



November, 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 it be like if you knew that everything would always be okay? Not that you wouldn't have challenges. You just wouldn't turn them into problems and would be able to respond from a clear place.

Intention:

Today, whenever I notice myself getting caught up in my problems, I will take a deep breath and shift my awareness to the place of okayness that is always here underneath my struggling mind.

Featured Offering:

Our New Website is almost done - watch for an announcement!



Imagine a day where everything was totally okay. You may have just fallen in love; or you received something you have wanted for a long time; or you're on vacation with no pressures, lying on a beach in deep contentment. Allow the imaginings of your okay day to completely fill you. Fully let the okayness in. Let it flood your mind, your body and your heart.

Now notice what you are experiencing as you use your imagination to open up to the joy of everything being okay. In your mind there is probably a sense that nothing needs to be different than it is. In your body, there is an experience of deep relaxation that allows for the glow of joy. And your heart is open, spacious and light. Can you feel it? It feels like Ahhhhh.

What would it be like if you knew that everything would always be okay? Not that you wouldn't have challenges. You just wouldn't turn them into problems and would be able to respond from a clear place. What would it be like to live from this open,

relaxed, engaged, spacious place? Isn't this what we deeply long for – that place where we are no longer struggling with life and instead we are available to the experience of life as it is right here, right now? And doesn't this longing fuel most everything we do?

If we could step back and observe what is going on inside of us all day long, we would see that we are constantly searching for something better – a better body, a better mate, a better meditation, a better car, a better mind. We hope that if we can just get life the way we want it to be, then we will feel this okayness. So we search for love, hoping it will finally make us happy (and it does – for awhile). We try to purchase this okayness through clothes, fancy cars, jewelry, plastic surgery, degrees, etc. We hope these things will finally soothe the raging beast of the voice in our head that says our lives and our selves need to be different in order to have everything be okay. When these things don't bring us the lasting satisfaction we long for, we then numb ourselves with whatever our favorite compulsion is – food, alcohol, TV, internet, shopping, etc.

When we look honestly at this endless search for a better experience, we see that it doesn't really work! It does appear to work for moments, but this only keeps us caught in the belief that if we just do it right – if we change ourselves and our lives enough - we will then know that illusive okayness we so deeply long for. But haven't you noticed that even when you think you have gotten it all together, it doesn't stay that way?

The strange and wondrous thing is that this okayness we long for is our natural state. And it is always with us no matter what is happening in our lives! We just don't see it because we are always trying to find it! And we can't find it, for we have never lost it. It is possible to see that you have been conditioned to struggle with life. It is also possible to become smarter than your addiction to struggle so that you can know the peace and the joy that is your birthright.

I invite you to go back to the first two paragraphs and tune in to the okayness that is with you right now, in the midst of whatever challenges you may be facing. Now focus on a challenge and notice the shift in how you feel. Then go back into the okayness. Know that it is always here and that you can access it at any time just by shifting your awareness.

Be light, Mary

Quote: “The okayness we long for is our natural state, and it is always with us no matter what is happening in our lives.” —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.

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The Magical Forest of Aliveness available on Amazon

My book, *The Magical Forest of Aliveness: A Tale of Awakening*, is now available through Amazon.com in both print and Kindle versions (www.amazon.com). It is also available in through Barnes and Noble (www.barnesandnoble.com)

From Our Readers

Dear Mary,

A comment from a friend who received *Magical Forest of Aliveness* is worth sharing with you. As you can see, your work is blessing the Universe. Thank you so much.

"Your wonderful, wonderful present arrived today. I opened to the first page just to get an idea of the contents, and never stopped until I finished the book. How beautifully and succinctly and clearly and truly she describes the awakening process. I've already ordered a dozen of these to give away...I think the book is fabulous. Thank you so much!"

--Debbie

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

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. To register, click on the appropriate

link below.

Events

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

Tuesdays, October 18th-November 8th

Telegroup: International Group

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

Thursdays, November 3rd-December 1st (No group on Thanksgiving)

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Saturday, November 5th

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

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

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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