



April, 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:

When the stories in our heads are met with curiosity and compassion, they let go of their hold on us, and what is left is Life in all of its magical mystery, right here, right now.

Intention:

When I notice that I am caught in stories of fear, self-judgment or despair, I will remember to stop and be fully present for whatever is showing up in this moment.

**Featured Offering**

**Hawaii Retreat February, 2014**

See below for details.



Preparations are underway for our next Hawaii Retreat in February 16-23, 2014, at Hui Ho'olana (affectionately called 'the Hui), a deeply healing and magical retreat center on Molokai, and as I write this, my body is alive from the joy of remembering the last retreat. I want to weave some of the newsletter I wrote after I came home into this letter because the re-mem-bering we did together at the Hui can not only heal us all to our core, but also our planet.

“What stays with me the most is 16 amazing people opening their hearts to themselves and to each other more and more each day. Such joy! At the end of the retreat, the Hui's resident artist and manager of the gallery said to me, “I want whatever you all shared together. All of these people came here in their ordinary, everyday selves, and are leaving just glowing.”

What was it that allowed us all to open into the joy and aliveness that is our deepest longing and our birthright? We first explored the idea that we all have a storyteller in

our heads that is based on fear and glued together with judgment. We recognized that we hardly notice most of the fear and judgment that moves through our heads all day long because we have become used to looking at ourselves and Life through these lenses. But the more we looked, the more evident it was that we didn't have to be run by fear, guilt and shame.

For many of the participants, there was a radical shift in perception when they discovered that they didn't have to believe the stories in their heads! It was also very freeing to find out that everybody had similar stories about fear, self judgment and despair. Then, step by step, we learned how to unhook from these stories so that we could simply open to Life.

The theme of the retreat was *All Is Welcome Here!* When the stories in our heads are met with curiosity and compassion, they let go of their hold on us, and what is left is Life in all of its magical mystery, right here, right now. What is left is the re-remembering that all of the joy, peace and love we long for is to be found here and now. The more we individually and collectively unhooked from the storyteller in our heads, the more we discovered that it is safe to open to Life – not an idea of it, but the living experience. And this is what we are all homesick for – the experience of truly being alive!

Be light, Mary

P.S. - To catch a glimpse of this amazing retreat center, along with the joy on our faces from the re-remembering we did together, I encourage you follow [this link](#) to view a PDF of the book created by one of the retreatants.

**Quote: “The more we unhook from the storyteller in our heads, the more we discover that it is safe to open to Life – not an idea of it, but the living experience.” —Mary O’Malley**

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

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## Hawaii Retreat February 16-23, 2014

Do you dream of a time of deep relaxation and renewal? Do you long to enjoy the beauty and peace of nature, to play in the warm sun of a tropical paradise? This retreat

offers you all of this and more. We give ourselves the gift of silence throughout the day, but there are also times each day to explore together the ideas and skills that invite us back into Life and to share our wisdom as well as the challenges of learning to quiet our minds and open our hearts.

Registration for this transformational, tropical retreat is limited to 18 people. A \$500 non-refundable deposit holds your place and will be applied to the total balance. The cost of the 7-day retreat is \$2295 which includes lodging and food. (Travel is separate.) **Registrations received by May 1st will receive a \$200 discount** on the balance due for the retreat. The balance is due by Dec. 1st.

## From Our Readers

I attended Mary's Hawaii retreat last year for the first time, and it was wonderful!

I had heard others talk about how amazing it was in years past, and finally gave myself permission to go. As I think about signing up for the next one, I remember how transformative and restorative it was, and find myself smiling. It is such a gift!

~Brenda

## 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. For each 50-minute session, the fee is \$110 for those who pay and \$130 for those with insurance. (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)

### 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, Mar 26 – Apr 23** (no group April 16<sup>th</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, Mar 28 – Apr 25** (no group April 18<sup>th</sup>)

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

6:00-7:00 PM Pacific Time

**Saturday, April 6**

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

**Tuesdays, Apr 30 – May 21**

**[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, May 2 – May 23** (no group Apr 18)

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

6:00-7:00 PM Pacific Time

**Saturday, May 4**

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

**Sunday, Jun 8**

**[Unity of Bellevue](#)**

Sunday Services 9:00 & 11:00 AM

**February 16-23, 2014**

**[Hawaii Retreat](#)**

**[Hui Ho'olana](#)** Retreat Center, Molokai

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