

awakening

with Mary O'Malley

September 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: What would Life be like if we truly trusted it - if we let go of the steering wheel and opened instead? We would discover that Life is smarter than us, that it knows what it is doing, and that we are perfectly safe!

Intention: Whenever I find myself trying to control my life, I will take a moment to soften my belly, take a deep breath, and bring my attention into my immediate experience.

Featured Offering: Save \$60 on the September 28th-30th retreat on the Skagit River in Western Washington. See details below.

A Message from Mary



What would Life be like if we truly trusted it - if we let go of the steering wheel and opened instead? We would discover that Life is smarter than us, that it knows what it is doing, and that we are perfectly safe!

I just got back from vacation where my intent was to open more deeply into spaciousness. Part of my journey was to a place called Table Mountain to watch the Perseids meteor shower which is a wonderful light show each year in the first part of August. I began this night by watching the sunset from a high bluff. Just being in that place with a vast view of the mountains around me deeply opened my consciousness to Life. Then, as the Earth turned away from the sun, the colors of the sunset went wild in the evening sky, and my heart filled and spilled over in gratitude for this amazing dance called Life.

As the light faded in the west, I lay down on my back and watched the stars appear. Even as I write this my heart expands. Out there, away from the city lights, the Milky Way looks like somebody took a bucket of white paint and splashed it across the night sky. What an astounding place we live in – such grandeur, such immensity!

As I allowed the night to embrace me and as Perseids shared its magic, I watched the constellations dance around the North Star and let myself again open to the rhythmic order of Life. I also opened to the truth that at that moment I was being held by the Earth as we danced through the vast oceans of the cosmos. This immensity, this order, this rhythmic

dance were all inviting me to let go of the steering wheel and *trust* Life.

The mind is strangely afraid of doing this. It wants so much to control the dance. But as long as we are in control mode, we are cut off from Life. The more I let go, the more I discover myself completely at home, right here, right now, fully available to Life the moment it appears out of mystery. What we all long for, whether we know it or not, is to let go of the *doing* mode as our primary mode of existence and *be* Life instead.

It is important to understand, however, that the more we open, the more we discover the places in us that are closed. So as we open, we need to learn how to trust the challenges of our lives for they are tailor made to bring up everything inside of us that is afraid to open so that we can dissolve it through the light of our attention.

It is also important to know that to open to Life doesn't mean that you don't have choices. It just means that you are connected to and live from a bigger place. And it doesn't mean that you like it all. It can be very hard to embrace the challenges that we are facing both personally and collectively. But if we come from a foundation of trust that Life knows what it is doing, the wisdom of the heart flowers within us and we know clearly what is appropriate in any given situation. Then Life moves through us in rhythm and harmony.

So what do we do with this invitation to open into trusting Life? The simplest thing you can do – and simplicity is necessary – is to notice life. For moments here and moments there soften your belly, take a deep breath and simply bring your attention into your immediate experience. This is not so you can try to *get* anywhere. That is just more control. We cultivate these moments to notice the difference between being present for life and being caught in our heads. Stay with it as long as you do and don't be dismayed when the mind takes over again. Moments of being with Life right here right now are like drops in a bucket. At first it doesn't seem to be filling up, but one day you discover that your bucket of awareness is overflowing and you again know the joy and safety of opening to Life.

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: “If we come from a foundation of trust that Life knows what it is doing, the wisdom of the heart flowers within us and we know clearly what is appropriate in any given situation. Then Life moves through us in rhythm and harmony.” — Mary O'Malley

Featured Offerings



September 28-30th

Living in the Here and Now Week-end Residential Retreat

This will be a 2-day Residential Retreat at the beautiful [Cedar Springs Renewal Center](#) along the Skagit River in Washington.

The framework of the retreat is silence, but there are times throughout each day when we will explore together ideas and skills that invite you back into Life. You will share your wisdom as well as the challenges of learning to quiet your mind and open your heart. There will also be time for walks through the fields, along Day Creek and down to the river with views of mountains, eagles and evergreen forests.

The retreat will begin at 5:00 PM Friday evening and will conclude at 1:00 PM on Sunday. The basic cost of the retreat including accommodations is \$325, \$100 of which is non-refundable. **(If you register using the link below, you will receive the discounted rate of \$265- a savings of \$60.)**

To Register, click on [this link](#) and scroll down 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 a PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check to the address on the Thank You page. A minimum \$100 (non-refundable) deposit is required. For questions, contact Kitty at okamotok@comcast.net or 425-252-6810. If you would like a brochure, you may call Kitty to have one mailed to you or download it by clicking on [this link](#).

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 ~

This is the first “fan letter” I’ve ever sent. I wanted to thank you for your book, *The Gift Of Our Compulsions*. I just picked it up this weekend and I’m only halfway through, but while it sometimes goes against the grain of my cynical, negative nature, I find it to be insightful and inspiring.

~Joe

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, **September 6-27** 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 October 4-25.) 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.

This is a wonderful way to experience this work, especially if you live too far away to attend local groups.

In-Person Groups & Counseling

Counseling

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

Saturday, September 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.

Sunday, September 2nd

Unity of Bellingham Sunday Service

Mary will give a talk at the 10:00 AM Sunday Service

Thursdays, September 6th-27th

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.

September 28-30th

Living in the Here and Now Week-end Residential Retreat

This will be a 2-day Residential Retreat at the beautiful [Cedar Springs Renewal Center](#) along the Skagit River in Washington.

The framework of the retreat is silence, but there are times throughout each day when we will explore together ideas and skills that invite you back into Life. You will share your wisdom as well as the challenges of learning to quiet your

mind and open your heart. There will also be time for walks through the fields, along Day Creek and down to the river with views of mountains, eagles and evergreen forests.

The retreat will begin at 5:00 PM Friday evening and will conclude at 1:00 PM on Sunday. The basic cost of the retreat including accommodations is \$325, \$100 of which is non-refundable. **(If you register using the link below, you will receive the discounted rate of \$265 - a savings of \$70.)**

To Register, click on [this link](#) and scroll down 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 a PayPal account, click on the Buy Now button specific to this retreat. If you wish to pay by check, send a check to the address on the Thank You page. A minimum \$100 (non-refundable) deposit is required. For questions, contact Kitty at okamotok@comcast.net or 425-252-6810. If you would like a brochure, you may call Kitty to have one mailed to you or download it by clicking on [this link](#).

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.

February 16-22, 2008

Waking Up In Paradise Residential Retreat

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 239-821-076 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.

To print this newsletter, follow these steps: Click on "Reply" and delete the email information that shows up at the top of the pane. Click on File-Print and in the Print dialogue box go to "Scale to paper size" and select "Letter" so it will fit on a normal size page. The banner will print on a separate page due to our HTML editor's formatting, but everything else should be as you see it on the screen.

[Contact Mary](#)

[About Awakening](#)

[Our Offerings](#)

[Mary's CDs](#)