



# awakening

with Mary O'Malley

February, 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:**

When you try to free yourself from fear, you create resistance against fear. Resistance in any form does not end fear. What is needed is seeing it and learning about it.

**Intention:**

When I feel fear, I will remember that it is just a story in my mind and I will observe the story and relate to it instead of falling into it.

**Featured Offering:**

Books available as eBooks



In last month's newsletter we explored the shift in perception from fear to trust, from control to connection, that is happening on this planet. Most people are not aware of how much fear runs their lives, but trying to get rid of *fear* only causes more *fear*. Instead, the shift is all about getting to know the stories of fear you took on. As soon as you can see the cloud bank of fear you crawled into as you grew up, you can begin to see *through* the cloud bank and come back to the meadow of life. The renowned writer and speaker Krishnamurti once said:

It is not that you must be free from fear. The moment you try to free yourself from fear, you create resistance against fear. Resistance in any form does not end fear. What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it.

In order not to be run by fear and to do what he is suggesting – to look at your fear - it is important to ask, “Do I want to be free from fear?” Initially there will probably be a

response of, “Yes, I do.” But that will be followed by a response such as, “It is scary to look at my fears.” But when you look at your fear, you will see that it is just mind clouds and is nothing to be afraid of. It is just fear! I assure you, looking at fear is one of the safest things you will ever do.

Pema Chodren, an internationally known author and Buddhist nun, tells about a repetitive dream she had when she was younger. In the dream, a monster was chasing her, and she always woke up in terror at the place where the monster was about to get her. When she told a friend about the dream, her friend suggested that Pema turn around and look at the monster. That so scared her that even in the dream she kept on running. Then one night as she was again running away from the monster, a wall appeared in front of her blocking her escape. With great trepidation, she turned to look at this monster (feeling like she was going to die) and the monster stopped and didn’t come any closer. She then noticed that the monster had pink fingernails! That was the moment she woke up and she never had that dream again!

This dream represents the power of turning and looking at fear itself rather than letting it run you from underneath your everyday awareness. For a time it is scary, but slowly you realize most of your fear is the result of conditioning you received when you were young. The more you look and listen, the more your heart opens to how scared your storyteller is and you begin to see that it has been scared for a very long time. Your heart, however, is not afraid. It is your heart that can bring your fears the attention they need in order to be healed. That is why the monster had pink fingernails. How could you be scared of a monster like that?

I was raised in an environment that fostered terror, and I became so caught in the world of fear that in my early twenties I tried to kill myself three times because the intensity of the fear that I lived in was unbearable. My fear showed up as dread – the combination of feeling something really bad is going to happen and the belief that it is happening because I have done something very wrong. I tried psychiatrists, psychologists, group therapy, counselors, medications, affirmations, hospitals, meditation, hypnotherapy, and anything else I could find in order to try to outrun my fears. It was only when I was taught how to turn towards my fear, becoming compassionately curious about its story rather than trying to fix it or get rid of it, that the pressure was released. Fear will always be a part of me, but whereas it used to be 110% of me, now it is only 5%, and when it does arise, I can listen to it rather than getting lost in its story, and in that listening it calms down through the healing energy of my heart.

So be curious about your particular stories of fear. Today, is fear lurking in your mind? If so, is it the fear of being rejected, or being seen as less than, or being forgetful, or being alone, or being late, or feeling unequal to the task, or that you aren’t smart enough or good looking enough? Fear has a story about almost everything! So when you notice that you are paying attention to a fear story, say to yourself, “That is just the scared one inside of me!” We ALL have a scared one inside of us, and the more you can relate to it rather than falling into its story, the more you will come out of the cloud

bank of fear and be truly alive!

Be light, Mary

**Quote: “It is your heart that can bring your fears the attention they need in order to be healed.” —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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## Books Available As eBooks

Both my second edition of *Belonging to Life: The Journey of Awakening*, and my book *The Magical Forest of Aliveness: A Tale of Awakening* are available as eBooks through Amazon (Kindle) and Barnes & Noble (Nook). They are also available for download from our website in PDF format.

## From Our Readers

Dear Mary

I don't recall how I 'found' you but I must tell you that you make a difference in my life.

Every month I look forward to reading your words of wisdom and every month they are relevant. You are a true blessing to me.

A most heartfelt thank you. --Lou

## 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, February 4th**

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

### **Thursdays, February 16<sup>th</sup>, March 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>**

**Telegroup: The Gift of Our Challenges**

6:00-7:00 PM Pacific Time

### **Tuesdays, February 14<sup>th</sup> & 28<sup>th</sup>, March 6<sup>th</sup> & 13<sup>th</sup>**

**Telegroup: International Group**

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

### **February 19-25, 2012**

**Hawaii Retreat: Waking Up to Life**

### **Saturday, March 3<sup>rd</sup>**

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

### **Tuesdays, March 20<sup>th</sup> & 27<sup>th</sup>, April 3<sup>rd</sup> & 10<sup>th</sup>**

**Telegroup: International Group**

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

### **Thursdays, March 22<sup>nd</sup> & 29<sup>th</sup>, April 5<sup>th</sup> & 12<sup>th</sup>**

**Telegroup: The Gift of Our Challenges**

6:00-7:00 PM Pacific Time

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