



May, 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:

As we remember that we are all in this together and that all of us are a mixture of dark and light, we not only become a part of the healing of our world, but we begin to live from the field of Love that IS life – the field of Love that is who we all truly are.

Intention:

We can begin by holding the intention to heal the war inside of ourselves through moments of letting go of our identification with our angry, vengeful, scared, self-pitying thoughts.

Featured Offering:

Ongoing Telephone Group for those of you in Europe
(Please see Below)



On the morning of Osama Bin Laden's death, my heart ached when I saw the big bold headlines of the New York papers. One said, "Vengeance at Last." Another said "May He Rot in Hell."

As I was reflecting on this event and the reactions to it, I was sent the following statement by Martin Luther King that spoke to exactly what I was feeling:

"I mourn the loss of thousands of precious lives, but I will not rejoice in the death of one, not even an enemy.

Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

There is a story told by Wayne Muller that highlights the shift of perception that Dr. King

is inviting us into:

Maha Ghosananda, a respected Cambodian monk went into the refugee camps where thousands of Cambodians had fled the terrible holocaust conducted by Pol Pot. Every family had lost children, spouses, and parents to the ravages of genocide, and their homes and temples had been destroyed. Maha Ghosanada announced to the refugees that there would be a Buddhist ceremony the next day, and all who wished to come would be welcome.

Some wondered what Maha Ghosanada would say. He began repeating a verse from the Dhammapada, a sacred Buddhist scripture.

Hatred never ceases by hatred;
But by love alone is healed.
This is an ancient and eternal law.

Over and over again Maha Ghosananda chanted this verse. These were people who had as much cause to hate as anyone on earth. Yet as he sat there repeating this verse, one by one, thousands of voices joined together in unison: "Hatred never ceases by hatred: but by love alone is healed. This is an ancient and eternal law." Out of the mouths of people who had been wounded, oppressed, made homeless, aggrieved, and crushed by the pain of war, came a prayer proclaiming the ancient truth about love, a truth that was greater than all the sorrows they had seen and felt.

May we know that what will bring peace to our world is a shift in perception that moves beyond hatred and vengeance. This may seem like an enormous task in the face of how much unconsciousness there still is in the world. But we can begin by holding the intention to heal the war inside of ourselves through moments of letting go of our identification with our angry, vengeful, scared, self-pitying thoughts. As we remember that we are all in this together and that all of us are a mixture of dark and light, we become a part of the healing of our world, and it becomes possible to live from the ancient truth of Love that IS life – the Love that is who we truly are and that is greater than any sorrow, any violence, any revenge.

I leave you with verse from one of my favorite Rumi poems, *Inner Wakefulness*.

Humankind is being led along an evolving course
through this migration of intelligences,
and though we seem to be sleeping,
there is an inner wakefulness that directs the dream,
and that will eventually startle us back
to the truth of who we are.

Be light, Mary

Quote: "Darkness cannot drive out darkness: only light can do that. Hate cannot

drive out hate: only love can do that.” — Martin Luther King

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.

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

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Ongoing Telephone Groups for Europe

These phone groups are a wonderful way to work with Mary. They meet on Tuesdays 7:30-8:30 GMT+1. The cost for four weeks is \$100. To register, please email Mary, and when she confirms, you can then pay by sending money or using a credit card through PayPal.

Once you have paid, you will be sent the dial-in number and Access Code. When you dial in, you will be prompted to enter your Access Code and then you will be 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,

Your tele-group left me with so many gifts: a sense of belonging, truth, peace and compassion for myself. Your depth of experience and open arms for every person's experience created a soothing and welcoming environment, providing us with doorways to breakthroughs and peace. Almost always, other people's stories mirrored my own, and your responses to them bolstered me.

Thank you, Jane

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

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 or 425.889.5937

Events

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

Tuesdays, May 10th-31st

Telegroup: Europe Group

7:00-8:00 PM Denmark Time

Thursdays, May 12th & 19th, June 2nd & 9th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

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

Sunday, June 26th

Edgewood Unity Church 10:30 AM

Sunday Service

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.

[Contact Mary](#) [About Awakening](#) [Our Offerings](#) [Mary's CDs](#)