



June, 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:

We all have great challenges that sometimes hurt a lot, but we can use these challenges to heal.

Intention:

When I experience challenges, instead of turning away, I will turn toward myself, meeting the fears, judgments and despair that put a veil between me and the joy of being fully here for life.

**Featured Offering**

Hawaii retreat earlybird discount  
deadline extended to July 15th.  
See below for details.



I have just returned from leading a retreat on picturesque Whidbey Island, and my heart is filled with joy. It is one of my favorite things in life – to gather with a group of people in a beautiful place and open to life.

To give you a sense of the retreat, we met in a wonderful house with lots of light and space, set on the edge of a meadow filled with wildlife – deer, rabbits, eagles, etc. In this meadow were ponds inhabited by beaver, three geese families and lots and lots of frogs (such sweet music!) Now imagine yourself as a child spending time outside in a place like this, having your heart be touched by the baby

geese, lying in the grass and watching the clouds dance across the sky, climbing trees or sitting by a pond as evening appears, listening to life!

In front of the house was a very old maple tree. It leaned off to the left and half of it was dead, but the other half was flourishing. Isn't that what is true for a lot of us? Life is a rough and tumble sport sometimes and we all have great challenges that sometimes hurt a lot, but we can use these challenges to heal.

This is one of the core themes of *What's in the Way IS the Way*. And that is what we opened up to together. We turned toward ourselves, meeting the fears, judgments and despairs that put a veil between us and the joy of being fully here for life.

A woman in the retreat brought a quote that speaks about our survival adaptations – the systems we learned when we were young that caused us to turn away from ourselves and life because we didn't have the skills to meet ourselves in our hearts. These survival systems include our compulsions, our busyness, our self-judgment and our addiction to worry. The author of the quote calls them “our armor” and invites us not to go to war with them, but to meet them – and what they have been trying to take care of – with the healing of our own hearts!

I invite you to read this quote twice as every line is full of the wisdom of the heart:

“Our survival adaptations are so tough, but our wounds are so delicate. To heal, we have to lift the armor carefully - it saved our lives, after all. It's like moving your best friend off to the side of the path. You don't trample on her, you don't hit her with a sledgehammer. You honor her presence like a warm blanket that has kept you safe and sound during wintry times. And then, when the moment is right, you get inside and stitch your wounds with the thread of love, slowly and surely, not rushing to completion, nurturing as you weave, tender and true. The healing process has a heart of its own, moving at its own delicate pace. We are such wondrous weavers...” -Jeff Brown

So I invite you, just for today, to know that in whatever ways you turn away from yourself, you are not alone. We were all conditioned to retreat into our heads and try to *do* life rather than *be* life. And you are reading this because you are on the journey back to yourself and back to life. So make the radical step of letting go of trying to get rid of your armor, and instead meet it with tenderness, kindness and respect. And just like you do when you are met in this way, your survival system will soften, let go, and be the doorway that allows you to come back into being fully here for life.

Be light, Mary

**Quote: “Our survival adaptations are so tough, but our wounds are so delicate. To heal, we have to lift the armor carefully - it saved our lives, after all... The healing process has a heart of its own, moving at its own delicate pace.” —Jeff Brown**

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

## 2014 Hawaii Retreat earlybird deadline extended!

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 July 15th will receive a \$200 discount** on the balance due for the retreat. The balance is due by Dec. 1st. For more information and to register, follow [this link](#) and scroll down to the Hawaii Retreat.

## From Our Readers

There are no words to describe what being on Retreat at Hui Ho'olana with Mary is like, because all words are so limited in expressing the joy, peace, love, and radiance this week brought to my world. The closest word I can find is "home." Being on this retreat was like coming Home: a home that I left long, long ago and thought it was not safe to re-enter, a home that has been waiting for me my whole life. Coming to the Hui was coming home to myself, and there, with Mary's help, I remembered it is the safest and most joyous thing I'll ever do. ~S

## 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, 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

**Tuesdays, Jun 25 – Jul 31** (no group July 16 or 23)

**[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, Jun 27 – Aug 1** (no group July 18 or 25)

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

6:00-7:00 PM Pacific Time

**Sunday, Jun 30**

**[Everett Unity](#)**

Sunday Service 10:00 AM

Afternoon Workshop

**Saturday, July 6**

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

**February 16-23, 2014**

**Hawaii Retreat**

**Hui Ho'olana** Retreat Center, Molokai

**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](#)**