



awakening

with Mary O'Malley

January, 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:

We can see this as a time of overwhelming problems, or we can see this as a time of possibility. We can buy into the old world of fear, or we can open into the new world of connection and trust which is emerging.

Intention:

Whenever I feel overwhelmed by the doom and gloom in the news, I will remember that I am waking up from the dream of separation and into the awareness of the heart.

Featured Offering:

Only two spaces left in the February 19-25 Hawaii Retreat! See Events below for more information.



We are standing on the threshold of this most momentous year – 2012 - the year that in the Mayan calendar is the end of a 5,125-year cycle. There are predictions of this being the “end of the world” and some are calling it the time of the Apocalypse.

Does that bring fear up inside of you? Those sorts of beliefs do that. But what would it be like if you understood that any belief that brings up fear comes from a mind that believes itself to be separate from life – a mind that has forgotten how to trust life. How different would your experiences of life be if you could trust that life knows what it is doing?

How can we trust this time of turmoil? The world is poised on the brink of financial chaos, the polar ice caps are melting, our oceans are polluted and there is always the fear of terrorists getting their hands on a nuclear weapon.

In order to move from fear to trust, come sit on the moon with me and look across at

this beautiful blue-green jewel that is our home. Understand that it is a living being that has gone through many stages in its unfolding. At every major shift of evolution there has been chaos as the old order is fading away and a new order is being born. We are in that time of a major evolutionary shift and it is chaotic. This shift is happening inside of human beings, growing beyond of the fear-based world to one of connection, trust in the intelligent creativity of life and a willingness to recognize that we are not alone. We are all in this together, floating through vast oceans of space on an exquisitely beautiful little planet.

Elisabet Sahtouris, the evolutionary biologist, uses the story of the caterpillar to help us to see what is going on here. Within its cocoon, the caterpillar turns to goo, and out of this goo comes the first cells of the butterfly, called imaginal cells. The interesting thing is that the goo kills them off. The old resists the new! When the imaginal cells rise to the occasion and the urge for the new becomes stronger than the urge of the old to kill it, the butterfly is born!

There is no accident that the first cells are called imaginal cells. They are the vision of what is asking to be born. Each one of you reading this newsletter is an imaginal cell, a human being that is being moved out of fear and into trust.

To get a sense of this, look again at the Earth from our seat on the moon. See it completely dark. Then see a flicker of light here and there, representing beings who, over the past few thousand years, have woken up from the dream of separation and struggle and have fully embraced life. Now see more and more flickers of light appearing across the dark planet, especially over the last 60 years, and see these lights connecting with other lights until there is a web of light all over our planet.

This is what is happening. More and more of us are waking up from the dream of separation and into the awareness of the heart. So we can see this as a time of overwhelming problems, or we can see this as a time of possibility. We can buy into the old world of fear, or we can open into the new world of connection and trust which is emerging. This is at the heart of everything I offer to the world. In fact, the title of my new book (coming out next summer) is *What's in the Way IS the Way*. And its subtitle (at this point) is *The Alchemy of Trust*.

I leave you with one of my favorite poems which reminds us that we have a choice as to whether we see this as a time of problems or possibility.

*In the dark of the moon, in flying snow, in the dead of winter,
war spreading, families dying, the world in danger,
I walk the rocky hillside, sowing clover.*

--Wendell Berry, 1968

Be light, Mary

Quote: “More and more of us are waking up from the dream of separation and into the awareness of the heart.” —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.

Brian Swimme Movie on PBS

If you would like for more people to be able to see Brian Swimme’s stunning new movie *Journey of the Universe* on PBS, please call your local station and request it. The more requests they receive, the more likely it will be shown.

If you view PBS on KCTS 9, the contact information is Phone: (206) 728-6463; Fax: (206) 443-6691; Email: viewer@KCTS9.org

If you are in another area, you can find your local station’s contact information by following this link <http://www.pbs.org/stationfinder/index.html>

From Our Readers

Dear Mary

A short email to thank you for your site.

I just received your newsletter, and tears started coming as I read about compulsions, because the last many days, I have been becoming more aware of one compulsion - computerising, and it seems that it is ready to be healed.

Thank you for your words touching my heart. I realize that I have been sitting in front of this computer everyday, spending too much time away from this moment, this Life, this body.

May the free, loving and creative flow be welcomed again, in my life and the lives of all of us.

--Jan

Note: Our newly remodeled website is up and running at www.maryomalley.com We welcome your comments.

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, 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

Tuesdays, January 17th-February 7th

Telegroup: International Group

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

Saturday, February 4th

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

Thursdays, February 9th & 16th, March 1st & 8th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Tuesdays, February 14th & 28th, March 6th & 13th

Telegroup: International Group

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

February 19-25, 2012

Hawaii Retreat: Waking Up to Life

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

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