



June, 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:

The mind has its place, but living from it keeps us stuck in our heads, cut off from the nourishment of the resonance we experience when our body/mind/heart vibrates with the joy of life.

Intention:

Today I will be willing to come back to life. For a moment here and a moment there, I will stop and take a deep breath and say to myself, "I'm here!".

Featured Offering:

A Free Single CD of your choice with each purchase of the new edition of my book *Belonging to Life*.
(Please see Below)

I just returned from four days of silence at one of my favorite places in this world – the Earth Sanctuary on Whidbey Island. The second edition of my first book, *Belonging to Life*, has just come out and both of these experiences remind me of one of my all-time favorite quotes which I put on the first page of the first chapter of *Belonging*.

"People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance within our own innermost being and reality, so that we actually feel the rapture of being alive. That's what it's all finally about." —Joseph Campbell

I go to the Earth Sanctuary periodically to slow down and reconnect with life so that I can deepen my experience of the rapture of being alive. On one windy day I was sitting above one of the woodland ponds simply opening to life. The wind was dancing through the trees, creating a beautiful symphony of sound that was accompanied by the music of thousands of birds. It would then dance across the water in heart opening ripples. After a bit the rain began, and rather than closing down in resistance, I opened up to it like a

child. What magic it is to feel the rain touching your skin! As the rain danced across the water in different variations of movements, I felt such gratitude that I was able to come out of my mental world and fully experience life in this moment.

When I first started going on retreat a number of years ago, I would quickly get bored (boredom is just awareness trapped in the mind), or start judging myself for how well I was doing, or I would try to ‘do’ being! After many years of learning how to unhook from all of the stories in my head, I could now deeply relax into life. In this place of stillness, a deep knowing arose that we are all addicted to being entertained by movies, music, television, iPods, iPads, etc., because *we are homesick for a direct connection with life.*

This is why Joseph Campbell said that we are not seeking meaning – that we are not, nor ever will be, nourished by thinking about life. Meaning has its place, but seeking it keeps us stuck in our heads, cut off from the nourishment of the resonance we experience when our body/mind/heart vibrates with the joy of life. Or as Campbell said, “our life experiences on the purely physical plane have resonance within our own innermost being and reality, so that we actually feel the rapture of being alive. That's what it's all finally about. “

So be willing to come back to life today. For a moment here and a moment there, stop and take a deep breath and say to yourself, “I’m here! Or use the song of birds to remind you that this moment is the only moment that matters in your life. (You’d be amazed at how many places – even deep in the heart of cities – you can hear the sounds of birds.) Maybe take a moment and see your place of work or your home as if you have never seen it before! Give yourself the gift of directly experiencing your life. Give yourself the gift of opening a doorway into the joy that is always here in each moment.

And know that the more you come back to life, the more you become a healing presence in the world, for this is what the world longs for.

Be light, Mary

Quote: “I think what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance within our own innermost being and reality, so that we actually feel the rapture of being alive..” — Joseph Campbell

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.

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New Edition of my book *Belonging to Life*

After re-reading, updating and doing some content editing, we have re-formatted my first book and it is now available through my website (in a couple of weeks it will be available through Amazon.com, too)

I am very pleased with the results and hope you will be, too. The cover looks pretty much the same, but there are some significant additions inside, and my friend Neale Donald Walsch wrote a lovely endorsement..

We are also in the process of getting it up on the website as a PDF download and in Kindle format for Amazon and Nook format for Barnes & Noble. For a limited time, you may select any single CD to accompany your book order for *Belonging to Life: The Journey of Awakening* when you order through my [website](#).

From Our Readers

Hi Mary,

I recently received your book "Belonging to Life" from your website. I've felt like your book has been calling me for a while.

Learning more about spiritual teachings and different healing modalities has been slowly moving me along my path, and now that I have your book, it's like a friend that I've been waiting to meet to help me along. The way you describe the process, and your explanation of concepts and scenarios is wonderfully presented, authentic, and powerful. I can relate to the challenges you faced in your life, and you're helping me to strengthen my trust in life, and to really deepen into the present moment. There is a real current of compassion that I can feel in your work, and I feel so thankful to have you in my life. I already got your other book, and look forward to slowly reading them both and allowing my Awareness to soak it all in.

My journey is one that still brings me into times of extreme fear, confusion, despair, loneliness, depression, etc, but I'm slowly moving towards being able to just be present with them, and see the thoughts, and my moments of peace, joy, and presence increase all the time. I have you to thank for a lot of this, and now that I have your books, I feel like I can allow my process to flow even smoother.

With gratitude, respect, and appreciation, John

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

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

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

Tuesdays, June 7th-28th

Telegroup: Europe Group

7:00-8:00 PM Denmark Time

Thursdays, May 12th-June 2nd

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Sunday, June 26th

Edgewood Unity Church 10:00 AM

Sunday Service

Saturday, July 2nd

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

Tuesdays, July 5th-26th

[Telegroup: Europe Group](#)

7:00-8:00 PM Denmark Time

Thursdays, July 14th-August 4th

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

6:00-7:00 PM Pacific Time

Sunday, July 31st

[Unity Church of Olympia](#) 10:00 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.

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