



March 2025

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: "Thich Nhat Hahn did a turn of phrase on the quote, "Don't sit there. Do something!" Instead, he said, "Don't do something. Sit there!" What he is inviting us into is the phenomenal healing power of simply *being*. We have forgotten that life is a rhythmic river and if *doing* isn't balanced with *being* we get ourselves into trouble."

Intention: Winter is already coming to an end, though a good portion of America is still frozen. As we thaw into Spring, I invite you to think about the purpose of rest. Society often values busyness and "hustle" and demonizes idleness, but without idleness and rest, we cannot *be*. Without *being* we sacrifice the space we need for connecting to ourselves, to creativity, and to life itself and without that space, we cannot Awaken. So, I invite you to carve out some idle time into your daily routine. Even just 5 minutes is a great start.

FEATURED OFFERINGS:

Free Night: My Good Friend Cancer, Really???

We will meet on ~~March 3rd~~ 17th at 5:30pm PST

See below for more detail!



[Click on the photo above to watch Mary in a video message.](#)

Three Cheers for Laziness

Three cheers for laziness? What in the heck does that mean? You hear the word lazy, and you immediately get a negative connotation. The classic picture of laziness is an apathetic person, wearing their pajamas, endlessly lost in screen time, with an ashtray full of butts and beer cans scattered around.

But maybe laziness isn't laziness at all. Procrastination, stubbornness, resistance to getting things done- whatever you want to call it – all come from fear. It is the kind of fear that we all carry and that we all deal with in different ways - the fear of showing up for life and being ourselves. Some of us cope with it by getting terribly busy; some of us cope with it by being overly successful and burning ourselves out; some of us cope with it via our compulsions and some cope with it by simply shutting down, which we call laziness. So maybe laziness isn't something to judge at all.

There is another aspect of laziness we need to look at. In our doing, doing, doing society, we very rarely get off the treadmill and simply open into *being*. If you are sitting around in your backyard, just gazing out at life, some may call that laziness, but some may recognize the absolute necessity to unhook from ceaseless *doing* and instead, relax into simply *being*.

You could also settle into *being* through screen time or reading a book. Just like relaxing in your back yard, you are not trying to go anywhere or do anything or accomplish anything. All of these

allow your inner world to sort and organize itself. Since you are focusing on something other than yourself, this organizing can go on inside of you without interruption.

A good example of this happened after a retreat I led in Hawaii many years ago. I usually stayed a day after everybody left to settle in and reconnect with myself. On this retreat we all decided to go swimming with the dolphins in Kona the day after the retreat, so a friend and I drove over to Kona and checked into a bed-and-breakfast.

The next morning, I woke up in overwhelm. I had a full day planned with the people from the retreat including dinner that night and I knew that instead of being busy, I needed to be quiet. It takes a lot of energy to lead a retreat, and I was tired to the bone. I was unsettled enough that I cancelled the day, crawled into bed and started reading a novel that was lying on the bedside table. It took about the first 30 pages before I became aware of my breath again and then gradually, I began to be able to meet myself – to be with the tiredness and all the feelings that came with it. Slowly my heart began to open again, and I could connect with myself exactly as I was. This was so recharging that I ended up meeting everybody for dinner and having a delightful time.

Thich Nhat Hahn, the wonderful Buddhist monk, teacher and author, did a turn of phrase on the quote, “Don’t sit there. Do something!” Instead, he said, “Don’t do something. Sit there!” What he is inviting us into is the phenomenal healing power of simply *being*. We have forgotten that life is a rhythmic river and if *doing* isn’t balanced with *being* we get ourselves into trouble. It isn’t laziness to rest and veg and maybe read all day or watch your favorite shows. Yes, there are times it may extend into what looks like laziness but as we shared above, this comes from fear.

To give ourselves downtime is not only physically, mentally and emotionally healing, but it is also where true creativity comes from. When we cultivate *being*, our mind settles down and the wisdom of creativity that is within us can finally get a word in edge wise. There is a wonderful quote from Agatha Christie that speaks to this. She said, “I don’t think necessity is the mother of invention. Invention . . . arises directly from idleness, possibly also from laziness.”

This has been my experience. If I ever come to a place when I’m writing and I am not clear about where to go, I just ask life what it wants to say and then go do something else. And when writing is calling again, wisdom shows up that I could not have thought of on my own.

So, three cheers for laziness! Or rather three cheers for getting off the endless treadmill *doing* and giving ourselves permission to simply *be* so we can access the nourishment, healing and wisdom that comes from simply *being*.

Be light,
Mary

"If you are sitting around in your backyard, just gazing out at life, some may call that laziness, but some may recognize the absolute necessity to unhook from ceaseless doing and instead, relax into simply being."

Acknowledgements from Our Readers

Your book (The Gift of Our Compulsions) is so thoughtful, personable, and written in a way that makes one stop and say, "ahh, she gets me, I'm not alone". I just love it. I have about a million book marks filling up the pages because I love reading bits of it, to my clients and fellow colleagues, that strike me and that I think will help in their healing journey. ~ C.

EVENTS

Please follow the links for details

My Good Friend Cancer, Really??? *See below for more detail.*

Free Live Call will take place on **Mar. 3rd 17th** at 5:30 pm PST!

[Learn More & Register Here](#)

Thursdays 8:00 AM & 8:00 PM Eastern Time (5:00 AM & 5:00 PM PT)

Mary on Dreamvisions 7 Radio Network Evolutionary Voices for the Quantum Age

Mary's Radio Home Page - [What's In Your Way IS the Way](#)

Being Healed by Our Compulsions self-paced online course

[Being Healed by Our Compulsions](#)

Start as soon as you sign up!

Falling in Love with You self-paced online course

[Falling in Love with You](#)

Start as soon as you sign up!

What's In Your Way IS the Way self-paced online course

[What's In Your Way Is the Way](#)

Start as soon as you sign up!

NEXT FREE LIVE CALL ANNOUNCEMENT

My Good Friend Cancer, Really???

Mary has been working for 6 years with a rare form of blood cancer. While it has had its challenges, it has also healed her in ways she couldn't imagine before her diagnosis. Join her in exploring all of the gifts this cancer has brought into her life and how you can access all the gifts that come with the challenges of life.

We will meet on ~~March 3rd~~ **March 17th** from **5:30 to 7 pm PST** for the free live call, lasting about an hour and a half.

We will be on Zoom. Connect in the way that feels most comfortable to you. Join with video, keep your video off or call in. If you can't make the call, send your questions to the Awaken Team at awakenteam@maryomalley.com and Mary will address them in the call and you will receive a recording.

Mary will be hosting her Free Live Calls every two months. Stay tuned to find out when the next one will be.

Learn More and Register [HERE](#)

Contact our Support email: awakenteam@maryomalley.com for questions.

FOR MORE INFORMATION

Counseling - In person & by phone (currently by phone or Zoom)

To visit Mary's [website](#), [blog](#), [Radio Show](#), [newsletters](#), [books](#) and [CDs](#).

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*.

You can also visit the What's In the Way IS the Way website where you can read the endorsements for this wonderful book www.whatsinthewayistheway.com.

For more information about Awakening, please follow the links below.

If you have any questions or need assistance, please contact:

awakenteam@maryomalley.com

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