



July, 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 you aren't consciously aware of your breath, you don't have access to the healing, calming gifts that come from consciously breathing.

Intention:

When I notice that I am feeling stressed, I will remember to pause for a moment and just notice one round of breath.

Featured Offering

**Free Online Eating Psychology Conference
with Mary & Marc David - August 5-9
See below for details.**



I invite you to take a moment and realize that, while you have been opening this email and even as you are beginning to read this newsletter, a very amazing thing has been happening – you are being breathed by Life! With every single experience you've ever had, it has been there: rising and falling, rising and falling. The first moment of your life it was there. The first time you rode a tricycle, the first day of school, your first kiss, your first day on the job, breath was there. Every single morning when you wake up, breath is there.

And yet how many of those breaths have you been aware of? If you are like most people, probably very few. Because of that you haven't had access to the healing, calming gifts that come from consciously breathing.

But it's really very simple. See if you can pause for a moment and just notice one round of breath. Maybe even continue for a few moments and simply ride the waves of breath – in-breath turn, out-breath turn. As you relax into your breath, can you feel

how calming it is to pull your attention out of your busy mind and allow it instead to simply ride the waves of breath? Can you relax into its rhythm enough that you feel yourself being gently rocked by your breath? If it calls to you, stay with this for a bit before you go on to the next paragraph.

Now I invite you to make one more radical step: let go of guiding your breathing and allow yourself to be breathed by Life. It's a little bit like letting go of the handlebars of a bicycle and discovering it can stay on course by itself! Stay with this as long as it calls to you, knowing that the more your attention and your breath meet, the more you will access the amazing gifts that come from conscious breathing.

Your mind may have resisted actually being with your breath. Don't judge that. We learned to tighten and hold onto our breath when we were very young in order to try to manage our experience. Even if you were only able to notice your breath for a moment or only take one conscious breath, that counts. Those are moments when you let go of thinking about Life and actually experience it!

Next month we will explore how you can work with your breath in ways that will calm you when you are agitated, help heal you when you are sick, and open the door to wisdom when you really need it. Until then, I invite you to give yourself the gift of pausing throughout your day and noticing one round of breath. It really makes a difference. And if you can, allow that breath to be long, slow and deep. If resistance is there, even to the point that it feels like your breath is in a vice, simply notice that and bring your hand to your heart. We live in so much suffering by holding onto our breath and resisting life.

Since most people are used to being lost in the fast moving river of thought, it can help to hook a conscious breath to something you do multiple times every day, like washing your hands in the bathroom, or every time the phone rings. You can even set the timer on your phone. Be willing to give yourself the gift of conscious breathing throughout the day. It will gift you in ways that are beyond what you can even imagine right now.

Be light, Mary

Quote: "We live in so much suffering by holding onto our breath and resisting life.." —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](#).
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Free Online Eating Psychology Conference

Join Marc David, Founder of the Institute for the Psychology of Eating, as he interviews Mary O'Malley and over 30 other cutting edge experts in eating psychology, embodiment, weight, health, and nutrition. They will share key insights into your relationship with food and present new ideas to advance your understanding of eating in this one-of-a-kind virtual conference! To sign-up, please follow this link:

<http://www.entheos.com/Eating-Psychology/Mary-OMalley>

From Our Readers

I came across your book *The Gift of Our Compulsions* during a difficult time in my life, and I have rarely found anything so helpful.

The suggestions and teachings in the book are simply amazing. They lay out a path towards freedom and hope even when a person is living with pain and fear. I just want to thank you and say to you that if ever you need encouragement in what you are doing, know that you have given a stranger the feeling of being understood and the tools to access strength, greater calm and more happiness.

I am sure you have helped hundreds of people and I know I am one. ~CF

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, Jun 25 – Jul 30 (no group July 4, 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 8 (no group July 4, 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

Saturday, Aug 3

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

Aug 5-9, 2013

Mary O'Malley & Marc David

[Eating Psychology Conference](#)

Mary and 30 other leaders in the field of eating psychology will be interviewed by Marc David during this free online conference. To sign-up, please click on the link in the title above.

Tuesdays, Aug 6 – 27

[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, Aug 15 – Sep 5

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

6:00-7:00 PM Pacific Time

Saturday, Sep 7

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

Saturday, Aug 14

[Full-Day Retreat](#) 10:30 AM-4:30 PM, North Bend, WA

This will be a full day in a beautiful home and scenic setting, remembering the gifts of being fully present to our lives. \$90

February 16-23, 2014

[Hawaii Retreat](#)

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

For more information about Awakening, please follow the links below.

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