



November 1, 2009

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:

Our hearts – our ability to meet ourselves with curiosity and compassion – is the kiss of the prince (or princess) that we have been waiting for.

Intention:

Today I will be curious about whatever I am experiencing. I will close my eyes and hear the wide variety of sounds around me as I sit drinking my morning cup of coffee or tea. During my shower, I will smell the soap and listen to the music of the water. I will taste, really taste the first few bites of each meal.

Featured Offering:

Mary's new book, *The Magical Forest of Aliveness*, will soon be available as an eBook and as a paperback book through Amazon.com!

Watch for availability information to come.



I am having a love affair with a word, a word that has come to life for me in a new way and describes so well what is happening for most of us. That word is 'spell.' We all came into life wide open, without a thought in our heads.

Slowly, in those first years of our lives, we began to take on 'spells.' We could also call them 'conditioned beliefs,' but I feel 'spell' is far more appropriate as a spell is something that can be lifted.

When the evil fairy put a spell on Sleeping Beauty, it was finally lifted by the kiss of a prince. What if we understood that, just like Sleeping Beauty, we too took on spells and then fell asleep to life? And instead of walking through our lives half alive, we can become our own prince. We can see our conditioned beliefs as spells that we don't need to believe anymore. As they lose their power over us, we can come back fully to life!

Some of the biggest spells we all seem to take on are: 'I am separate from life;' 'Life is not safe;' 'It must be controlled;' 'I must do it right, but I am not doing it right;' 'I am wrong;' 'I am unlovable;' 'I am all alone.' All these spells come from the idea that we need to 'do' life rather than 'be' life, and they generate so much suffering.

My core spells were 'Life is not safe' and 'I am doing it all wrong.' These spells took me to a place where I no longer wanted to live. I believed them fully. Everybody that tried to help me - all of the therapist, psychologists, psychiatrists and hospitals - only confirmed the belief that I was defective to my core because I couldn't 'do' all of the techniques they were telling me to do.

Then, when I was 27, I was taught to be curious about what I was experiencing rather than trying to change it. The possibility of lifting these spells became true for me - not by trying to fix them or even get rid of them, but by bringing my attention and my immediate experience together. It wasn't until I met Stephen Levine that I truly learned how to not be seduced by spells. He showed me how to be curious *and* compassionate - how to meet myself - all of me - in the vast and healing regions of my own heart. Our hearts - our ability to meet ourselves with curiosity and compassion - is the kiss of the prince that we have been waiting for.

As I deepened in my ability to simply be present for myself in an accepting way, my spells became quieter and my ability to truly be open to life became greater. Now, every once in a while an old spell will come for a visit, but it will usually last for only a few minutes. Instead of reacting to my immediate experience I turn toward it and say 'hello.' Stephen calls it keeping company with the most vulnerable parts of ourselves. Pema Chodren calls it 'befriending.' The Beatles say this same thing so beautifully in the song *Let It Be*. And Eckhart Tolle says, "Say 'yes' to whatever you are experiencing." All are alluding to the truth that real healing comes when we move beyond reacting to and resisting our experience and instead bring it curiosity and acceptance.

We are finally recognizing that when we resist what we are experiencing, we empower it, and when we give it space, it ceases to have power over us. Not only that, but hidden inside of those states you have resisted your whole life is the healing you long for. As I was able to truly be present for my fear, I opened into deep trust. And as I was able to be present for my extreme self judgment, I received the gift of compassion.

The invitation is to start slowly. Simply be curious about whatever you are experiencing around you. Close your eyes and hear the wide variety of sounds that happen as you sit drinking your morning cup of coffee. During your morning shower, smell the soap and listen to the music of the water. Taste, really taste the first few bites of a meal. Don't be dismayed at how difficult this can be. All the stories in your head will try to grab your attention over and over again. When you notice you are thinking *about life* rather than being fully here with it, simply bring your attention back.

These moments train the mind to be curious about what *is* right now. As you develop the muscle of your curiosity, you can learn how to take this curiosity into the places inside of you that you have run away from your whole life. The more present you are for your spells, the more they are lifted and you can again know the joy of being truly alive!

Be light, Mary

P.S. - If you would like to read more about how to work with curiosity, click on [this link](#) to download a PDF of the chapter on Curiosity from my book *The Gift of Our*

Compulsions.

Quote: “We can see our conditioned beliefs as spells that we don’t need to believe anymore. As they loose their power over us, we can come back fully to life! ”

— Mary O'Malley

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

Also, please click on the [Your Gift Movie link](#) in the left sidebar of my website 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 from this Newsletter, please click on the link at the very end.

Featured Offering - Mary's New Book

[The Magical Forest of Aliveness: A Tale of Awakening](#)

Mary's new book will soon be available in Kindle, Microsoft Reader and Mobipocket formats as well as in PDF format. It will also be available in paperback within the month, so please watch for our announcements.

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

[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 or 425.889.5937

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

Events

Saturday, November 7th

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

Mondays, November 9th-30th

Telegroup: Moving Beyond Struggle 5:55-6:55 PM Pacific Time

Thursdays, November 12th & 19th, December 3rd & 10th

Telegroup: The Gift of Our Challenges 6:00-7:00 PM Pacific Time

Sunday, November 22nd

Unity of Olympia

Sunday Talk: "Joy, Joy, Joy" 10:00 AM

Saturday, December 5th

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

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.

Please follow title link for more information and to register.

April 18-24, 2010

Awakening In Paradise

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

Cost is \$1475 for the retreat, room and meals if registered by July 1st (\$1675 after July 1st.) Please follow the title link for more information and to register.

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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