



awakening

with Mary O'Malley

February, 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:

Know that this moment is enough just as it is, and that *you* are enough just as you are.

Intention:

I will remember throughout each day to stop and take a few deep, slow breaths, experiencing life directly in this moment.

Featured Offering

Hawaii in 2014!

See below for details.



I would like to invite you into the peace and ease that you long for.

After your next in-breath, allow yourself a long, slow out-breath. Melt into your out-breath, letting any tension in your body melt with it. Now, on the next in-breath, tighten your muscles. Exaggerate the tension in your body and then say “ahh” as you melt again into your out-breath. Revel in the deliciousness of a deep out-breath coupled with the powerful healing sound of “ahh.” (You can also say this sound silently if you are in a public place.) Do as many of these breaths as calls to you and then notice the shift in your

experience.

Now, from this calmer place, contemplate the possibility that this moment is *enough*. For just this moment, let go of your chronic addiction to seeking something better and instead *be* with life. Know that there is nothing you need to fix, change or resist. See the space you are sitting in; hear the sounds; feel the sensations of your body. Discover the truth that this is not only enough, it is more than enough, for it is what you most deeply long for - *a direct experience of life*. Feel the peace of allowing life to be

exactly as it is.

Now ask yourself, did you pause for a moment and truly open into this living moment of your life or did you just think about it? This is our suffering. We think about life rather than directly experiencing it! Stuck in our heads, we have all spent our life trying to get to a better place, totally missing that everything we long for is right here, right now.

In order to open to life again, it is also important to contemplate that *you* are enough. This is alien to most of us. Usually we are an ongoing project to ourselves because we believe we have to be better or different than what we are to know the peace and joy we long for. Try to imagine what your life would be like if you opened into the truth that it is okay to be exactly as you are? What would it be like for just this moment to know that you are a unique creation of life and your perfection includes your imperfection! Can you feel the peace of that? Can you feel how deeply you long for this?

As you settle into enoughness, your mind will probably come up with all sorts of things that need to be fixed or changed about yourself and your life. Initially it can be scary to relax back into life, so the mind believes that if we are not always busy fixing and managing everything that nothing will happen or something bad will happen. But what if that is not true? What if, as we let go into the enoughness of this moment, we enter the great river of creativity that is life and recognize that life is smarter than us. It is giving us exactly what we need in order to come out of the problem factory of our minds and back into a direct experience of life.

So for just this moment, relax back into life and watch the subtle letting go of the chronic tightness in your body and your mind. Allow fingerlings of joy to begin to arise inside of you - the pure joy of being alive!

Be light, Mary

Quote: “What would it be like for just this moment to know that you are a unique creation of life and your perfection includes your imperfection! Can you feel the peace of that? Can you feel how deeply you long for this?” —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.

If You Want to Know More About My New Book

Here are the two most recent videos about the teachings in my new book, *What's In the Way IS the Way*, that I hope you will enjoy and find helpful:

<http://youtu.be/LgDuNbkNSRI>

<http://youtu.be/iACwYfBKIDU>

2014 Hawaii Retreat

Thanks to your response to my email requesting an expression of interest, my 2014 Hawaii Retreat is a "go." For more information please follow the link below or email marysue@maryomalley.com. To reserve your place with a \$500, non-refundable deposit, please follow the link, scroll down to the Hawaii Retreat and click on the Deposit Add to Cart button:

<http://www.maryomalley.com/retreats/>

From Our Readers

Dear Mary,

Thank you so very much for the message in this month's newsletter. It really resonated with me. There is so much swirling around me professionally and personally; I've been feeling my groundedness shifting. Your reminder helped enormously. :) - 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, Jan 29-Feb 19

[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 31-Feb 21

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

6:00-7:00 PM Pacific Time

Saturday, February 2

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

Tuesdays, Feb 26 – Mar 19

[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, Feb 28 – Mar 21

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

6:00-7:00 PM Pacific Time

Saturday, March 2

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

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 Books](#)