

Mary O'Malley



Mary O'Malley is a speaker, author and counselor in private practice in Kirkland, Washington. Her work focuses on curiosity, compassion, trust, and the ability to be with whatever is showing

up in our lives in a spacious and attentive way.

In the early 1970's, she experienced an awakening where she saw through the struggles of the mind, making contact with the joy and the wonder of being fully awake to Life. Since then she has dedicated her life to inviting others into the healing and the creativity that come from being fully present for Life. Through her organization, *Awakening*, she has evolved a transformational approach to working with everything that keeps us from being present for our lives.

Mary has taught extensively since the early 1980's, speaking, leading retreats, doing individual counseling, and offering ongoing groups where people can come together to experience the miracle of awakening. Her strengths lie in her ability to be fully present in the moment, integrating information, technique and insight with simplicity and compassion.

For more information about Mary's offerings, please go to www.maryomalley.com

Awakening

We all have a deep hunger to reconnect with what Joseph Campbell, author of *The Power of Myth*, calls "the rapture of being alive". Yet most of us, most of the time, are lost in the struggle of trying to make ourselves and our lives different. In this struggle, we become disconnected from the present moment which holds all that we yearn for.

Awakening is dedicated to inviting people into deep connection and a sense of belonging to themselves and to their lives. By teaching people how to cultivate curiosity, compassion and trust, they become present to their lives and in that presence, are healed and become a healing force in the world.



Waking Up To Life

with

Mary O'Malley



Hui Ho-olana Retreat Center
Molokai, Hawaii

February 19-25, 2012

The Retreat



Do you dream of a time of deep relaxation and renewal? Do you long to enjoy the beauty and peace of nature, to play in the warm sun of a tropical paradise? This retreat offers you all of this and more. The smells, the colors, the sounds and the wildlife all conspire to invite you back into the magical presence of life.

This is an invitation to take time out of your busy schedule to reconnect with yourself and with life. It is a true gift to yourself, and there is no better setting than the Hawaiian Islands, where life makes love to life.

The focus of the retreat is on learning how to show up for whatever life brings in each moment. In that process, we will have times of silence and times of exploring together ideas and skills that invite us back into life. We will share both our wisdom and the challenges of learning to quiet our minds and open our hearts.

There will be some meditation. The emphasis, however, is not on meditation techniques, but rather on using meditation practices to experience each moment of our lives more fully.



Lodging, Meals & Retreat Costs

The retreat cost includes your room, meals and retreat fees. Rooms are non-smoking and are shared by 2 to 3 people. Meals are vegetarian plus fresh local fish, cooked and presented buffet style.

The cost is:

\$1,875 with deposit received by May 1, 2011

\$200 off with deposit received by March 1, 2011

A \$500 non-refundable deposit holds your place. Balance due by December 1, 2011.

There will be no refunds after December 20, 2011. In the event of cancellation after that date, any payments made may be applied to a future retreat (minus \$500).

You will need to make your own travel arrangements.

To Register

To pay by credit card, go to www.maryomalley.com and click on Our Offerings then Retreats. Click on Hawaii Retreat (Deposit) and then on Add to Cart.

If paying by check, please send a check made out to **Mary O'Malley** to: **Awakening**
c/o **MarySue Brooks**
25-137th Street SE
Everett, WA 98208

Once your payment is received, you will be emailed a Registration Form which we ask you to fill out and return by email.

If you have questions or need a registration form mailed to you, contact MarySue Brooks at sumara@earthlink.net or 206-550-2524.

The Setting



The retreat will be held at Hui Ho'olana, a beautiful and consciously stewarded retreat center on the island of Molokai in the Hawaiian Islands.

Located on 100 acres, Hui Ho'olana sits on a hill 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.

Gourmet, mostly-vegetarian meals include fresh fruits and vegetables from the organic garden.

For more information about the retreat center and Molokai, please go to www.huiho.org