



June, 2012

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:

No matter what is happening in your life, know that you are a part of the shift from separation to connection that is happening on our planet. Trust what life is bringing you, and re-member the butterfly.

Intention:

When I feel upset about what is happening in the world, I remember the butterfly, and I trust that I am a part of what is being born..

Featured Offering:

Mary will be speaking and doing a workshop at Unity of Tacoma on June 10th.
See below for details.



When I watch the evening news my heart aches, but it doesn't break, because I trust what is going on. I don't like it and I wish it wasn't happening, but I trust it. How can that be?

Life has been unfolding for billions of years, and we have enough data now to understand that our Earth is a living process and she has gone through many stages on her journey from gas and dust to this beautiful, creative planet we are a living part of. And at every major shift in this unfolding, there was a crisis as the old way was dying and the new was being born.

I feel this is what is happening now on our planet. The old way comes from the kind of mind that is about good/bad, right/wrong, and it can't put itself into other people's shoes. This has created so much suffering on our planet. The new mind that is being born understands we are all in this together and it is willing to communicate, listen, compromise and hold the vision for the healing of our planet.

This new kind of mind has been around for thousands of years, but only recognized and lived by a few people. Some of the ones we know of are Buddha, Jesus, Mohammed, Gandhi and Rumi. But the time has now come for more and more of us to make a shift in perception and to live this new kind of mind.

One of the best analogies for what we are talking about here is the butterfly story told by evolutionary biologist Elisabet Sahtouris. She says that, relative to its size, the caterpillar is one of the most destructive beings on this planet. It can devour a whole tree branch in record time. Eventually it weaves a cocoon around itself and, within that structure, fulfills its destiny to dissolve into formless goo. Out of that goo begins to emerge the first cells of the butterfly. These cells are called imaginal cells and the goo (the old) tries to destroy them! Because of this threat, these new cells gather together into groups, and in that support, the butterfly is born.

This is our story. The caterpillar and its self-absorbed destruction represent the old way. The caterpillar is necessary in the creation of the butterfly, but there comes a time when it has to die for the butterfly to be born. The butterfly, which represents the new way, is the opposite of the caterpillar. It doesn't destroy life – it serves life by pollinating flowers. Also it can fly far and wide, so its view is much boarder than the caterpillar. As we grow into our 'butterflyness,' we too can have a view that includes everything.

You and I are being asked to become the butterfly inside of ourselves. Part of our task is to trust our times of goo that can be so turbulent and frightening, for they are essential to our transformation. We are also being asked to gather together into groups so that we can support one another and the world in the healing that is happening. We are a group. As you are reading this, there are thousands of people all around the planet that are reading it too. And each one of you is a part of the evolutionary shift that is happening. This is why I write these letters, offer phone groups and invite people to gather together at retreats – so that we can *re-member* our 'butterflyness' together.

So know that no matter what is happening in your life, you are an imaginal cell. You are a part of the shift from separation to connection that is happening on our planet. Trust what life is bringing you, and re-member the butterfly.

Be light, Mary

Quote: “We are being asked to gather together so that we can support one another and the world in the healing that is happening.” —Mary O'Malley

To learn more about this work, please visit our web site at www.maryomalley.com

Also, please click on the [Watch Mary](#) link in the left sidebar of my web site homepage to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary's Blog](#) link to read messages from me and reply or ask questions.

To view previous newsletters, please click on the link [Newsletters](#).

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Mary Speaking at Unity of Tacoma June 10th

Sunday Talk 9:00 & 11:00 AM: Fierce Grace, Wondrous Grace.

Workshop 1:00-3:00 PM, Cost \$35: Gift of our Challenges:

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.

As we learn not to resist our challenges, we discover that in every one - whether it is illness, difficult relationships, compulsions, or deep loss - there is always a gift, and you can learn how to gather the treasures that are at the heart of the challenge.

In this workshop you will

- Discover a new way of working with challenges
- Tailor this healing processes to your life challenges
- Receive practical tools that empower and heal.

To visit the Unity of Tacoma website, click on [this link](#).

From Our Readers

Dear Mary,

My gratitude to you is “out of this world.”

In my exhaustion yesterday morning, the “Yes!” born of grace that popped up to bless it ALL could not have blossomed without your clear, intimate and wise teaching born of experience, your listening so compassionately, and the power of presence in the silence between words.

Thanks to you, I am home more and more in my Heart of Hearts.

With hugs, A.

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 and with Skype. 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

Tele(Phone)Groups

These phone groups are a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the groups and there are opportunities for questions and discussion. Once you register, you will receive a dial-in-number and access code. When you dial-in, you will be prompted what to do to join the group call. Each session is 4 weeks and costs \$90. There is a morning group on Tuesdays and an evening group on Thursdays. To register, click on the appropriate link below.

Events

Please go to our [Events Calendar](#) for details

Saturday, June 2nd

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

Sunday, June 10th

Unity of Tacoma

Sunday talk: Fierce Grace-Wondrous Grace, 9:00 & 11:00 AM

Workshop: Gift of Our Challenges 1:00-3:00 PM, Cost \$35

Tuesdays, June 19th & 26th, July 3rd & 10th

Telegroup: What's In the Way Is the Way Group

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, June 21st & 28th, July 5th & 12th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Saturday, July 7th

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

August 22nd-26th

Bell Island Retreat

This 5-day retreat will be on a magical little island in the San Juan Islands of Washington State. Space is limited to 15 people – some on luxury airbeds in platform tents, and some bringing their own tents and bedding, and it is on a first-come, first-served basis. Cost

for the retreat is \$495 plus a contribution for food (to be determined). We will share in meal preparation and clean-up. To Register, please click on the Bell Island Retreat link above.

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

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