



December, 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:

There was a time when you were very young that there were no thoughts in your head. You weren't searching for a better state. Past and future had no meaning for you, so this moment was all there was. You were open to it – all of it – and life was okay exactly as it was.

Intention:

Whenever I notice myself getting engulfed by mental chatter, I will take a deep breath and remember the okayness that has always been here underneath the thought-clouds in my mind.

Featured Offering:

Our Website remodel is done! I invite you to visit and explore it at www.maryomalley.com



There is a metaphor that will elucidate what we explored in [the November's newsletter](#) – the okayness that is your natural state. Imagine a beautiful meadow on a sunlit morning. In this meadow there is a rainbow of wildflowers, along with the heart-opening music of the birds. The smell of heather and the pristine beauty of the surrounding mountains all bring forth a deep sense of peace.

This meadow represents the experience of okayness that is at the heart of life. You knew this okayness when you were very young. You may have no memories of this kind of peace, but there was a time when there were no thoughts in your head. You weren't searching for a better state. Past and future had no meaning for you, so this moment was all there was. You were open to it – all of it – and life was okay exactly as it was. Even if there was pain and discomfort, you fully

experienced it. You didn't resist it. Life flowed through you and inside of you was a deep sense of not needing life to be different than what it is.

Now imagine yourself as a young child living in the meadow, fascinated about the newness of every moment, open to everything. Clouds come and go – as with laughter and tears – but everything flows. As you grew, thoughts began to fill up your head as you started to tell yourself stories about yourself and about life. Now imagine the clouds that formerly moved through the meadow sky beginning instead to circle around your head. At first they are just wispy clouds that don't fully block your experience of the meadow. But overtime, usually by adolescence, the clouds completely surround your head, so much so that you can no longer see the meadow. All you see are the clouds of your mind.

This is where most people live, caught in the cloud bank of their minds, lost in ideas about life rather than the direct experience of it. As Alan Watts, the well-known Zen philosopher once said, “No matter how many times you say the word water, it will never be wet!” It may be difficult for you to see that you are lost in a cloud bank because it has been so long since you have experienced the meadow of your being, but know that irritation, resistance, clinging, compulsions, fear, anger, sadness, and loneliness are not a part of your natural self. They are just states of mind to which you have been conditioned, and they can be released as you learn to see what your mind is doing rather than believing you are your thoughts.

The clouds that fill your mind are made up of all of the stories you tell yourself about who and what you are and about life. You know what I mean – the storyteller in your head that talks all day. If you had a little door on your forehead that you could open up and watch what the storyteller is saying, you would see it voices an opinion about everything, continuously telling you what it likes and doesn't like. It tells you what you should do and shouldn't do and oftentimes changes from one to the other in a matter of seconds! It can judge unmercifully, not only other people but also yourself. And it is afraid – afraid of its own fear and deeply afraid of being alone.

Because the storyteller is constantly trying to “do it right” it manipulates, tries, expects, wants, rages and resists. It generates all sorts of feelings – fear, sadness, self-judgment, anger, doubt, confusion, irritation and despair, to name a few. The storyteller comes from being disconnect from life. It comes from believing you are separate from the meadow and thus have to *do* life rather than *be* life. I am not putting down thought. It is an exquisite tool for maneuvering through our lives, but our thoughts are not reality. They are not the meadow. They are just ideas about the meadow.

Now imagine an alien arriving from another planet whose space ship lands beside this meadow. What he sees is you fighting with your clouds, trying to make them be different or to have them just go away. As he watches you struggle, he notices that as the clouds become thicker, you have times where you become frozen, lost in despair. This confuses this alien because he can clearly see that you are struggling with

nothing more substantial than clouds. On top of that, he can see that you have never left the meadow of peace you are so desperately trying to find; you just don't recognize it!

This is your predicament. The peace and joy you long for it always right here, right now. But you have been deeply conditioned into an endless game of struggle – the game that says if you just get yourself and your life to be the way you think they should be, then the peace you long for will be here. But that will never bring you the lasting peace that is your natural state. You can win the lottery, think happy thoughts until the cows come home, meditate for hours every day in order to find the states of mind you like, do enough plastic surgery to make your body be what you think is perfect, and still, in the long run, none of that is enough. *Because it is not the meadow.* It will only bring you moments of peace, leaving you again in the clouds of chronic struggle.

There is a way out of the cloud bank of your mind, back into the joy of being fully alive. In next month's newsletter, we will continue our journey from the cloud banks of our mind back into the joy of being fully awake to the meadow of life.

Be light, Mary

Quote: “You have been deeply conditioned into an endless game of struggle – the game that says if you just get yourself and your life to be the way you think they should be, then the peace you long for will be here, but the peace and joy you long for it always right here, 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.

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

If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

Our Remodeled Website

We have the same color scheme and logo with an updated look and a new Shopping Cart. Please explore it at www.maryomalley.com We are open to suggestions for improvement, so please feel free to give us feedback.

From Our Readers

Dear Mary,

I am emailing to tell you that your book "The Gift of Compulsions" is having a profound effect on my life. I have never heard someone address compulsions from this angle before. I have found that I have to read your book very slowly. Everything you say hits home really hard. It takes time to process.

You know human nature better than anyone I know. And you help me to begin to fully understand what it means to accept myself and my life for what it is, instead of fighting it and resisting it. Indeed you teach me about self acceptance and I experience the change and the healing it causes in my life. I am not even half way through with the book but I absolutely had to tell you how much it's helping me.

Thank you for your book and your insights.

--Susan

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

Tuesdays, November 15th-December 6th

Telegroup: International Group

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

Saturday, December 3rd

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

Thursdays, December 8th-January 5th (No group on December 15th)

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Tuesdays, December 20th-January 10th (No group on December 13th)

Telegroup: International Group

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

Saturday, January 7th

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

Thursdays, January 12th-February 2nd

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

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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