



# awakening

with Mary O'Malley

October, 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 attention and our immediate experience come together, a door opens back into life.

Intention:

Today I will remember to pause and fully experience moments throughout my day.

### Featured Offering

My new book What's In the Way IS the Way is due to be published this month - watch for our announcement!



I invite you to take a moment to realize that all of the millions of moments of your life have led you to this moment. And this is no ordinary moment. This moment is the ONLY moment that matters in your whole life. So the invitation is to lift your eyes from the newsletter and receive this moment. Notice it, hear it, feel it, smell it. This moment is your home!

You may not have been able to receive the moment, for we are used to thinking *about* life rather than truly experiencing it. In fact, we are afraid of being this open to life. How do we open again? How do we fully

experience the joy of being alive?

I had a dream that I remembered only one part of. A person was standing beside something that could have been a white board or a big slab of white marble. The person said in a very strong voice, "Remember this when you wake up!" and then wrote one word on the white space: "verity."

When I woke up, I remembered that, but I didn't know what the word "verity" meant.

So I looked it up, and the dictionary defined it as: “The state or quality of being true or real.” I realized that this was an invitation from Life (a strong one!) to deepen the ability to be real and true, and I know from experience that the most important place we can do this is with ourselves. We are not used to being real with ourselves about what we are experiencing because we are usually trying to resist what is going on or get to a better place, which just leaves us caught in our minds.

As I read my new book for the last time before sending it off to be published, I realized that a core theme in it is the ability to safely experience what we are actually experiencing. This is verity! Why is this so powerful? Because when your attention and your immediate experience come together, a door opens back into life. And with all of the longing in your life for success, or money, or romance, this is what you truly long for – having your mind, your body and your heart all in the same place at the same time so you can know again what Joseph Campbell calls “the rapture of being alive.”

So take a moment and close your eyes and, without needing anything to be any different, notice what is. Notice the sounds around you without turning anything into a problem. Do the same with what’s going on in your body, with what the storyteller in your head is commenting on, and even the temperature in the room. For a few moments, come back to a direct experience of your life.

Yes, you will drift off again into the story in your head that thinks *about* life. But know that these moments of pure connection with life matter. I call it “the bucket syndrome.” Every moment of connecting with life is like a drop of water in a bucket. When you first look into the bucket, you see that the water barely covers the bottom, so you say this is not working. But you find yourself irresistibly drawn to connecting with a real experience of life. After a time you look down and the bucket is half full, but the storyteller in your head says this is not happening fast enough. And then one day, your foot feels wet and you see that the bucket is overflowing. In that moment, the storyteller in your head truly lets go and you are able to experience this moment as your home.

Be light, Mary

**Quote: “With all of the longing in your life for success, or money, or romance, what you truly long for is having your mind, your body and your heart all in the same place at the same time so you can know again what Joseph Campbell calls ‘the rapture of being alive.’” —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.

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

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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 due to be published this month. Please watch for the announcement.

## From Our Readers

Mary,

I am a great admirer of your work and writings. I experience them as simple, profound and deeply embedded in nature.. –S

## 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, 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

**Tuesdays, Oct 23<sup>rd</sup> – Nov 13<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, Oct 25<sup>th</sup> – Nov 15<sup>th</sup>**

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

6:00-7:00 PM Pacific Time

**Saturday, Nov 3<sup>rd</sup>**

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

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

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

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