



awakening

with Mary O'Malley

May, 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:

It is only after you've lived through the 'death' of a phase of your life that you can experience the subsequent 'birth' of a new phase.

Intention:

When I feel grief around a loss in my life, I will honor those feelings and go through the pain, sit with it, feel it, cry about it – and not resist it..

Featured Offering:

Only 3 spaces left for the Bell Island Retreat in the San Juan Islands in August.
See below for details.



I was very moved by what a friend wrote to a man he met in an online forum who was ending his marriage and feeling very depressed. His message is so nourishing for all of us that I wanted to share it with you. He does mention reincarnation, but I invite you not to get caught in a debate about whether it is true or not. Instead, I encourage you to open to the essence of his invitation – to show up for life – all of it!

“I understand the concept of reincarnation to be metaphorical rather than literal - that a life can be described as a series of 'life cycles' - a series of births, lives, and deaths. Every relationship, every job/career, and every chapter of your life has a beginning, middle, and end - a birth, life, and death. Your marriage was a 'life' that had a 'birth,' 'life,' and 'death.' Raising your children has a "birth", "life", and 'death.' The same can be said about the houses you've owned, the jobs and careers you've had, your schooling, romantic relationships, and your friends. They've all had a period of growth,

maintenance, and decline just as in birth, life, and death.

“In our culture, we're conditioned to seek the joy of the ‘birth’ and ‘life’ phases, but we're rarely taught how to deal with the inevitable ‘death’ phase. We were never told that every chapter in our lives ends. All of our fairy tales consist of finding a new love and then living happily ever after, but we're never taught, and are consequently ill-prepared, for the inevitable and unavoidable end or ‘death’ of every stage of life. That's where the pain and depression comes from - the fight against the inevitable end (or death) of a stage of life. We're so averse to the death portion of the life cycle that we resist it by lying, denying, avoiding, evading, and attempting to escape the unavoidable. It's our unwillingness to experience the unavoidable pain of ‘death’ that causes us the prolonged pain and depression that you're feeling. It's only when you accept the death that you can move on to the next birth. Best of all, you get to take the wisdom of your past ‘life’ with you into the next.

“The pain you feel is real. The sadness, the depression, and the suicidal thoughts are feelings that you *are supposed to feel* after what you've been through. Honor those feelings and go through the pain. Sit with it, feel it, and cry about it – just don't resist it. Because it is only after you've lived through the ‘death’ that you can experience the subsequent ‘rebirth.’

“A very wise friend once told me, "**If it's in the way, it IS the way,**" and your pain is the path to the next life you get to enjoy. It's all part of the process. Trust the process.”

Be light, Mary

Quote: “It's only when you accept the death of an experience that you can move on to the next birth. Best of all, you get to take the wisdom of your past ‘life’ with you into the next experience.” —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.

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Bell Island Retreat in August

This 5-day retreat August 22-26, 2011 will be on a magical little island in the San

Juan Islands. Space is limited to 15 people (3 spaces left) – some on luxury airbeds in platform tents, and some bringing their own tents and bedding 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

From Our Readers

Mary,

I first read *The Gift of our Compulsions* as part of my coaches training and personal transformation program with Accomplishment Coaching. The gift from your book of being present was a primary catalyst for my transformation. Joy, gratitude and choice were now possible. The world took on a vivid, powerful and humbling glow.

I am re-reading your book now as I am experiencing getting coaching clients as challenging, frustrating and exhausting. I was being the soldier and see where I can be the warrior. Choosing re-reading the book is a perfect practice for me.

Thank you for creating something that is timeless. The lessons and request to do what it takes to be present and to approach your life with curiosity (as opposed to judgment) will ALWAYS be valuable to me.

With gratitude, G.D.

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

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, May 5th

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

Tuesdays, May 15th, 22nd & 29th June 5th

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, May 17th, 24th & 31st & June 7th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Saturday, June 2nd

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

Sunday, June 11th

Unity of Tacoma

Sunday talk: Fierce Grace-Wondrous Grace, 9:00 & 11:00 AM

Workshop: Gift of Our Challenges 1:00-3:00 PM, Cost \$35

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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