



May, 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:

In every closing there is an opening.

Intention:

When I notice that I am caught in stories of fear, I will choose to stay open, to look with curiosity and compassion so I can experience it directly.

Featured Offering

Steven Deverel's new book of poetry, *Whispers of the Awakening Heart*.
See below for details.



I just returned from a week of sitting in silence in a beautiful lakeside home and with a view of snowcapped mountains. For the first few days my storyteller was fairly quiet. I was fully open to life, right here, right now. We are all homesick for this: actually experiencing life as it is happening (rather than thinking about it!) In this spacious state, when my storyteller would start telling stories, it was easy to see that they were just stories and I could let them go.

On the third day, however, when I woke up, the deep fear I took on being raised in a very unhealthy environment came to the surface. A part of me knew that my fear wanted to be included in this spacious healing place I was in, but a very young part of me was afraid of the fear and resisted it. At the same time, I could see that resistance was amplifying it. So I turned toward it, bringing it my accepting attention. As I was willing to directly experience the fear in my body, it moved right on through me, leaving a deep sense of joy in its wake. This is what Rumi means when he says: "Don't turn away. Keep your gaze on the bandaged places. That's where the light enters you."

The fear came again four more times during the week, and each time there was initial resistance, but then a willingness arose to actually befriend this fear. Such joy! At some level, for most of my life, I have been afraid of my own fear so, in a sense, it was running my life. But when I was willing to directly experience it - to honestly look at what was going on inside of me - it lost its power over me. I came out of this retreat with this statement: "In every closing there is an opening. Stay open to the closing." And, "Fear is nothing to be afraid of!"

You can't be this open to life by trying to be open. That is just more struggle. How we come back to life is to first understand that most of the time we experience stories *about* life, rather than being *in* life. In other words we think about life rather than actually experiencing it. It is such a wondrously nourishing experience to actually be open to life again like we were when we were very young! This is what Eckhart Tolle means when he talks about being in *the now*.

We don't need to stop this storyteller in our heads that is always trying to *do* life and *do it right*. All that is needed is to discover how to *see it* and touch it with our hearts. The more we do this, the more its stories dissolve like the morning fog does when touched by the sun. This is why I offer semi-silent retreats – so we can see our storytellers and see how afraid they are and discover that we don't have to identify with them, whether they are stories of fear, shame, anger, or even despair.

I leave you with a few lines from a poem called "Dancing," from Steve Deverel's new book of poetry called *Whispers from the Awakening Heart*. It is a very rich little book of nourishing, heart-inspiring poems that remind us how to stay open to ourselves no matter what is happening so we can stay open to life!

How does one enter this dance?
Only one thing is needed:
Watch in stillness with beginner's mind,
Let thoughts float in open heart space
Like butterflies in the meadow
And fireflies flickering and fading into nothingness.

Openly receive each moment and you will know freedom.
Not easy.
Easier than you think
Hold not to freeze dried mental models
That imprison the soul and obscure the Dance of Life Now.

Let heart flow to what it needs.
Feel life directly
You already know.

Be light, Mary

Quote: “We don’t need to stop the storyteller in our heads that is always trying to *do* life and *do it right*. All that is needed is to discover how to see it and touch it with our hearts.” —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.

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Whispers of the Awakening Heart

Steven is a client of Mary’s whose newly published book of poetry is a rich and beautiful exploration of the journey we all make into separation and back into connection. Mary says, “Ultimately, this book is a celebration of what it means to be healed by the very experiences that at first seem to injure. It is also a true and deep celebration of the joy of being truly alive.” Steven’s book is available through Amazon.com and other bookstores.

From Our Readers

Dear Mary,

My story is that I have to please in order to be acceptable - that I’m not acceptable as I am. I know that the greatest gift I can give myself is self-acceptance, but I realized after our call last night that I’m still wanting to fix myself - that curiosity is "supposed" to result in change.

I see so clearly today that the power of compassionate curiosity is in meeting myself exactly where I am and accepting that being with my heart. If I am in that blessed place, then I can deal with anything going on outside of me because I will be there, for myself, rather than caught in someone else's gravitational pull. ~PG

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

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, 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

[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

Tuesdays, May 28 – Jun 18

[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 30 – Jun 20

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

6:00-7:00 PM Pacific Time

Saturday, June 1

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

Sunday, Jun 9

Unity of Bellevue

Sunday Services 9:00 & 11:00 AM

Afternoon Workshop

Sunday, Jun 30

Everett Unity

Sunday Service 10:00 AM

Afternoon Workshop

February 16-23, 2014

Hawaii Retreat

Hui Ho'olana Retreat Center, Molokai

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