



October 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:

When I recognize that life is bringing me the exact set of experiences I need in order to become fully awake, the easier it becomes to hear the wisdom that is always speaking to me in every experience of my life.

Intention:

Today I will try letting go of attempting to control my life and will be present for whatever is showing up instead – the easy and the difficult, the joyous and the unhappy.

Featured Offering:

Mary in New York October 31st.
See details below.



I just returned from a long weekend of silence at the Earth Sanctuary on Whidbey Island. Living in the Pacific Northwest, I have spent a lot of time in nature. I love to stroll down the wild beaches that touch the Pacific Ocean and feel the waves inside of me. And I love to backpack into Mt Rainier National Park and sit on the edge of a cliff hearing the call of an eagle in the crisp mountain air as I drink in the majesty of the mountain. But there is something about sitting beside the ponds at the Earth Sanctuary that touches me in a way that nothing else does.

The feeling is so deep that words can hardly express it. If I were to make an attempt, the closest I could come is that these ponds are so *alive* – the wind plays with the smooth surface of the water; the heron stands majestically as it surveys its home; the mother raccoon and her baby come for a drink as the ducks do their playful dance. But at the same time they are also very *still*. That stillness invites me into the stillness within me that is connected to the stillness out of which all of life emerges. When I go there, I am drawn to sit by those ponds for a long, long time.

One of the most healing things is that, as the mind quiets into the stillness, it is easier to feel the *presence* that radiates from every single expression of life I see. To be this quiet reminds me that we are not alone. The stillness allows the wisdom at the heart of life to speak and show me that everything that makes up the ecosystem of the pond was

brought forth out of Mystery by an intelligence that takes atoms that were born in the heart of a star and weaves them into all of the beauty surrounding me - the birds, the beaver, the rocks, the trees, the water, and even the light that dances everywhere.

The stillness also reminds me that at one time I was just one cell that was so small it could not be seen with the naked eye. And yet, that one little tiny package of potential evolved into a body that is made out of 100 trillion cells, and they all work together without a thought from me.

When I feel this intelligent presence that permeates everything - that *is* everything - I reconnect with this presence inside of me, radiating from me and as me. And I am reminded again that life is smarter than I, and that rather than resisting and trying to control it, I can open instead by softening my belly, opening my heart, and bringing my mind into fascinated curiosity about how life is unfolding in this moment. Can you imagine how different your life might be if you stopped trying to change it and showed up for it instead?

Of course the mind will tell you this is not safe, that you must control life. But I have found the opposite to be true. When I recognize that life is bringing me the exact set of experiences I need in order to become fully awake, the easier it becomes to hear the wisdom that is always speaking to me in every experience of my life. And the more I turn my life over to this presence that is always with me, the more it simply flows. Not that there aren't challenges, but as I listen even to the challenges, they always come bearing gifts.

So the invitation is, for just today, try letting go of attempting to control your life and be present for whatever is showing up instead – the easy and the difficult, the joyous and the unhappy. It is all for you, and if you listen deeply, life will bring you home.

Be light, Mary

Quote: "...as the mind quiets into the stillness, it is easier to feel the *presence* that radiates from every single expression of life I see." — 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 my [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 in New York

The Gift of Our Compulsions Workshop

Mary will be doing a workshop on "The Gift of Our Compulsions" Saturday, October 31st from 9:00 AM to 5:00 PM on Long Island. The cost of the workshop is \$100 with lunch included. For details, location and to register, please contact Sue Zola at suezola@me.com

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, October 3rd

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

Mondays, October 12th-November 2nd

[Telegroup: Moving Beyond Struggle](#) 5:55-6:55 PM Pacific Time

Thursdays, Oct 15th-November 5th

[Telegroup: The Gift of Our Challenges](#) 6:00-7:00 PM Pacific Time

Saturday, October 31st

[Workshop: The Gift of Our Compulsions](#) 9:00 AM-5:00 PM, New York

Saturday, November 7th

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

October 9-11, 2009

Living in the Here and Now an intimate retreat on Whidbey Island
with **Mary O'Malley**

Cost is \$250 for the retreat and shared room with own sleeping bag and mat
Please follow title link for more information and to register.

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.