



April 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: Life is supporting us, communicating with us and taking us step by step into our awakening - even in the midst of our most painful challenges.

Intention: I will become fascinated by how my life is unfolding, and in that curiosity, begin to see the treasures that are always here in every situation. For there are no ordinary experiences!

Featured Offering:

Hawaii in 2010 with Mary & Neale Donald Walsch, author of "Conversations With God"

See details below.



I love to call life the flawless, methodical madness. On first glance it does look like madness. All you have to do is watch the evening news to wonder what in the heck is going on. But the more the mind quiets and the heart opens, you begin to notice something going on here that is way beyond our ability to control or even comprehend.

Underneath the dualistic dance of good/bad, right/wrong, easy/difficult, joyous/sorrowful, life is waking up to life in its infinite variety. More and more people are being moved out of unconsciousness into consciousness – the ability to

see and be with whatever is happening right here right now.

I see it as flawless because it is evident in my life and in the lives of the people I have worked with for the past 24 years that we are each given exactly what we need in order to awaken – the kinds of bodies we have, our minds, emotional natures, parents, next door neighbors, bosses and co-workers, dogs, lovers, children. When we understand life in this way, we are no longer the victim. In fact we become fascinated by how our lives are unfolding, and in that curiosity, we begin to see the treasures that are always there in every situation. For there are no ordinary experiences!

An example of flawlessness comes from a friend of mine who received a phone call saying that the job interview she had hoped would bring her an income (so she could make her mortgage payment) was permanently cancelled. As she ended the call, she dropped the phone in her lap in despair as tears began to flow. Through her tears she heard a noise and realized she had accidentally turned the phone on in the middle of her

emotional storm. She turned it off, but a few seconds later the phone rang and much to her amazement, it was a friend she hadn't talk to in over a year. This woman asked her, "Did you just call me?" It took my friend a second to realize that a long time ago she had put this woman on speed dial and must have hit her number. When this woman asked her how she was doing, she shared her fear and heartache. Much to her amazement, the woman responded by saying that she had just taken her house off the market and she had a separate apartment in her basement that my friend could live in for as long as she wanted to! My friend also immediately found a renter for her own home so her mortgage payment was covered.

The amazing thing is that we are amazed by this. It is happening all the time, but we are so busy in our minds we don't see it. Life is supporting us, communicating with us and taking us step by step into our awakening. This flawlessness also includes our suffering. What would happen if we trusted our suffering? What would life be like if, rather than resisting it, we were curious about it, learning how to gather the treasures that always lie hidden in the midst of our challenges.

This was certainly true in my life. Life gave me many challenges that oftentimes threw me into realms of great darkness. As I contracted over and over again into fear, anger, self judgment, irritation, overwhelm and despair, I learned how to really look at what I was experiencing. I discovered that who I truly am is that which can see all the stories in my head rather than getting caught up in the stories themselves. This helped me to understand that the struggling self we all carry is such a small part of what is going on – that there is a vast, creative, peaceful space in which all of the stories of our "mind made me's" are floating, and that is who we truly are.

I also call it methodical, for life will take us through very specific steps on the journey from unconsciousness to consciousness. How the steps show up varies from person to person. You may be taught through financial or health issues, difficult relationships, or all of the above. But step by step, as you learn how to listen to your life, you will see that there are no accidents, that you are not doing your life wrong, and that life is for you. Moment by moment it is bringing you home.

Recently two things have come into my life directly from relearning how to trust the flawless, methodical madness that is life. The first is that through a crazy and fascinating set of experiences, I am now hosting a women's retreat in Bali in April of 2010 – something I never dreamed of doing before. The second is that I was considering not doing a Hawaii retreat next year. Then Neale Donald Walsch (author of *Conversations With God*) and I crossed paths there in a wonderfully serendipitous way and have decided to host the Hawaii retreat together in February of next year. You never know what is going to happen in your life! But the truth you can come to know and live is that you are exactly where you need to be on your journey into consciousness and the path to your freedom lies in whatever experience you are having right now. Don't fight it. Instead, be curious and discover that life wants you to awaken even more than you do.

Be light, Mary

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

Quote: "There is a vast, creative, peaceful space in which all of the stories of our "mind made me's" are floating, and that is who we truly are." — 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](#)

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Featured Offering - Hawaii in 2010

Whatever Is In the Way Is the Way



**A Retreat Co-Facilitated by
Mary O'Malley & Neale Donald
Walsch**



February 20-26, 2010

Cost is \$1975 for the retreat, room and meals

The retreat will be held at [Hui Ho'olana](#), a beautiful retreat center on the island of Molokai.

Registration for this transformational, tropical retreat is limited to 18 people. The cost is \$1975. 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.

This retreat will fill-up fast, so early registration is encouraged. A non-refundable deposit of \$500 will secure your place.

Letters From Our Readers

Mary,

Last night was so helpful. To say, "Oh, resistance." ... And "here I am, right now." I can tell I'm in resistance because the bright energy I had earlier has dimmed as I've finished morning chores, I'm more tense and stooping. It's like feeling freezing up happening in slow motion. And there's this little voice of panic screaming "do something! Do something!!"

So how do I be with this? I'm imagining you saying, welcome it, offer tea. ... "Hello resistance, It's OK, you have a right to be here. What's this like for you, what are you caring for?"

OK, so what would it be like to just BE friendly interest without pressure to reveal/solve? As I ask this there's a sense of shifting into receiving, hands out and open. Things feel more spacious, there's more energy and what's out the window or down the street (vs. inside me – mind?) feels more real again. What if I didn't have to work at being in relationship with myself? What if I already just am? ...A big breath comes.

Thanks for the holding space where I could let this come out.

Love, Jean

Dear Jean,

You are welcome. Thank you for keeping on listening to yourself. Thihs brings us the kind of truth that you spoke about in this email.

And the amazing thing is, IT'S ALL OKAY!!

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, April 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.

Mondays, April 6th-May 4th *(No group on April 13th)*

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, April 9th-May 7th *(No group on April 16th)*

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, 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 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

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 sumara1@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 information will be on the website within 2 weeks, so you will want to watch for it. It will also be in the mid-month newsletter.

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](#)