



August, 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:
As our minds become quiet, the astounding beauty and mystery of life became clearer, allowing us to directly experience life – not thinking about it, but actually being with it in each moment.

Intention:
When I notice that I am feeling stressed, I will remember to pause for a moment, become still, and be present to what is going on within and around me.

Featured Offering
Full-Day Retreat in Northbend, WA
with Mary - August 14th 9:30-4:30
See below for details.



I get the sense that if life asks me to write another book, its title will be “Falling in Love with Life!”

I just finished a two-week *staycation* during which I spent a lot of time in my garden, especially by the pond. (If you want to visit this magical garden, click on [this link](#).) And as the days unfolded, I opened into a deepening love affair with life.

As my mind quieted, the astounding beauty and mystery of life became clearer and clearer, allowing me to directly experience life for long periods of time – not thinking about it, but actually being with it in each moment. To be this open to life is what we all long for. It is what we are homesick for.

Opening into the power of simply being, it becomes easier to recognize the preciousness of this moment and to realize that it is totally new – that every sensation,

every thought, every sound has never shown up quite this way before. It is also easier to see that life is infinitely more than what it looks like on the surface. To see nature all around me – to really see it and to also recognize that everything is simply an outer expression of an infinite, creative intelligence – moved me in ways that are too deep for words.

It is very important, however, to recognize that opening to life isn't just about opening to all of the beauty and the joy. It is also being that open with pain and sorrow. There were periods of time during those two weeks that grief was moving through me around a relationship that has the capacity to wake up some pretty deep states inside of me.

There were also times of fear about my body which is experiencing a lot of pain. When I saw my knee-jerk reaction to tighten down around the pain, the fear and the grief, I could see that this cut me off from the joy I was experiencing just a few moments before. So over and over I opened to the discomforts as they passed through me and rediscovered again and again that, as I relaxed around them, they became doorways back into an intimate, open connection with life. This is why I love the title of my new book so much – *What's in the Way IS the Way*. When we can stay open to the difficult, it is always a doorway back into life.

To get a deeper sense of what I am sharing, I invite you to watch some of the videos I put on u-tube by going to my [website](#) and clicking on the video links at the top. I also invite you to give yourself the gift during your day to simply pause and notice something that is already here before you think about it – a tree, your breath, the taste of your coffee. Be as fully with it as you can rather than thinking about it. As you do, step by step, drop by drop, you can awaken out of the dream of struggle and come back to a nourishing, joyful connection with life.

Be light, Mary

Quote: “When we can stay open to the difficult, it is always a doorway back into 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 our website 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](#).

To follow Mary on Facebook and Twitter, please click on the links at the bottom of the left sidebar on our website. Mary is also on Pinterest and Google+.

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Full-Day Retreat in September

If your life feels too busy to take time for yourself, this is a wonderful opportunity to set aside a day just for connecting with yourself and with life. This retreat offers that in a lovely home in a beautiful natural setting. And there is also a labyrinth in the backyard.

The retreat will take place Saturday, **September 14th from 9:30 am to 4:30 pm** at a private home in North Bend, WA.

To register, please click on [this link](#). Once registered, you will receive directions and details by email.

The cost for the retreat is \$90.

From Our Readers

I am currently starting a training with the Institute for the Psychology of Eating and your book is mandated reading for all the students. Marc David, the teacher and founder of the program speaks very highly of your book. I started reading it and am loving it! Thank you so much! ~Julia

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

Saturday, Aug 3

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

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

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, Sep 3-24

[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, Sep 12 – Oct 3

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

6:00-7:00 PM Pacific Time

Saturday, Sep 14

[Full-Day Retreat](#) 9:30 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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