



awakening

with Mary O'Malley

December, 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:

We rediscover the meadow of our being by learning how to see and LOVE all of the stories, judgments, and struggles in our minds.

Intention:

Today I will remember that the stories, judgments and struggles that fill my mind are just thoughts, as insubstantial as clouds.

Featured Offering

My new book, *What's In the Way IS the Way*, is now available!

Please see below for details.



There is a widespread belief that December 21, 2012 was predicted by the Mayan calendar to be the “end of the world.” Mayan scholars say, however, that it is not the end of the world that was predicted. Instead, it is the end of the world *as we know it* - in other words, a shift of perception. What does that look like? We are given a hint in two bestselling books, both by highly credentialed doctors who had near death experiences (NDE) and lived to share what happened when they left their bodies: *Proof of Heaven* by Dr. Eben Alexander* and *To Heaven and Back* by Dr. Mary Neal.

When they left their bodies, both of them had very similar experiences that are in alignment with many other documented stories of people from all ages, all religions and all walks of life who also experienced an NDE: they found themselves in a place that was more beautiful than anything they had ever known; the light was incredibly nourishing; and they experienced the most intense love they had ever known. Most

people didn't want to come back when they were told it wasn't their time.

Eben Alexander was a neurosurgeon, a highly trained scientist and a self-described skeptic until his NDE. Describing what unfolded while he was in a coma, he takes it one step further than most accounts. He says that most people think of heaven as being someplace else. Instead, he says that *heaven is right here right now*. Even science supports this when it says that *everything* is energy (Einstein) and everything is made out of light (David Bohm, grandfather of Quantum Physics)! Eben suggests that most of us don't experience this energetic world of light that is *everything* because our senses are not advanced enough. I thought about that for a while and realized that, for me, this isn't quite true.

Our main sensing ability for that which Eben is calling "heaven" is our hearts. When we were very young, our hearts were completely open, so we experienced the magic and beauty that he is calling "heaven." If you spend any amount of time around a very young child you will see this. But for most of us our hearts were bruised and abandoned in our early life, so they closed down. That doesn't mean that "heaven" went away or that we lost the ability to see it. It means that the truth of what is and always has been right here, right now is obscured by our mental conditioning. I describe this in my new book, *What's in the Way IS the Way*, using the metaphor of a meadow. The spaciousness and wonder you lived in when you were very young was like a beautiful meadow. Then, slowly but surely, the thoughts in your mind began to lower and swirl around your head like clouds until all you could see were the clouds of your own mind. The truth is, you never left the meadow! You just can't see it through the thought-clouds in your mind!

Eben goes on to say that the core thing he recognized during his coma was: "Love is the reality of realities, the incomprehensibly glorious truth of truths that lives and breathes at the core of everything that exists or that ever will exist, and no remotely accurate understanding of who and what we are can be achieved by anyone who does not know it and embody it in all of their actions."

How do we recognize and live from this place I call "the meadow" again? How do we release the walls around our hearts so that we can recognize the truth of Love? It is not by trying to get back to the meadow. That is only more of the clouds of our mind. We rediscover the meadow by learning how to see and LOVE all of the stories, judgments, and struggles in our minds – the cloud bank that causes us to not recognize the meadow of Love that is here right now. And that is what *What's in the Way IS the Way* is all about!

Be light, Mary

*Dr. Alexander will be interviewed by Oprah on her Super Soul Sunday on December 2nd. If you don't have her television station on your cable, you can watch it at her website Oprah.com and go to Super Soul Sunday. If you miss it on Sunday I believe you can watch it for a week.

Quote: “Love is the reality of realities, the incomprehensibly glorious truth of truths that lives and breathes at the core of everything that exists or that ever will exist.” —Eben Alexander

To learn more about this work, please visit our web site at 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.

My New Book is Available

My new book, *What’s In the Way IS the Way: The Transforming Power of Trusting Your Life – All of It*, is now available to purchase through www.maryomalley.com, www.Amazon.com, Barnes and Noble, and local bookstores!

From Our Readers

Dear Mary,

Each month your beautiful "Awakening" newsletter seems to speak to me with more clarity. I haven't yet been able to determine if you are getting better or I am. LOL! It's probably both!

Thank you! CR

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 \$130 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

In-Person Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening with expert guidance and to share with other awakening beings. You will also experience the healing power of mercy and trust.

Weekly groups are offered in Kirkland, WA on Mondays from 7:00 to 9:00 PM and on Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. You must have one session with Mary and may visit a group one time before joining. Please [Contact Mary](#) for information and an appointment.

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

Tuesdays, Nov 20th – Dec 11th

[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, Nov 29th – Dec 13th & Dec 27th

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

6:00-7:00 PM Pacific Time

Saturday, December 1st

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

Tuesdays, January 1st – 22nd

[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, January 3rd – 24th

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

6:00-7:00 PM Pacific Time

Saturday, January 5th

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

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

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