



March, 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:

We have all made mistakes, but to judge ourselves keeps us caught in an ongoing prison of struggle. To bring understanding and compassion opens us to the freedom of connection and to joy.

Intention:

For just this moment, I will allow myself the mercy of realizing that at every step of the way, I have done the best I knew to do. I will let go of “I should have done better,” and let the healing of compassion come to me.

Featured Offering:

The Hawaii Retreat is a go!
February 19-25, 2012
(Please see Below)

Before we can begin to be curious about what we are experiencing and bring it the healing of compassion, which is the doorway to our freedom, we need to allow for the possibility that our challenges are not here because we have done something wrong.

The belief that we are wrong is so deeply entrenched in our psyches that at first it may be difficult to recognize that our challenges are here because they are tailor-made to bring us to awakening. I am not saying that we haven't done unskillful things in our lives—we all have. But we have a choice in how we relate to our unskillfulness. To judge ourselves keeps us caught in an ongoing prison of struggle. To bring understanding and compassion opens us to the freedom of connection and to joy.

In order to make this shift, we need to understand that everyone makes mistakes, and everyone judges themselves for doing so. I have worked with people for over 20 years and have never met anyone, including internationally known teachers, who don't have to work with the feeling that they have done things wrong, and thus are wrong. The more I awaken, the more I realize the truth in the Grateful Dead song Scarlet Begonias, “I have seldom been right, but I have never been wrong.” Or, as I like to say it, “With all of the

mistakes you have made, you have never made a mistake.”

How can this be true? In Lynn Andrews’ Medicine Woman series, Agnes Whistling Elk says, “Everything begins with a circle of motion. Without the positive and negative poles, there would be no movement and no creation. Without your shadow side, your beauty would not exist!”

For years I couldn’t allow this truth to penetrate. I couldn’t accept that I was made of both darkness and light, strengths and weaknesses. I believed that I had done wrong and thus I was wrong. It also appeared to me that everyone else had it together and I did not. It was like an oozing wound inside of me that kept being re-opened by my judgment and shame. When I finally saw that I was wounding myself where I was the most wounded, I began slowly opening my tender but bruised heart.

For just this moment, allow yourself the mercy of realizing that at every step of the way, you have done the best you knew how to do. Let go of “I should have done better,” and let the healing of compassion come to you. We are all wounded in some way or another. And when these wounds are brought close to the surface through the ups and downs of life, we all react in unskillful ways.

The way out of this morass is to let go of blame. As we discover a more compassionate relationship with both our strengths and our weaknesses, the storms of struggle will calm down enough for us to hear our inner voices of wisdom, leading us along the path to the healing for which we long.

Be light, Mary

Quote: “As we discover a more compassionate relationship with both our strengths and our weaknesses, the storms of struggle will calm down enough for us to hear our inner voices of wisdom, leading us along the path to the healing for which we long.” — 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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Hawaii Retreat in February 2012

We had a wonderful response to our registration special, so we have our minimum, and

there are still 8 spaces available. The retreat will be at Hui Ho'olana Retreat Center on the Island of Molokai, **February 19-25, 2011**. I have led three amazing retreats there previously and can't wait to go back. Please consider joining us there. Go to my website at maryomalley.com and click on the Offerings link and then on the Retreats link to register.

From Our Readers

Dear Mary,

I have never responded to any of your beautiful e-mails or newsletters, but I want to tell you I breathe a sigh of relief when I see your name on an incoming email. You always remind me of what I need to remember. Just wanted you to know, you are making a difference.

Thank you,

Julia

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, March 3rd, 24th, 31st & April 7th

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

No Half-Day Retreat in March (due to Denmark trip)

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

March 7th-13th, 2011

Mary in Denmark

See website Calendar for details

Saturday, April 2nd

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

Thursdays, April 14th-May 5th

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.

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