



	May 1, 2009
<p><b>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.</b></p>	<p><b>Inspiration:</b> As long as we are trying to control life, we cannot be present for life.</p> <p><b>Intention:</b> Whenever I notice myself trying to control my life, I will remember that it is just the fear-based mind, and I will stop and become curious about what is present right here and right now.</p> <hr/> <p><b><u>Featured Offering:</u></b></p> <p>A Women's Retreat in Bali in April 2010</p> <p>See details below.</p>



I just returned from a week of nourishing, enriching silence on Whidbey Island, a beautiful island in Puget Sound that feels like you have stepped back in time when you get off the ferry. The pace of life is slow there, as cows graze on rolling green hills and the roosters sing life awake every morning.

My meditation companion and I stayed at the Earth Sanctuary – 70 acres stewarded with sacred intent offering woodland trails, circles of standing stones, and sacred Indian prayer sights. For me the jewels of this place are two very peaceful but wild and beautiful ponds and one bog so full of life that my heart's response was supreme delight. Everyday I would go and sit by one of these jewels and just open to life. The red winged blackbirds would sing songs that brought forth tears of joy. When I was very still the herons would come close and I could bear witness to their graceful moves. The osprey had just returned to their nest in the Sanctuary and their calls sent chills all over my body. If this wasn't enough, one day a beaver came for a visit (they are truly show offs!), along with eagles and hummingbirds and varieties of ducks that I never even knew existed. Oh, the joy of

being simply and profoundly open to life!

It wasn't always so. Thirty years ago the inner world in which I lived was the opposite of this. One way to describe what life was like for me then was an experience I had where I was sitting at a secluded beach on Lake Washington. I invited myself to close my eyes and listen to the sound of the water, but I could do this for only a few seconds before my eyes would fly open and my mind would say, "I don't want to do that." No matter how firm I was about bringing my attention back to this moment and the sound of the waves, my mind would resist.

It took me years to understand what life was showing me there. The first thing was that there is a difference between having our attention caught in thoughts and having it here with life the moment it unfolds into newness. The other thing was how afraid our minds are of simply being present for life. We long for it, but we are also afraid of it.

And yet the truth is that the safest thing we will ever do is relearn how to be *here* for life. To be exclusively identified with thought (as most people are most of the time) is to be lost in a dream – to be lost in ideas about life rather than the real thing. No matter how much the dream promises that it will satisfy us (if we only get it right!), this is never true because it is a dream! As we learn how to pull our attention out of the constant stream of thought and use it instead to be curious about life as it is, right here and right now, we discover that everything we long for and everything we truly are can be experienced as we learn how to relax into life.

Lifting myself out of the busyness of life and settling into a quiet rhythm during my time of silence not only allowed me to open to life at a deeper level, but also to become more familiar with the particular brand of stories in my mind that take me away from life. I could then simply let them go so I could sit by the ponds with barely a ripple of thought disturbing the calm, peace and serenity. After a week of this, I came back home with a deeper ability to be open, and a deeper willingness to love my mind that had learned to be so afraid of life that it believed it had to control life in order to be safe. I now know from experience that as long as we are trying to control life, we cannot be present for life.

This is why I gift myself with at least a week of silence every year in places where nature is so present that all the sights and smells and sounds invite you back into the safety of being open to life. This is also why the retreats I offer are always held in places of great beauty. Nature can help us in this process of relearning how to trust ourselves and trust life again so we can simply open. And in opening we discover that everything we long for and everything we truly are has never left us. It is not something we need to get to or figure out or get rid of anything in order to connect with it again. It is right here, right now, with us always.

I leave you with a quote from Eckhart Tolle's book, *Stillness Speaks* that touches directly on what we are exploring here:

*"When you recognize that there is a voice in your head that pretends to be you and never stops speaking, you are awakening out of your unconscious identification with the stream of thinking. When you notice that voice, you realize that who you are is not the voice - the thinker - but the one who is aware of it."*

Be light, Mary

P.S. - Please comment on my Blog Post by following [this link](#).

**Quote: “As we learn how to pull our attention out of the constant stream of thought and use it instead to be curious about life as it is, right here and right now, we discover that everything we long for and everything we truly are can be experienced as we learn how to relax into life.” — Mary O'Malley**

To learn more about this work, please visit our website at [www.maryomalley.com](http://www.maryomalley.com)

Also, please click on the [Your Gift Movie link](#) on my website to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on my [Blog link](#) to read messages from me and reply or ask questions.

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## Featured Offering - Bali in 2010

### Awakening In Paradise

**A Retreat Facilitated by**

**Mary O'Malley**

**April 18-24, 2010**

**Cost is \$1475 for the retreat, room and meals**

The retreat will be held at [Nirarta](#), a beautiful retreat center on the island of Bali. The Centre's lush gardens nestle in terraced rice fields, a half hour from both mountains and seashores.

Registration for this transformational, tropical retreat is limited to 18 people. The cost is \$1475. To register, please click on [this link](#) and scroll to the bottom of the page to the Registration link. Fill out the form, click Submit and select your payment option.

After June 1st, the cost will go up to \$1675, so you will want to register soon. A non-refundable deposit of \$500 will secure your place.

## Letters From Our Readers

Mary,

Thank you for your sharing last night in group. It is really the Truth that the human spirit can go anywhere and through any fire...you are proof. My ego mind balks at

believing life is trustable, but when you say it over and over again and have done the work, my self starts to believe. I know you can survive the fire, and through you I know we can Thrive!!! I am so grateful to you.

Love, Pat

## 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 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.

*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.

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

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

## Tele(phone)Groups

### Food 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.

Mondays 5:55-6:55 PM Pacific Time; Cost \$80/4 weeks

To register, please see listing under Events below.

### Gift of Our Challenges Group

Life is like the weather – constantly changing from easy to difficult, from joyous to sorrowful. True peace comes when we can embrace it all, even the challenges of our lives. We can change our relationship to them – whether they are illness, difficult relationships, compulsions, or deep loss – and discover the healing that is always there.

Thursdays 6:00-7:00 PM Pacific Time; Cost \$80/4weeks

To register, please see listing under Events below.

## Events

### **Saturday, May 2nd**

#### **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](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

### **Wednesday, May 6th**

#### **The Power of Breath** - How to Revitalize Your Life

Conscious breathing is a first-aid kit for your life. It can revitalize you when you are tired, empower you when you are afraid, calm you when you are agitated, and heal you when you are sick. This class teaches approaches to breath work that enable you to feel energized, peaceful and clear, no matter what is going on in your life.

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 7:00 to 9:00 PM at Evergreen Healthcare in Kirkland, WA, and cost for the class is \$10

### **Mondays, May 11th-June 1st**

#### **Telegroup: Food Compulsion Group**

This is an interactive group focusing on issues of food compulsion. It is conducted over the phone from 5:55 to 6:55 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.

### **Thursdays, May 13th-June 4th**

#### **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 3 sessions is \$60. 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, June 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](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

**February 20-26, 2010**

**What's In the Way Is the Way**

a retreat co-facilitated by

**Mary O'Malley & Neale Donald  
Walsch**



**Cost is \$1975 for the retreat, room and meals**  
*Travel is separate and you need to  
make your own arrangements.*

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 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 and the Hui Ho'olana link for more about the retreat center.

This retreat is a first-time collaboration of two exceptional teachers, Mary O'Malley and Neale Donald Walsch, author of *Conversations With God*. Both of these teachers have studied deeply the workings of the mind, and while neither teacher concentrates exclusively in any one area, Mary's emphasis will be on assisting participants to know the secrets of the mind/heart connection and how to drop into their heart, while Neale's primary focus will be to assist participants to know the mind/soul connection and how to raise their personal awareness to soul consciousness. Their wonderful mutual exploration of the 3-part body-mind-spirit experience provides a rarely explored path to what it means to be fully alive.

To register, click on the *What's In the Way Is the Way* link above, scroll to the bottom of the page and click on the Registration Form link. Fill-in and submit the form. A non-refundable deposit of \$500 is required to hold your place.

To ask questions or request a printed brochure or registration form, please contact MarySue at [sumaral@verizon.net](mailto:sumaral@verizon.net) or 206-550-2524. You can also download a brochure by clicking on [this link](#).

**Awakening In Paradise**



## **A Women's Retreat in Bali with Mary O'Malley**

**April 18-24, 2010**

**Cost is \$1475 for the retreat, room and meals if registered by June 1st  
(\$1675 after June 1st.)**

*Travel is separate and you need to make your own arrangements.*



The retreat will be held at [Nirarta](#), a beautiful retreat center on the island of Bali. The Centre's lush gardens nestle in terraced rice fields, a half hour from both mountains and seashores. Overlooking the Unda river, Nirarta is surrounded by a ring of green hills in unspoiled East Bali where Nature's unfolding presence sustains the natural unfolding of your own renewal.

Registration for this transformational, tropical retreat is limited to 18 people. The cost is \$1475. To register, please click on the **this link**, then scroll down to the Registration Form link, fill-in and submit the form. You will then be taken to a page with payment options.

A non-refundable deposit of \$500 will secure your place. The balance will be due on February 1st, 2010.

**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.