life, entering the great river of creativity that is life and finally understanding that the unfolding of our lives is a trustable process.

If you are interested in learning how to turn the challenges of your life into doorways back into life, Mary offers 2 telegroups...one on working with challenges and her new one on compulsions. See below.

Quote: “If we can respond to the challenges of our lives rather than reacting, we are then more able to open to life, entering the great river of creativity that is life and finally understanding that the unfolding of our lives is a trustable process.” — Mary O'Malley

Note: *If the lines of this letter run off the page for you, be sure you are viewing it in maximized screen (click on middle button in top right-hand side of Windows screen if it has 2 overlapping squares). In Microsoft Outlook, double-click on the email title in your InBox to maximize it. If you have this problem and are using Hotmail, we suggest upgrading to the free full version as the display is better.*

If you want to print this letter, you can copy and paste it into a Word document. If you want to print the whole newsletter, please see guidelines at the end. If you are printing a Newsletter from the Archives page, these are in PDF format scaled to a letter-size page, so just go to File-Print.

Featured Offerings

Thursdays, November 1st-29th (no group on Thanksgiving)

Telegroup: The Gift of Our Challenges

This is an interactive group conducted over the phone from 6:00 to 7:00 PM Pacific Time. The cost for 4 sessions is \$80. There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration.

We will then send you the dial-in number and access code by email.

Mondays, November 12th-Dec 3rd

Telegroup: Gift of Our Compulsions

This is an interactive group focusing on issues of compulsion. It is conducted over the phone from 5:45 to 6:45 PM Pacific Time. The cost for 4 sessions is \$80. There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

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

To learn more about this work, please visit our website at www.maryomalley.com

Also, please visit <http://www.yourgiftmovie.com> to view a wonderful 3-minute multi-media presentation about this work. The presentation is also available on CD for \$15.95.

If you wish to unsubscribe from this Newsletter, please click on the link at the very end.

Words From Our Readers

Mary ~

I've been practicing pausing in the transition between activities on and off for the past few years (among other things). Now I'm pausing and after a few moments, asking the question "What am I experiencing?" often followed by "Can I be okay with this right now?" Just these two questions, posed with curiosity as you suggest, bring such relief...from the judgment and resistance that are the default, I see now.

So many thank you for the book and putting together this information in the way that you did. It is very helpful to me.
~Ann

Telephone Groups

If you would like to have a unique opportunity to dialogue with Mary O'Malley about issues in your life and how to deal with them more effectively, a 4-week **Tele-(Phone)-Group** is the perfect way. The next **Gift of Our Challenges Group** is being offered on four Thursday evenings, **November 1-29** (*no group on Thanksgiving*) at 6:00 PM Pacific Standard Time, 7:00 PM Mountain Time, 8:00 PM Central Time and 9:00 PM Eastern Time.

The next **Gift of Our Compulsions Group** is being offered on four Monday evenings, November 12th-December 3rd at 5:45 PM Pacific Standard Time, 6:45 PM Mountain Time, 7:45 PM Central Time and 8:45 PM Eastern Time.

The cost of these groups is \$80 for all four sessions paid in advance (no refunds after the group begins). The group is conducted over the phone and is limited to 10 participants by pre-registration.

There are three ways to register for the next **Phone Group**, You can email Mary and register by sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) for the **Gift of Our Challenges Thursday group** or [this link](#) for the **Gift of Our Compulsions Monday group**. Scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow instructions to complete registration. We will then send you the dial-in number and access code by email. This is a wonderful way to experience this work, especially if you live too far away to attend local groups.

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 \$95 for each hour. (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.

*Weekly Groups are offered, **in person** on:*

Thursdays, from 10:30 am - 12:30 pm in Bellevue, WA.

Mondays from 7:00 - 9:00 pm in Kirkland, WA.

The Gift of Our Compulsions Group

In this group we explore leading edge work around compulsion, opening together to the deep healing that is always available in those activities that formerly caused such frustration, self hatred, and despair.

*Weekly Group is offered **in person** on:*

Tuesdays from 7:00 - 9:00 pm in Kirkland, WA

You may visit 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

The cost is \$120 for 6 weeks (a sliding scale is available).

Events

Thursdays, November 1st-29th (no group on Thanksgiving)

Telegroup: The Gift of Our Challenges

This is an interactive group conducted over the phone from 6:00 to 7:00 PM Pacific Time. The cost for 4 sessions is \$80. There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

Saturday, November 3rd

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We meet from 9:30 am to 1:30 pm at my home & garden sanctuary in Kirkland, WA. Love Offering (\$30 Suggested) To Register and for Directions, contact Judy by email at heyjude763@comcast.net or by calling 206-362-9077.

Mondays, November 12th-Dec 3rd

Telegroup: Gift of Our Compulsions

This is an interactive group focusing on issues of compulsion. It is conducted over the phone from 5:45 to 6:45 PM Pacific Time. The cost for 4 sessions is \$80. There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

Saturday, December 1st

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We meet from 9:30 am to 1:30 pm at my home & garden sanctuary in Kirkland, WA. Love Offering (\$30 Suggested) To Register and for Directions, contact Judy by email at heyjude763@comcast.net or by calling 206-362-9077.

February 16-22, 2008

Waking Up In Paradise Residential Retreat - only 2 places left!

Cost is \$1800 (plus travel)

The retreat will be held at [Hui Ho'olana](#), a beautiful retreat center on the island of Molokai. With panoramic views of the Pacific Ocean and nearby islands, the center is surrounded by trees, fragrant flowers, luscious ferns, spacious open lawns, and scenic hiking trails providing an ideal environment for inspiration and a safe haven for the growth and nurturing of the spirit.

Please click on [this link](#) for retreat details. The framework of the retreat is silence, but there are also times throughout each day when we will explore together ideas and skills that invite us back into Life. You will share your wisdom as well as the challenges of learning to quiet your mind and open your heart.

To Register, click on [this link](#) and scroll to the bottom of the page. Then click on the Registration Form link, fill out the form and click Submit. When the Thank You page pops up, if you wish to pay by credit card or using your PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check for \$500 to the address on that page. To ask questions or request a printed brochure or registration form, please contact Gail at 520-425-6878 or gbrooks5@cox.net You can also download a brochure by clicking on [this link](#).

For more information about Awakening, please follow the links below. To unsubscribe, click on the link at the bottom of this email.

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