



September, 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:

We were all conditioned into fear, shame, anger and despair, and these emotions are just trapped energy that longs to be released back into free flowing aliveness through the power of our own accepting attention.

Intention:

Whenever I feel myself getting caught in struggle, I will watch what is going on inside, feel the energy in my body, accept what is here, and become curious about it.

Featured Offering:

Bell Island Work/Play Party
September 16-18th
(Please see Below)



I just returned from leading a retreat on a tiny jewel of an island in the beautiful San Juan Islands and my heart is filled to overflowing. The joy of being in such beauty is almost indescribable (one person said they felt they had arrived at the Garden of Eden!). And gratitude is still moving deeply through me for being able to explore for three glorious days with a wonderful group of people.

All of us were following the call to be open to life and to experience the joy of being truly alive. At the same time, each one of us had the willingness to meet inside of ourselves the old conditioning that keeps us caught in struggle. There is a quote from Eckhart Tolle that I put on my shower wall when I moved into my house 13 years ago that speaks to what we are exploring here. It is about how we can become alchemists, turning the heavy darkness of our struggling self back into the free flowing aliveness that we truly are. Eckhart says:

“When the pain body has woken up, you may experience turbulence. Be present. Give it

your complete attention. Don't let it overwhelm your thinking. Watch it. Feel its energy in your body. Full attention means full acceptance. This brings forth a transmutation into radiance."

What he means by "pain body" is all of the resistance and struggling that happens in our minds. (I love that he says that you *may* experience turbulence. For most of us, when the struggling self shows up, we buy into it hook, line and sinker and know lots of turbulence!). But we can learn how to do what he is suggesting.

Rather than getting caught in our struggles, we can learn how to watch what is going on inside, feel the energy in our bodies, accept what is here, and become curious about it. This allows for what Eckhart is calling the transmutation into radiance. In other words, we were all conditioned into fear, shame, anger and despair, and these emotions are nothing but trapped energy that longs to be released back into free flowing aliveness through the power of our own accepting attention. Can you imagine just being with your fear or anger or shame rather than reacting to it? It is not only possible; it is the path to freedom.

Each of us on that island was able to understand at a deeper level that we are not alone in our struggles – that everybody has them. And we also opened together to the truth that our struggling self is nothing to be afraid of or ashamed of. This allowed us to be curious about what was going on inside of us, and under the gaze of curiosity, the heaviness of our struggles lightened and together we rediscovered the joy of being alive. In fact, at the end of the retreat, we informed Erica and Steve, who own the island, that none of us was leaving – that we were all moving in with them!

So be curious today. Know that whenever you become tight - whether you notice your body tightening, your mind or your emotions - know that it is just trapped energy asking to be released through your willingness to simply be curious about what it happening right now!

Be light, Mary

PS: I just talked to Steve and Erica and we set up a play/work weekend on September 16th. If you would like to come for a weekend to a very magical private island in the San Juan's and help with clean-up, painting or washing windows, and have a lot of fun in the process, let me know by Monday the 5th. Email me at awaken@maryomalley.com

Quote: "When the pain body has woken up, you may experience turbulence. Be present. Give it your complete attention. Don't let it overwhelm your thinking. Watch it. Feel its energy in your body. Full attention means full acceptance. This brings forth a transmutation into radiance." — Eckhart Tolle

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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Bell Island Work/Play Party September 16-18

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From Our Readers

Dear Mary

I really feel awful emotionally, like there is so much coming up at once. The rage and self hatred are strong again, and I feel overwhelmed. How do I not make it real and blame it on anything? --Dawn

Dear Dawn,

The head is what makes it real and wants to blame to get relief. It is the heart that creates the space that is needed for it to move.

A few invitations..

- Breathe in and out of your heart
- Imagine a kitten that is always being beaten up by an older cat and imagine what you would do for that kitten - then feel that energy
- When nothing works, turn it over to whatever it is that breathes you. You are not alone. Ask for clarity in how to touch this pain with your heart.

The one that awfulizes everything and feels like a monster is just very scared.

Hugs, Mary

Counseling & Tele-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, August 23rd-September 13th

Telegroup: Europe Group

7:30-8:30 PM Denmark Time

Thursdays, September 1st-22nd

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Saturday, September 3rd

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

September 16th-18th

Bell Island-San Juan Islands Work & Play Party

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

February 19-25, 2012

Hawaii Retreat: Waking Up to Life

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