



April, 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:**

When we trust life enough that we can step back and watch it unfold, we see that one of the core gifts we are receiving is the invitation to live from a place that isn't controlled by fear.

**Intention:**

When I feel myself getting overtaken by fear, I will remember that we are all in this together, that an Intelligence greater than I is in charge of it all, and that it is trustable.

**Featured Offering:**

New Telephone Groups in April  
(Please see Below)



Last month I had the wonderful opportunity to visit and explore a lot of Denmark at the invitation of a client and friend with whom I have been working for a year. He set up speaking engagements and workshops for me in various cities, and I met many wonderful people and experienced the joy of having this work received at its depth.

Of the many gifts Denmark gave me, one of my favorites was seeing clumps of little yellow flowers no more than two inches high appearing everywhere, nestled in green foliage. How does such beauty arise out of the frozen, dark, almost lifeless looking ground? And now that I am

back home in the Northwest, the same joyful celebration of life is happening with the most amazing array of colorful flowers appearing out of brown, bare twigs. As I look around, I recognize that everything is appearing and disappearing and has been doing so for billions of years. And it is all orchestrated by an Intelligence that is mind boggling to recognize.

If I look closely, I see that this Intelligence is continuously weaving all of creation out of the forces of dark and light. Every atom has a positive and negative charge. Our world is made up of opposites - hot and cold, day and night, male and female. The Chinese yin and yang symbol speaks directly to this – the light nestled with the dark, with a pinprick of dark in the light, and a pinprick of light in the dark.

If we become spacious enough in our awareness to watch the dance of dark and light unfold before our eyes, we then have to ask ourselves, can something really healing come out of what happened in Japan? Rather than seeing it just as a disaster, can we open up our consciousness and hold that great healing can happen from this, not only for the people of Japan but also for the rest of us? It is important to remember that in the great myths, the treasure is always hidden in the most dark and difficult places.

When I look back on my life, I see that what I considered at the time to be the worst experiences brought hidden gifts with them that have slowly and surely unfolded in my life. And having worked with tens of thousands of people for over 25 years, I have observed the same in their lives.

We don't always like what is going on, but when we trust life enough so that we can step back and watch it unfold, we see that one of the core gifts we are receiving is the invitation to live from a place that isn't controlled by fear. In my world, all the wars, the collapsing economies and the natural disasters are an invitation to unhook from fear. This is not only possible, it is our destiny.

So I ask you, will you hold with me that humanity itself will grow in consciousness through all of the 'disasters' that are happening now? And that we will grow beyond our addiction to fear so that we can discover we are all in this together, on a very small planet, spinning through the vast oceans of space. And as we unhook from fear, trusting the process and recognizing our oneness with all beings, we will know the joy of being truly alive!

Be light, Mary

**Quote: “We don't always like what is going on, but when we trust life enough so that we can watch it unfold, we see that one of the core gifts we are receiving is the invitation to live from a place that isn't controlled by fear.” — 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.

To view previous newsletters, please click on the link [Newsletter Archives](#).

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## New Telephone Groups in April

Joining a phone group is simple and so rewarding. Once you register (go to our website and then to Our Offerings, then Groups), you will be emailed a phone number and an access code. At the scheduled time, you call the phone number, and when it answers, you enter the access code and you are taken to a virtual 'room' where everyone is connected.

At the beginning, Mary guides everyone to take a few minutes to quiet their minds and hearts, and then she shares some insight and wisdom. Then each person is called on individually to share what's going on with them. If you don't want to talk, you can let Mary know that. People say that they get a lot out of both sharing and listening to everybody and hearing what it is like for others to meet themselves and their lives with curiosity and compassion.

## From Our Readers

Dear Mary,

I am writing you from Denmark. I have just read your book, *The Gift of Our Compulsions*. I cried many places reading the book and there is a lot that I can use from it. I have started talking aloud with myself, asking questions and breathing.

The words "it's okay" make my heart cry. My heart has been longing to hear that for many years.

So thank you, Mary for this book. --Lena

Dear Lena,

My heart extends over the ocean to Denmark with joy that this work has touched your heart. The most healing thing we can do for ourselves and for the world is to meet ourselves in our own hearts. It is a challenging journey, but so rich and nourishing.

Be light, Mary

## 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. 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)

## **Awakening Groups**

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

You may visit an in-person group one time to see if a group is right for you. To join a group, an introductory counseling session with Mary is required. If you are interested, please contact Mary at [info@maryomalley.com](mailto:info@maryomalley.com) or 425.889.5937

## **Events**

Please go to our [Events Calendar](#) for details

### **Tuesdays, April 12th-May 3rd**

#### **Telegroup: Denmark Group**

7:00-8:00 PM Denmark Time

### **Thursdays, April 14th-May 5th**

#### **Telegroup: The Gift of Our Challenges**

6:00-7:00 PM Pacific Time

### **Sunday, April 17th**

**Olympia Unity** 10:00 AM

Sunday Service: The Heart At the Heart of Life

### **Saturday, May 7th**

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

### **Thursdays, May 12th-June 2nd**

#### **Telegroup: The Gift of Our Challenges**

6:00-7:00 PM Pacific Time

### **Saturday, June 4th**

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

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

**Hawaii Retreat: Waking Up to Life**

**For more information about Awakening, please follow the links below.**

**To unsubscribe, click on the link at the bottom of any e-Newsletter.**

Please feel free to forward these emails to those whom you feel would be interested.

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