



awakening

with Mary O'Malley

October 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: The path to my freedom lies in what is happening in the present moment.

Intention: I will remember at least once each day to fully experience whatever is happening in the moment.

Featured Offering: The Healing Power of Wonder CD
See details below.

A Message from Mary



I just returned from leading a retreat in the foothills of the Cascade Mountains and my heart is filled and overflowing. It is such an honor to gather with a group of people and remember together the absolute safety and joy of trusting life. What do I mean by that? I want to share with you something I experienced a number of years ago that speaks to what it is like to open to life again in trust.

“One day, sitting in my favorite tree deep in the woods, it began to dawn on me that nothing existed in isolation. Everything I saw was an integral part of the web of life. A tree before me became a seed on its mother tree. And then the mother tree became a seed on its mother tree and in a flash I followed this continuous thread back to the beginning of our planet. And all along this continuum each tree was deeply interwoven with life. It couldn't exist without rivers and wind, mighty mountains and the sun.

Each, rather than being a separate, isolated object, became a part of the great tapestry of life. I extended this out to the forest. All the plants, microbes, fungi, birds, insects, dirt and even the air itself were a part of an interconnected web of being, each one dependent on the whole for their very existence.

The amazing thing that happened that day was that I, too, became an integral part of it all. Before, in all of my exploring, I was looking at life “out there.” Now I experienced myself as part of the tapestry. I was not separate from this grand unfolding. I had shown up out of the vast river of creativity that preceded me and it was all a part of me. My cells contained pieces of the sun. My atoms were born in the heart of a star. My body contained salt water from the sea. My bones were made up of minerals from mighty mountains and my breath was connected to the river of breath that moves through all of life.

I finally knew that absolutely everything that has happened since the beginning of time was necessary for the woods to be here, for me to be alive and for my consciousness to comprehend it all. Rather than being just a person, *I was life waking up to itself*. I was the eyes of this planet, bearing witness to its beauty. I was the heart of the universe,

embracing itself. The narrow world of my separate mind was opening into a true connection to life.

Discovering myself as an integral part of it all, I could now view my journey from childhood to this moment through new eyes. I could see that all along the way I was on the journey to the fullness of what I truly am. I just didn't know it. All of those years of seemingly endless despair and disconnection were part of a greater dance – fertilizer for the process of transformation. I was like a comet which had gone into the outer reaches of darkness, only to return with deep understanding and a heart that had been broken wide open.

Seeing the perfection of it all – even the darkest times of my life – my attention was free to become keenly fascinated by whatever was happening in my journey right now. I finally knew that the path to my freedom lies in what was happening in the present moment. Life, with all of its ordeals and joys, became something to engage with rather than something to manage. In other words, I finally learned how to participate in my own life. Rather than a random series of events that were inherently untrustable and thus needed to be controlled, I could see it for what it truly was – a living adventure that was deeply trustable. It was not always likable but it was *for* me....taking me step by step back into a full and deep connection with myself and with life.

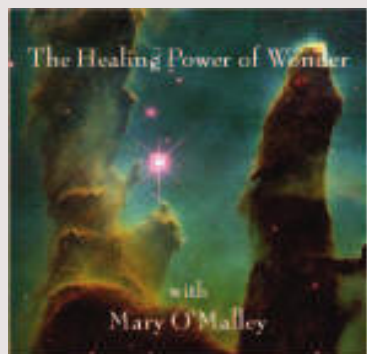
So how do you access this experience of joy, trust and interconnection with all life? The invitation I offered to the people in the retreat and the invitation I offer to you is to begin to be present for the moments of your life by connecting with your direct experience. Of course, it is easier in a beautiful natural setting apart from the demands of your everyday life, which is why we go on retreat, but it can be done in the midst of your life, too. Perhaps it is pausing to smell and really taste your morning beverage, remembering that in that moment you are connected to the source of that beverage, the earth in which its ingredients were grown, the hands that harvested and packaged it, the others who are drinking it right now. Or perhaps it's fully experiencing your morning shower - the sensations and sounds - reveling in the miracle of water and its cycle from rain into rivers into the ocean and back into rain. You can also pause every so often in the midst of whatever you are doing and really hear the sounds around you, knowing that they are vibrating through every cell of your body and through everything around you. As you become creative in cultivating this experience of connection in the moments of your day, joy and trust will begin to grow.

Note: *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.*

Quote: “Discovering myself as an integral part of it all, I could view my journey from childhood to this moment through new eyes. I could see that all along the way I was on the journey to the fullness of what I truly am.”

— Mary O'Malley

Featured Offerings



The Healing Power of Wonder: A Renaissance of Consciousness

We are living in a time of radical transformation. A whole new way of viewing life and what it means to be a human being—a view that births us into wonder, reverence, compassion and creativity—is being born. This program draws on leading edge scientific discoveries and weaves them with insights from the heart of Awareness. It invites us to participate in the adventure of our lives in a totally new way.

Price \$15.95

To order, click on [this link](#) and scroll down the page.

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~

Group was perfect for me today... Your gentle reminder to be curious was just the right ticket for me... I confess that this whole money issue has pushed me to my edge beyond anything I would have expected. Each day as I go to my mailbox, I experience anxiety over "lack". All my life money has never really been an issue so this is very new to me. As I rob Peter to pay Paul I've also felt deep shame at somehow not being responsible enough to save lots and lots.... To compound this, I've experienced an intense desire to buy... not anything specific... Just to spend... even though I don't want anything... It is the first time I truly realize how driven a compulsion can be. Today I wanted nothing more than to pull out my credit card and charge something... totally unnecessary... and then shame entered and crushed my little girl... WOW... Once home I pulled your book and reread the 4 questions... and YES I can sit with this right now... and my head can be compassionate... Thank you. You have taught me all these years..... TRUST the PROCESS.

~Virginia

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 one is being offered on four Thursday evenings, **October 4-25** at 6:00 PM Pacific Daylight Time, 7:00 PM Mountain Time (except in Arizona), 8:00 PM Central Time and 9:00 PM Eastern Time. (The following group will be November 1-29 with no group on Thanksgiving.) 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](#). 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. (For the November group, click on [this link](#))

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

Wednesday, October 3rd

Class: Freedom from Anxiety-Finding Deep Peace

Learn how to transform your worries and anxieties and connect to your own center of peace, clarity and joy.

To register, follow [this link](#) and click on arrow beside the "Class Title" box to select the above title. Then click "Search" and class registration page will come up. The class meets from 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10.

Thursdays, October 4th-25th

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, October 6th

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.

Wednesday, October 10th

Class: Breathing Power

Discover how the amazing power of breath revitalizes, empowers, and enhances your ability to meet life's challenges.

To register, follow [this link](#) and click on arrow beside the "Class Title" box to select the above title. Then click "Search" and class registration page will come up. The class meets from 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10.

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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 the [title 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.

Please feel free to forward these emails to those whom you feel would be interested.

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