



# awakening

with Mary O'Malley

April, 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:**

The challenges of your life offer the opportunity to see how much your mind resists life and to discover the amazing healing that happens when you open into whatever life is offering you.

**Intention:**

When I come up against a challenge, instead of trying to make it go away, I will pause for a moment, become still, and open my heart to it.

**Featured Offering:**

Our next retreat on Bell Island in the San Juan Islands will be in August. See below for details.



A very dear friend of many of us passed on a few weeks ago. Walking down the path of life and death with him brought up so much sadness, but it also brought joy! How can that be?

To explore the possibility of death opening us to joy, I would like to pull on a metaphor from my new book, *What's In The Way IS The Way* (it is almost done!) Imagine a beautiful meadow on a sunlit morning. In this meadow is a rainbow of wildflowers, along with the heart opening music of birds. The smells of the heather and the pristine beauty of the surrounding mountains all bring forth a deep sense of peace. There is also death here as one moment dies into the next and everything in the meadow – absolutely everything – eventually dissolves back into the great mystery of life. In the ongoing unfolding of this meadow, everything flows and nothing resists that flow. The grass doesn't say, "I don't want winter to come." The trees are not trying to be better trees! The animals aren't afraid to die.

The meadow represents your natural state of open, alive connection with life that you lived in when you were very young. You hadn't yet learned how to see life as a problem, and thus it flowed through you – the easy and the difficult, the joyous and the sorrowful.

But there came a time when you left the flow of life and got caught in your mind. In our metaphor, the clouds in the air began to circle around your head. At first they were just wispy clouds that didn't fully block your experience of the meadow. But overtime, usually by adolescence, the clouds completely surrounded and filled your head, so much so that you could no longer see the meadow. All you could see were the clouds of your mind that were about good/bad, right/wrong.

The storyteller in your head that is always trying to *do* life and *do it right* constantly struggles with life, cutting you off from the meadow of your own being. This is where most people live, lost in ideas about life rather than the direct experience of it. Rumi speaks directly to this in his poem *The Glance*:

Out beyond ideas of wrong doing and right doing,  
there is a field. I'll meet you there.

In other words, right beyond the cloud bank of your mind is another world. It was this field that our friend Vaughan opened to as he was dying. His wife Lyn speaks eloquently about the five days between the moment when he was told that there was nothing more that the medical world could offer him and the day that they took him off of life support. She said he was lucid and luminous to the end. The room was filled with light, and there was so much love pouring out of his eyes that she now knows, without a shadow of a doubt, that the field Rumi is talking about is the truth of her being. When Vaughan let go of any need to resist what was unfolding in his life, a door opened and he recognized the field of love that is always here.

There is also no accident that the last words of Steve Jobs were, “Oh wow! Oh, Wow! Oh wow!” He recognized the field! But it isn't necessary to wait until you die to experience this. You are not the cloudbank of your mind. You are the field! And it is a very powerful moment in your life when you come across something you can't control – something your mind can't fix – for therein lies the possibility of opening again into the field of love that you are. The challenges of your life offer the opportunity to see how much your mind resists life and to discover the amazing healing that happens when you open into whatever life is offering you.

So what would it be like if you understood that the deepest of challenges in your life are *for you*? They are not here because you have done something wrong or God fell asleep on the job. They are here as an invitation to see through the cloud bank of struggle and come back to the meadow of love that is always here. For you have never left the meadow; you just think you have.

Be light, Mary

**Quote: “It is a very powerful moment in your life when you come across something you can’t control – something your mind can’t fix – for therein lies the possibility of opening again into the field of love that you are.” —Mary O’Malley**

To learn more about this work, please visit our web site at [www.maryomalley.com](http://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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## Bell Island Retreat in August

This will be a 5-day retreat August 22-26, 2011 on a magical little island in the San Juan Islands. 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. To see photos, click on [this link](#) and scroll down to Bell Island Retreat.

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, click on [this link](#). For questions, email [marysue@maryomalley.com](mailto:marysue@maryomalley.com)

## From Our Readers

Dear Mary

I am emailing to tell you that your book "The Gift of Compulsions" is having a profound effect on my life. I have never heard someone address compulsions from this angle before. I have found that I have to read your book very slowly. Everything you say hits home really hard. It takes time to process.

You know human nature better than anyone I know. And you are helping me to begin to fully understand what it means to accept myself and my life for what it is, instead of fighting it and resisting it. Indeed, you teach me about self acceptance, and I am experiencing change and healing in my life. I am not even half way through with the book, but I absolutely had to tell you how much it is helping me. Thank you for your book and your insights.

With gratitude, K.B.

## 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](mailto: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, April 7<sup>th</sup>

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

### Tuesdays, April 17<sup>th</sup> & 24<sup>th</sup> & May 1<sup>st</sup> & 8<sup>th</sup>

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, April 19<sup>th</sup> & 26<sup>th</sup>, May 3<sup>rd</sup> & 10<sup>th</sup>

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

### Saturday, May 5<sup>th</sup>

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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