



July, 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:

Everything in your life is *for* you – it is not just a random series of events. Life is an intelligent process; it knows what it is doing and it is safe to open to it.

Intention:

Today I will trust that everything that shows up in my life is *for* me, and I will be open to all of it.

**Featured Offering**

Four amazing days with Mary in the San Juan Islands!

See Bell Island Retreat below for details.



My new book is nearing completion, and in this year of writing, I have truly been living the essence of this book that is captured in its title – *What's In the Way IS the Way*. Many challenges have come my way, but as I have deepened my ability to respond to what they bring into my life rather than getting lost in reaction, I have been able to discover the gifts that are embedded in every single one.

Most of us are victims to our lives. We feel Life is happening *to* us and we have to be in control of it.

This cuts us off from the joy of being fully alive,

available to life right here, right now. But we can learn how to use our challenges to see and unhook from fear, irritation, judgment, and even despair so we no longer have to live in the world of struggle.

I would like to share with you a few paragraphs from the last chapter. It alludes to the core metaphor that this book is created around – that we lived in full connection with

life when we were young (the meadow) and slowly, as we grew up, clouds began to settle around our heads (the storyteller inside of each one of us that struggles with life).

Everything we have been exploring together – the truth of the meadow of your being, how the cloud bank of your mind keeps you separate from what is truly going on here, and that you can live from the meadow when you notice and see through the spells you took on – is all opening you again to the creative flow of life. This is about saying “Yes” to life. That doesn’t mean that you sit down by the side of the road and let it run you over. It means that at your core you know everything in your life is *for* you – it is not just a random series of events. Life is an intelligent process; it knows what it is doing and it is safe to open to it.

This brings you into full engagement with what is happening rather than staying caught in a conversation about life. We could call it ‘surrender,’ but this doesn’t mean being defeated. It is about finally giving up your war with life! We could also call it ‘humility,’ but the dictionary misses its full meaning when it defines it as ‘lowliness, meekness, submissiveness.’ True humility is a state of great availability, and from this kind of openness you can finally reconnect with the joy of being fully alive.

Can life be trusted? Alan Watts, the celebrated philosopher, author and teacher once said, “.. it appears as a vivid and overwhelming certainty that the universe, precisely as it is at this moment, as a whole and in every one of its parts, is so completely right, as to need no explanation or justification, beyond what it simply is.” In other words, it is safe to open to Life!

To open to the way things actually are, rather than always trying to make life be what you think it should be, is the most courageous and healing thing you can do. When you see through the game of struggle enough so that the veils between you and this living moment lift – this miraculous, incandescent moment – you become a healing presence in the world. Moments of full connection with life matter. In fact, they matter more than you can possibly know. They are what will heal our world!

So I invite you to contemplate the possibility that the chronic, low-grade struggle you have lived in most of your life can be lifted just like the early morning clouds can be lifted by the sun. I also invite you to open to the radical notion that in your life, whatever you perceive to be in the way IS the way. In other words, your challenges are tailor-made to help you see your particular brand of struggle and help you unhook from it so you can again know the joy of being fully alive.

Be light, Mary

P.S. – If you resonate with this message, I invite you to come to my Bell Island retreat (see below) where we will spend four amazing days together exploring these concepts in depth.

**Quote: “I invite you to open to the radical notion that in your life, whatever you**

perceive to be in the way IS the way.” —Mary O’Malley

To learn more about this work, please visit our web site at [www.maryomalley.com](http://www.maryomalley.com)

Also, please click on the [Watch Mary](#) link in the left sidebar of my web site homepage and scroll to the bottom to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary’s 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.

## Bell Island Retreat - 4 amazing days with Mary

Please join us August 22<sup>nd</sup>-26<sup>th</sup> for a life-transforming retreat with Mary on Bell Island in the San Juan Islands. To see photos of last year’s retreat, please follow [this link](#). For more information and to register, please follow [this link](#). For questions, you may contact MarySue at [marysue@maryomalley.com](mailto:marysue@maryomalley.com)

## From Our Readers

Dear Mary,

I am delighted to have found you and look forward to receiving your messages! The ["Gift" video](#) (follow link and scroll to bottom of page) touched me so...it expresses everything that I believe...loving the "process" and knowing that God - Source, Creator - touches our journey with complete LOVE at every moment and with every "opportunity" for "processing!"

This same message is being echoed all over now...I am learning...or perhaps "remembering" is the truth of it.

Thank you, M.

## 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](mailto: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 follow the links for details

**Saturday, July 7th**

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

**Tuesdays, July 31<sup>st</sup>, August 7<sup>th</sup> - 21<sup>st</sup>**

**Telegroup: What's In the Way Is the Way Group**

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

**Thursdays, August 2<sup>nd</sup>-23<sup>rd</sup>**

**Telegroup: The Gift of Our Challenges**

6:00-7:00 PM Pacific Time

**Saturday, August 4<sup>th</sup>**

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

**August 22nd-26th**

**Bell Island Retreat**

This retreat will be on a magical little island in the San Juan Islands of Washington State. Space is limited to 15 people – some on luxury airbeds in platform tents, and some bringing their own tents and bedding, and it is on a first-come, first-served basis. Cost for the retreat is \$495 plus a contribution for food (to be determined). We will share in meal preparation and clean-up. To Register, please click on the Bell Island Retreat link above.

**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.

[Contact Mary](#)

[About Awakening](#)

[Our Offerings](#)

[Mary's CDs](#)