



# awakening

with Mary O'Malley

September, 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:

Vulnerability is an essential part of being human, and our vulnerabilities hold the doorways back into the peace, joy and love we long for.

Intention:

When I feel a sense of unease, I will turn within, open my heart to the feelings that are present, and trust that they are a doorway that is safe to go through.

### Featured Offering

My new book *What's In the Way IS the Way* is nearing completion!



I just returned from leading a retreat on Bell Island, a beautiful little jewel in the middle of the San Juan Islands in Washington State. What a gift it was to spend four days with a group of people who are all awakening back into Life. It reminds me of the Joseph Campbell quote I put on the first page of my first book.

“People say that what we're all seeking is a meaning for Life. I don't think that's what we're really seeking. I think what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance within our own innermost being and reality, so that we actually feel the rapture of being alive. That's what it's all finally about.”

When we were very young, we were wide open to Life and we experienced this resonance that Joseph is alluding to. But slowly and surely we left Life for ideas about Life, rather than the real thing. My new book, *What's in the Way IS the Way* (which will be out in a month or so) is all about knowing again the joy of being fully

alive. In the retreat, we explored this together, and I want to share with you part of the introduction of the new book so you can get a sense of this:

It is very early and I am sitting in my garden watching the fingerlings of light beginning to fill the garden. The smell of morning is intoxicating and the song of the birds moves me more than the most beautiful music I have ever heard.

I am open. Even though my heart is aching for a loved one who is going through a very challenging time, my heart is open. And even though I am dealing with a health issue that sometimes brings up primal fear, my mind is quiet. As I sit here in my garden, I am not in the past nor in the future. I am simply and fully open to Life, right here, right now. There is no filter between myself and a direct experience of this precious and unrepeatable moment. You could use a lot of words to describe this, but what I call it is *coming home* – coming home to myself and coming home to Life.

It wasn't always this way. In my youth, I not only bought into the stories of being 'less than everybody else,' but also those of being 'bad and wrong to my core.' These stories were so completely my reality that in my twenties I felt I didn't deserve to live. Most of the time I experienced a constant sense of unease, but oftentimes it would flare up into dread and despair. These feelings would show up as a constant struggle in my head and as knots in my stomach, debilitating headaches, and shooting pains down my legs coupled with an intense longing to run away from my life. So I gained a huge amount of weight, washed a lot of the food down with alcohol, and took every pill I could get my hands on.

When I was very young, I was like a sea anemone that is fully open with its tendrils floating in the waves of Life. My nickname as a baby was 'Sunshine.' But as the experiences of my life scared me, overwhelmed me and abandoned me, I began to shut down. So just as a sea anemone closes in on itself when it feels threatened, I closed down too. This gave me an illusion of safety in the unsafe world of my childhood, but it also put a wall between me and Life.

Since I experienced myself as defective, I became an ongoing project to myself. I tried to get rid of the parts of me I didn't like and hold onto the ones I did. But these parts seemed to have a life of their own, appearing when I didn't want them to be here and disappearing when I wanted them to stay. I also desperately tried to understand it all, but that just kept me caught in my head.

It wasn't until a teacher showed me how to *listen* to myself that I began to open up again. Rather than always being in fix-it mode, I learned how to meet myself exactly as I am, discovering the place beyond judging, fixing, getting rid of and trying to understand. I learned that listening is the art of being present for my own experience, no matter what it is. Most of all, it is the art of meeting myself in my own heart – even the so called unacceptable, unmeetable parts.

Slowly, just as the morning light dispels the dark, I came back to myself and back to

Life. Rather than being in a constant state of unease, I knew more and more joy, trust and love. I also discovered how to show up for the great adventure called Life – not an idea of what should be, but *the real thing*. Rather than always trying to create a better reality, I showed up for Reality!

Did this make all of my vulnerabilities go away? No. These feelings will always be a part of me, for vulnerability is an essential part of being human, and our vulnerabilities hold the doorways back into the peace, joy and love we long for. Now mine are nestled in the spaciousness of my own heart. And when they get reawakened through this sometimes fierce process called Life, they don't take over any more. Instead, they open my heart even more.

So I am inviting you on the most important journey you will ever take, the journey back to yourself and back to a trust-filled connection with Life. On this journey, you will discover how to welcome every part of yourself into your own heart so that you, too, can know the joy of being fully *here* for Life.

Be light, Mary

**Quote: “I discovered how to show up for the great adventure called Life – not an idea of what should be, but *the real thing*. Rather than always trying to create a better reality, I showed up for Reality!” —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 [Watch Mary](#) link in the left sidebar of my web site homepage and scroll to the bottom to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary's Blog](#) link to read messages from me and reply or ask questions.

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## What's In the Way IS the Way

My new book, What's In the Way IS the Way: The Transforming Power of Trusting Your Life – All of It, is nearing completion and I am so excited to share it with you. Please watch for the announcement of its publication later this month.

## From Our Readers

Mary,

I want to thank you for the gift of mercy you gave me many years ago in those gentle Monday evening groups, a gift that still unfolds and reveals itself in quiet moments. I was just telling a friend this week about my amazing meditation teacher with whom I got to study for a year and a half in Washington.

You still teach me. Love, -G

## 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 \$130 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)

### In-Person Groups

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

Weekly groups are offered in Kirkland, WA on Mondays from 7:00 to 9:00 PM and on Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. You must have one session with Mary and may visit a group one time before joining. Please [Contact Mary](#) for information and an appointment.

### 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 follow the links for details

**Tuesdays, August 28<sup>th</sup>, Sept 4<sup>th</sup>-18th**

**[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, August 30<sup>th</sup>, Sept 6<sup>th</sup>-20<sup>th</sup>**

**[Telegroup: The Gift of Our Challenges](#)**

6:00-7:00 PM Pacific Time

**Saturday, Sept 1<sup>st</sup>**

**[Half-Day Retreat](#)** 9:30 AM-1:30 PM, Kirkland, WA

**Tuesdays, Sept 25<sup>th</sup>- Oct 16<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, Sept 27<sup>th</sup>- Oct 18<sup>th</sup>**

**[Telegroup: The Gift of Our Challenges](#)**

6:00-7:00 PM Pacific Time

**Saturday, Oct 6<sup>th</sup>**

**[Half-Day Retreat](#)** 9:30 AM-1:30 PM, Kirkland, WA

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