



July, 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:

What would happen if you recognized that life, rather than being something that has to be controlled, is something to be opened to - and that the safest thing you will ever do is show up for the life that you have been given rather than always trying to make it be the way you think it should be?

Intention:

Today I will be willing to open to life - all of it - the fear, the pain, and the joy.

Featured Offering:

There are still a few spaces in the San Juan Islands retreat on Bell Island (Please see Below)



My beloved sister Nancy called a couple of days ago and shared with me that she was diagnosed with Parkinson's disease, a very challenging, debilitating disease. I am writing this letter as a reminder to all of us that what is happening to her is a doorway into what really matters in life.

Within the past few weeks, I also heard that both a man who attended one of my retreats and a friend of a friend of mine were killed suddenly by reckless drivers. What this brings up inside of most of us is fear. We are so afraid of illness and dying that we spend our lives denying that we, our loved ones, and every single person in the world will die. This fear can run us from underneath our everyday awareness, molding and shaping all of the choices we make.

What would it be like to fully acknowledge that you will die and you have no idea when that will be? If you can unhook from the fear that this brings up inside of you, something amazing can happen. You finally recognize that you want to LIVE, fully LIVE before

you die.

In order to fully live we need to change our relationship to fear. Only about one percent of fear is necessary to our survival – we step off the curb and the body jerks back when it hears the roar of the approaching truck. Most of the fear we experience, however, is only a game in our minds, stories of fear that go all the way from what will happen if I am late to the appointment, to what if he/she doesn't like me, to what if I get some debilitating disease? They are often very subtle, but they can become huge when life throws us a curve ball.

All the while we are cultivating our garden of fear, life is unfolding, birds are singing, planets are spinning and life, moment by moment, is appearing out of Mystery. All the while we are caught in our minds, we are cut off from this amazing adventure of life. In order to not be run by fear, we need to understand that our fear of dying is actually secondary to our fear of living. We are afraid to open to life. This fuels fear even more than our fear of death!

What would happen if you recognized that life, rather than being something that has to be controlled, is something to be opened to - and that the safest thing you will ever do is show up for the life that you have been given rather than always trying to make it be the way you think it should be?

This is where the fear of death can be our great ally. For fear always says we have time. It says life will finally be okay when I stop doing this or when I find my soul mate or my partner/parent/boss changes or I have enough money. What if you could accept that you don't know how much time you have, that death or illness could come at any moment?

Whatever you feel when you contemplate this truth is exactly what needs to happen. It may increase your fear, and that is okay because the only way we can get unhooked from fear is by getting to know it. Here is a wonderful quote from Krishnamurti:

It is not that you must be free from fear. The moment you try to free yourself from fear, you create resistance against fear. Resistance in any form does not end fear. What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it.

Facing the fact that we don't know how much time we have helps us to see our fear so we can learn about it instead of getting caught in it. For anything that generates fear becomes an opportunity to get to know it. And the more we get to know our fears, the easier it becomes to recognize the game of fear in our minds. The more we see this, the more our attention is freed to come back to this moment – for this moment is where life is happening and it is the only place where we can be truly alive.

And this is what my sister and I will be doing together – meeting fear so it can become a doorway back into the joy of being alive....no matter what.

Be light, Mary

Quote: “Anything that generates fear becomes an opportunity to get to know it. And the more we get to know our fears, the easier it becomes to recognize the game of fear in our minds. The more we see this, the more our attention is freed to come back to this moment – for this moment is where life is really happening and it is the only place where we can be truly alive.” — 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 [Newsletter Archives](#).

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San Juan Islands Retreat on Bell Island

We still have a few spaces for Living in the Here and Now August 25-28, 2011 on a magical, privately-owned island in the San Juan Islands of Washington State.

Space is limited to 8 people on luxury airbeds in platform tents and 4 people bringing their own tents and bedding, and is on a first-come, first-served basis. We will help to coordinate transportation to the ferry dock where cars will be parked in the lot.

For a brochure in PDF format, please [click here](#).

The cost for the retreat is \$375 of which \$100 is non-refundable. To register, go to our website and click on the Our Offerings link, then on the Retreats link and then on the Bell Island link..

From Our Readers

Dear Mary

I feel moved to send you a note of thanks for your ongoing work. I have read your book and keep it close by, and I have been a subscriber to your newsletter for some time. One of these fine days I will be able to join you on a retreat and we can meet in person.

It occurred to me as I read the last email and copied the quote into my day planner, that there must be thousands of people like me who are buoyed by your communication. I am so very appreciative of your willingness to share what you have learned and for your

care for others on their journeys.

Peace be with you,
Ruth

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

Saturday, July 2nd

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

Tuesday, July 5th

Telegroup: Europe Group

7:00-8:00 PM Denmark Time

Tuesdays, July 26th-August 16th

Telegroup: Europe Group

7:00-8:00 PM Denmark Time

Thursdays, July 28th-August 18th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Saturday, August 6th

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

Sunday, July 31st

Unity Church of Olympia 10:00 AM

Sunday Service

August 25th-28th

Bell Island-San Juan Islands Retreat: Living In the Here and Now

February 19-25, 2012

Hawaii Retreat: Waking Up to Life

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

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