



awakening

with Mary O'Malley

March, 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 our fear-based stories are met with curiosity and compassion, they let go of their hold on us, and what is left is life in all of its magical mystery, right here, right now.

Intention:

When I feel fear and self-judgment taking over, I will remember that it is just a story in my mind and I will observe the story with curiosity and compassion.

Featured Offering:

Mary will be speaking and giving a workshop at Edgewood Unity in Tacoma, Washington on March 11th



I just returned from the healing land of Hawaii, leading a retreat on the quiet island of Molokai at the lovely and loving retreat center Hui Ho'olana, affectionately called 'the Hui.' I am still filled with the sounds and smells of Hawaii, the softness of the warm air, the spectacular view from the porch of the main lodge that looks down on the island of Molokai and out over the ocean, the deliciousness of gourmet food that was always displayed with beautiful flowers, and the amazing spectacle of the Milky Way, reminding us that we are a part of something bigger.

What stays with me the most is 16 amazing women opening their hearts to themselves and to each other more and more each day. Such joy! At the end of the retreat, the Hui's resident artist and manager of the gallery said to me, "I want whatever you all shared together. All of these women came here in their ordinary, everyday selves, and are leaving just glowing."

What was it that allowed us all to open into the joy and aliveness that is our birthright?

We first explored the idea that we all have a storyteller in our heads that is based on fear and glued together with self-judgment. For many of the women there was a radical shift in perception when they discovered that everybody was telling themselves the same story: “I can’t trust life so I have to ‘do it and ‘do it right’,” secretly believing that it was never quite right enough! Then, step by step, we learned how to unhook from these oftentimes subtle stories of fear and self-judgment so that we could simply open to life.

The theme of the retreat was *All Is Welcome Here!* When our stories are met with curiosity and compassion, they let go of their hold on us, and what is left is life in all of its magical mystery, right here, right now. What is left is the re-remembering we knew when we were very young – that all of the joy and love we long for is to be found here and now. The more we individually and collectively unhooked from the storyteller in our heads, the more we discovered that it is safe to open to life – not an idea of it, but the living experience.

A few days into the retreat, one of the women said that whenever she heard the phrase *All is welcome here*, she heard *All is well. Come here*. That is the heart of what we remembered together - *All is well*. In fact, all is unbelievably well. It is only the storyteller in our heads that turns things into problems. When we realize that Life is in charge of our lives and it does a much better job than we can, our bellies soften, our hearts open, and we become very curious and engaged with exactly what life is giving us right now!

So I invite you to play with *All is Welcome Here* and notice what your mind does not want to welcome. That is your edge, and as you explore it, it will become a doorway back into life. Then take it one step further and play with *All is Well*. Any part of you that doesn’t agree with this is just the fear and self-judgment you were conditioned into when you were young. Know it is possible to unhook from these stories and truly become alive!

Be light, Mary

Quote: “When we realize that Life is in charge of our lives and it does a much better job than we can, our bellies soften, our hearts open, and we become very curious and engaged with exactly what life is giving us right now!” —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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Mary at Edgewood Unity

On Sunday, March 11th, Mary will be giving the Sunday talk at 10:30 AM at [Edgewood Unity](#) followed by a workshop from 12:30 to 3:00 PM. (remember Daylight Savings Time begins that day). The title of her talk is “The Most Important Thing,” and the workshop is titled “Simple Steps to Healing Your Mind, Body & Heart.” Cost for the workshop will be \$35.

From Our Readers

Dear Mary

I am struck by how this work enters through the cells of my body, and I long to hear it and feel it over and over again until I can HOLD it in my body. It seems such a slow unfolding, but when I put it in the perspective of my life and 60 years of such deep beliefs about myself and the world, and the eons of time of humanity’s beliefs and behaviors, then it seems like lightning speed that I am changing core levels of my being and those all around me. Often I feel guilt about taking this time for myself, but I am now feeling the strength and power of my growth in consciousness, and what it is even now beginning to give back to my family and to the world around me.

Thank you, Mary, for living YOUR life in such a way that you can be so fully present for we who are now awakening with you. I am so grateful, and I know deep inside me that our awakening feeds yours even more. Thank you for continually acknowledging that for yourself so that we can also know it and validate it within.

With gratitude, K.

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, March 3rd

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

Sunday, March 11th

Edgewood Unity Sunday Talk: **The Most Important Thing**

Workshop: **Simple Steps to Healing Your Body, Mind & Heart**, \$35, 12:30-3:00 PM

There are some powerful things you can bring into your life that will heal whatever is asking to be healed in your body, your mental states, and your emotions. You will leave this workshop in contact with your own powerful healer within.

Tuesdays, March 20th & 27th & April 3rd & 10th

Telegroup: International Group

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

Thursdays, March 22nd & 29th & April 5th & 12th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Saturday, April 7th

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

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