



February, 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:

As we learn to live each day knowing it may be our last, we become more open, more adventuresome, more kind and more deeply compassionate.

Intention:

When I am experiencing a challenge with a person or situation, I will stop for a moment and imagine how I would respond if this were my (or their) last day on earth.

Featured Offering:

Hawaii Retreat in February 2012
Register by March 1st for a \$200 discount. (Please see Below)



My beloved kitty Misty passed away on Saturday after 19 years of sharing her loving presence with everyone she met. My groups all begin with a meditation (oftentimes with Misty sitting in her Buddha pose on the arm of the couch), and I loved to say that she was constantly delighted that at least some people in the world had learned how to be as quiet and meditative as a cat!

To have death so close reminds me that one of the best friends we have in life is death. Now, don't leave me here. I know this is a topic that we shy away from. But what if we understood that nothing can teach us more about joy and true aliveness than death! We are usually so afraid of it that we don't look, listen and gather all the gifts it brings us.

So, for just this moment, know you are going to die and watch what your mind does. It can go in two different directions – resistance and fear (which is what keeps us from being fully alive!) or it can acknowledge this truth in a way that reminds us of the

preciousness of every moment. That is what people oftentimes discover when they have a month or a year to live – that what matters is this moment – not all of the struggles the mind is busy with!

Know that one day this is all going to end and that after you read this newsletter, you are five minutes closer to that. You don't know when that will be...none of us does. But allowing this truth in can open you to life in ways that you truly and deeply long for.

If you are having a challenge with something in your life, stop for a moment and contemplate your death. If you knew you were going to die next week, would you stay mad at your friend because he didn't return your call? Would you sweat over those few extra pounds or be frustrated because you forgot something at the store and have to go out again? We take our friends, our loved ones and our lives for granted and are thus only half alive. So whoever you are going to be around today, imagine that this would be the last time you would ever see them. How would that change your response to them?

To embrace death allows us to fully live! Isn't that strange? When we acknowledge death, we find that we are no longer afraid of life. As we learn to live each day knowing it may be our last, we become more open, more adventuresome, more kind and more deeply compassionate.

So live your life fully. It is going to end. A wise person knows that their next breath isn't guaranteed (although we live as if this weren't so). Don't wait until your death bed to wake up to life. That is what Misty has reminded me of. Of the gifts that have come from her death, nothing is sweeter than the gift of remembering not to take any of this for granted!

Be light, Mary

Quote: “Know that one day this is all going to end...You don't know when that will be...none of us does. But allowing this truth in can open you to life in ways that you truly and deeply long for. .” — Mary O'Malley

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.

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

If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

Hawaii Retreat in February 2012

Our next Hawaii retreat will be at the beautiful Hui Ho'olana Retreat Center on the Island of Molokai. I have led three amazing retreats there previously and can't wait to go back. The cost goes up after March 1st, so please consider joining me there and taking advantage of this \$200 savings. Go to my website at maryomalley.com and click on the Offerings link and then on the Retreats link to register.

From Our Readers

Dear Mary,

A short email to thank you.

I just received this morning your news letter, and tears started coming reading about compulsions, because for the last many days I have been becoming more aware of one compulsion - computerising, and it seems that it is becoming ready to be healed.

Thank you for your words touching my heart. I have been sitting in front of this computer everyday, wasting time away from this moment, this Life, this body.

May the free loving and creative flow be welcomed again, in my life and the life of all of us.

--Cora

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

Awakening Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening, with expert guidance. You will also experience the healing powers of mercy and trust.

You may visit an in-person group one time to see if a group is right for you. To join a group, an introductory counseling session with Mary is required. If you are interested, please contact Mary at info@maryomalley.com or 425.889.5937

Events

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

Thursdays, February 3rd-24th

Telegroup: The Gift of Our Challenges

5:55-6:55 PM Pacific Time

Saturday, February 5th

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

Thursdays, March 3rd, 24th, 31st & April 7th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

No Half-Day Retreat in March (due to Denmark trip)

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

March 7th-13th, 2011

Mary in Denmark

See website Calendar for details

February 20-26, 2012

Hawaii Retreat: Waking Up to Life

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

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Please feel free to forward these emails to those whom you feel would be interested.

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