



October, 2011

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:

The healing we are ready for doesn't come from changing anything. It comes from the ability to see and be with what is.

Intention:

Today I will notice how much my mind loves to turn everything into a problem. And for moments, I will be curious about what is going on right now and give it space to be, so it can move through me and I can rediscover the 'paradise' of life that is right here, right now.

Featured Offering:

New Edition of *Belonging to Life* available on Amazon in both print and Kindle formats
(Please see Below)



The healing we are ready for doesn't come from changing anything. It comes from the ability to see and be with what is.

If we are honest with ourselves, we will see that the mind we live in believes the opposite of the statement above. It is a problem factory. It turns even the smallest things into problems and then spends most of its time trying to figure out how to fix them. If it isn't concerned about the new pimple on your chin, it is concerned about how your neighbor mows his lawn. These little concerns mushroom into big concerns like "Will I get cancer?" or "Will they reject me?" or "Will I have anything left in my retirement fund?"

If you watch it, you will see that as soon as the mind solves one problem, it comes up

with another. And if it can't solve one, it throws us into despair. I like to say that we are like people sitting in paradise, constantly trying to unravel a ball of yarn – and believing if we just unravel it then everything will be okay. I have news for you. Your life will never be okay trying to make it okay! That is just the game of the problem factory. And the ball of yarn is endless.

What would it be like to take a break from this endless struggle inside and step out of the problem mode? What would it be like to know that there is no ball of yarn to unravel? What would it be like to be able to connect with the 'paradise' that is always with us, right here, right now, when we lift our eyes from the ball of struggle.

What allows us to open the door that leads out of struggle is curiosity. The problem factory is all about trying to control life. Curiosity is the willingness to look at what is. When we can look at what we are experiencing without turning it into a problem, magic begins to happen. This is what Rumi is talking about in his poem The Guest House. It is one of his best-known poems, but very few people know the last half of it where it says, "Learn the alchemy that few human beings know, that when you accept what difficulties you have been given, a door opens." This is talking about the place beyond the problem factory of our minds.

When Eckhart Tolle endorsed my book *Belonging to Life*, he told me that he liked the two mantras 'What is' and 'This too'. "What is" is an invitation to step out of the problem factory and simply notice what is happening right now. "This too" is an invitation to stop fighting what is. It brings you into the healing power of allowing.

So I invite you, just for today, notice how much your mind loves to turn everything into a problem. And for moments, be curious about what is going on right now (What is). Then give it space to be (This too), so it can move through you and you can rediscover the 'paradise' of life that is right here, right now.

Be light, Mary

Quote: "Learn the alchemy that few human beings know, that when you accept what difficulties you have been given, a door opens." —Rumi

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

Also, please click on the [Your Gift Movie 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 [Blog link](#) to read messages from me and reply or ask questions.

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Belonging to Life available on Amazon

The new edition of my first book, *Belonging to Life: The Journey of Awakening*, is now available through Amazon.com in both print and Kindle versions (www.amazon.com). It is also available in Nook format through Barnes and Noble (www.barnesandnoble.com)

From Our Readers

Hi Mary,

I recently received "Belonging to Life" from your website. I've felt like your book has been calling me for awhile, and now that I am reading it, I feel compelled to send you an email and thank you. I experienced a rather sudden awakening close to two years ago, and since then my life has been a real struggle. Not the same kind of struggle I had before, when I was doing drugs, watching TV all the time, and cutting myself off from life, but a different kind of struggle where I've had to face a lot of my demons and pain, and have been living in a state of confusion and despair.

Learning more about spiritual teachings and different healing modalities has been slowly moving me along my path, and now that I have your book, it's like a friend that I've been waiting to meet to help me along. The way you describe the process and your explanation of concepts and scenarios is wonderfully presented, authentic, and powerful. I can relate to the challenges you faced in your life, and you're helping me to strengthen my trust in life, and to really deepen into the present moment. There is a real current of compassion that I can feel in your work, and I feel so thankful to have you in my life.

With gratitude, respect, and appreciation, James

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 \$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-Groups

These 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. Each session is 4 weeks and costs \$90. To register, click on the appropriate link below.

Events

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

Tuesdays, September 20th-October 11th

Telegroup: Europe Group

7:30-8:30 PM Denmark Time

Saturday, October 1st

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

Thursdays, October 6th-27th (No group on September 29th)

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Tuesdays, October 18th-November 8th

Telegroup: Europe Group

7:30-8:30 PM Denmark Time

Saturday, November 5th

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

February 19-25, 2012

Hawaii Retreat: Waking Up to Life

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

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