




June 1, 2009

<p>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.</p>	<p>Inspiration: One of the simplest and most profound things we can do is to just stop for a moment here and there and take a deep breath into our bellies.</p> <p>Intention: Whenever I notice my belly is tight, I will take a deep breath into my belly, letting go of the world of thought and opening to the life within and all around me.</p> <hr/> <p><u>Featured Offering:</u></p> <p>A Women's Retreat in Bali in April 2010 \$1475 until July 1st - \$1675 after that date</p> <p>See details below.</p>
---	---

	<p>I invite you to take a moment and see the Earth in your mind's eye. Allow your awareness to expand so that you see this beautiful blue green jewel that is our home surrounded by black, velvety space. Such beauty! Now bring your awareness closer and recognize the movement that is happening all over the planet – the pounding of waves on all the shores of the world, people in the major cities moving with a frenzy like gigantic ant colonies; clouds racing across vibrant blue skies, children playing, dolphins dancing, and even snails slowly moving along.</p> <p>The amazing thing in the world of opposites in which we find ourselves – this world that needs night to recognize day – is that all of the movement on this planet comes out of stillness. The wonderful thing is that this stillness is inside of us. When we connect with it, it is experienced as ease and peace and connection and trust. And yet for most of our lives we are carried along by the endless and captivating movement of thought, never recognizing nor resting in this vast stillness that is within us.</p> <p>How can we make contact with this stillness? How can we discover that the safest</p>
---	--

thing we will ever do is learn how to simply open and rest in the stillness that is our home, rest in the peace that is always with us no matter what is happening in our lives?

One of the simplest and most profound things we can do is to just stop for a moment here and there, letting go of the world of thought that whizzes from the past to the future and back again with lightening speed. We can let go of all of the stories in our heads and use our minds instead to notice *what is* right now – to hear the sounds around us and see what is before us as if we have never been on this planet before. We can feel the rising and falling of the great river of breath as it moves through us. These moments become a doorway into the deep peace that is always with us.

But most of us don't do this because, even though we deeply long for this kind of connection with ourselves and with our lives, we are strangely afraid of it. The last time we were fully here for life was when we were very young and we got scared out of it. So it is important to bring safety to our controlling minds so they can let go and know the deep peace that is our birthright. And one of the most powerful ways to do this is to breathe into our bellies.

Right now, I invite you to take in a long, slow breath, imagining that there is a balloon in your belly. See how deeply you can expand it. Then slightly pull in your belly as you breathe out and let your out-breath be longer than it usually is. Now let the muscles go and allow the belly to expand again as you breathe in.

To breathe in this way brings our center of gravity out of our heads and back into the safety of being grounded in our bodies. When our attention is mainly in our heads, we are like top-heavy trees that are vulnerable to the winds of life. When we ground ourselves in our bellies, we discover a wellspring of deep knowing, wisdom and trust that becomes the doorway into the nourishing stillness that is our home.

The invitation is to breathe 10 belly breaths before you get out of bed in the morning. On the in-breath see how deeply you can open your belly, and on the out-breath imagine pulling your muscles in so strongly that they touch your spine. You will be amazed how 10 simple belly breaths in the morning can change your experience of life. Throughout the day, notice when your belly is tight and then take one deep breath into your belly and open again to life within and all around you.

Be light, Mary

P.S. – If you would like to learn more about the amazing healing power of breath, you can send an email to awaken@maryomalley.com and we will send you the chapter on breath from Mary's book, *The Gift of Our Compulsions*. Also, Mary's 2-CD set *Breathe Fully - Live Fully* introduces you to all the healing powers of breath and includes 9 guided breath meditations.

Quote: “When our attention is mainly in our heads, we are like top-heavy trees that are vulnerable to the winds of life. When we ground ourselves in our bellies, we discover a wellspring of deep knowing, wisdom and trust that becomes the doorway into the nourishing stillness that is our home.” — 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](#) 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.

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 - Bali in 2010

Awakening In Paradise

A Women's Retreat Facilitated by

Mary O'Malley

April 18-24, 2010

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

After July 1st, the cost will go up to \$1675

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.

A non-refundable deposit of \$500 will secure your place.

See below for more details.

Letters From Our Readers

Dear Mary

Thank you for the insightful work - books, CD's and now also this amazing chapter! I had such amazing insight since I've read Disarming the Judger. As a child I developed the belief that I have to be perfect and only then I'll receive and deserve love. So when I am bad and compulsive, I am not worthy of love and I become my own worst enemy.

I strongly believe that all healing is a love story, so every day, for me, is a return to love - To loving myself, meeting myself, even though I don't always know how. Practicing the compassion and love, that is the key.

Thank you for the light you've brought into my life. You don't know how much it has meant to me, so far. From your news letters and books and CD's, every time I listen or meet up on the page again and again, I am deeply moved and touched.

Thank you, thank you, thank you. --John

John,

You are welcome! It takes us all a long time to realize it is all about Love. It seems impossible to love that which we have formerly hated and feared but when we do...ahhhh! The joy of that. The healing of that. So may you carry the word 'mercy' with you every where you go.

Hugs, Mary

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

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).

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, 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 or by calling 206-362-9077.

Sunday, June 7th

Unity of Tacoma Sunday Services 9:00 & 11:00 AM & Workshop 1:30 PM

Mary will be speaking on the subject "Rediscovering Aliveness"

Her workshop will be titled "Your Personal Path into Aliveness" and will be 2-1/2 hours (1:30-4:00 PM) Cost is \$25 per person.

It will be based on the concept that we were all born in the magical forest of Aliveness, but we grew up in the confines of the village of Mind. Using this metaphor, she will explore how to reclaim the aliveness within us so that we can engage with life instead of reacting to it, and rediscover the joy of being fully alive.

Mondays, June 8th-29th

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, June 11th-July 2nd

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, July 4th

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.

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 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 July 1st.)**

Travel is separate and you need to make your own arrangements. (We will offer suggestions and help you contact other retreatants to coordinate travel.)



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 women. The cost is \$1475. To register, please click on [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.

To ask questions or request a printed brochure or registration form, please contact MarySue at sumaral@verizon.net or 206-550-2524. 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.

[Contact Mary](#)

[About Awakening](#)

[Our Offerings](#)

[Mary's CDs](#)