



awakening

with Mary O'Malley

January, 2013

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:

Once you begin to comprehend that whatever is happening right now is an entirely new and unique moment in the unfolding of your life, you realize what a gift this moment is, and this realization will change your life.

Intention:

I will remember throughout each day to dip the finger of my attention into the river of my experience.

Featured Offering

Here are three videos about my new book, *What's In the Way IS the Way*. Please enjoy and share the links with your friends.

See below for details.



I invite you to really notice what you are experiencing in this moment – maybe the sounds, the sensations of your body, or the emotions moving through you. In the vastness of all time, ***this moment will never be repeated.*** This moment is part of the great river of life that has been flowing for eons, and you are a part of it!

Once you begin to comprehend that whatever is happening right now is an entirely new and unique moment in the unfolding of your life, you realize what a gift it is. As you open to the living moment of your life, you begin to discover that it is the doorway into the joy, aliveness and passionate

living you long for.

You were this alive and this connected when you were very young. You were at one with the great river of life as it flowed through you, as you. Then, like most people, you pulled yourself up and out of your body and got trapped in your mind. Most of us are not living LIFE; we are living MIND!

We are not used to experiencing life without the filter of our minds. We are not used to being open to life, available to the magical mystery of life right here, right now. In my new book, *What's In the Way IS the Way*, we explore how to dip the finger of our attention into the river of our experience in ways that allow us to feel safe so we can open again to life.

This is what you long for. This is what you are homesick for. And this is what will heal our world, for a human being who is HERE is a human being who sees and lives the preciousness and the sacredness of every single moment, every single being and every single thing.

So at this beginning of a new year, if you are holding intentions for the year, I invite you to hold the intention to remember to dip the finger of your attention into the river of your experience throughout each day, so not only can you be healed to your core, but so too the world.

Here is a poem from Mary Oliver to remind us to be open to life!

The Summer Day

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean—

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up and down—

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?

Be light, Mary

Quote: “..a human being who is HERE is a human being who sees and lives the preciousness and the sacredness of every single moment, every single being and every single thing.” —Mary O’Malley

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.

Videos about my new book

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!

Here are links to three videos about the book:

<http://youtu.be/Oa-xmbJ1ly4>

<http://youtu.be/fw-XeotdIdU>

<http://youtu.be/MP5SCgzYjEM>

From Our Readers

Dear Mary,

Your video, *The Gift of Our Challenges*, made a huge difference in my perspective following a near fatal car accident. I made significant changes during my healing process, and I now provide coaching, mentoring and support to women who are reinventing their lives. I share your website often. I have used the *Your Gift* movie in many, many workshops/retreats to inspire the search for the gift. I finally bought a copy so that I don’t have to have internet access :) What a wonderful resource Mary’s work is!

Thank you, Beth

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, Jan 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, Jan 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

Tuesdays, Jan 31st – Feb 21st

[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, Jan 29th – Feb 19th

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

6:00-7:00 PM Pacific Time

Saturday, February 2nd

[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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Please feel free to forward these emails to those whom you feel would be interested.

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