



awakening

with Mary O'Malley

September, 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:

The power of turning toward your experience rather than away is phenomenal.

Intention:

When I recognize I am in resistance to what is going on inside of me, instead of turning away from myself, I will remember to ask, "What is asking to be met?"

Featured Offering
Free Tele-Seminar with Mary in October
See below for details.



For the past week I have been dealing with some intense health challenges that bring up all sorts of feelings inside me (along with their stories about the future). When these feelings come, I find my body tightening in resistance and my mind tries to get busy doing something - anything except being with what I am experiencing. Can you relate to that?

It is startling to realize that most of us leave ourselves when we most need ourselves! And yet this only creates more suffering, for what we resist gets stronger! When I recognize I am in resistance to what is going on inside of me, instead of turning away from myself, I have learned to ask, "What is asking to be met?" I know from experience that the power of turning toward your experience rather than away is phenomenal.

Sometimes when feelings are very strong, all I can do is recognize the resistance to them. But most of the time, I can soften around what I am experiencing and truly be there for whatever is happening inside of me, and when I do, I sink into a place of great joy. Relating *to* what you are experiencing rather than being lost in it not only

brings spaciousness around what is going on, but it wakes up your heart, and your heart can say to the fear and despair, “I see you and I understand how hard this is for you.”

There is a wonderful mantra that can help you cut through your resistance to giving yourself the healing of your own compassionate attention: “As is. I’m here.” When you say “As is” on the in-breath and “I’m here” on the out-breath, it reminds you of the healing power of your heart. It is an invitation beyond the endless struggle of trying to be what you think you should be so you can move into the power of allowing yourself to be exactly as you are. It is the willingness to embrace all the parts of your being so you can receive the nourishment of the compassionate attention you are hungry for from the only source that really matters, yourself. As you soften around your experience, allowing it to be here and even welcoming it, it will, in its own time, open up and the energy that was bound up in it will expand and release.

Be light, Mary

Quote: “Relating to what you are experiencing, rather than being lost in it, not only brings spaciousness around what is going on, but it wakes up your heart, and your heart can say to the fear and despair, “I see you and I understand how hard this is for you.” —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+.

If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

Free Tele-Seminar with Mary in Early October

This is a unique opportunity to have a dialogue with Mary, wherever you are.

The first 30 people to register will have the opportunity to call in to a free tele-seminar with Mary. Once you register, you will be given the access code and will be invited to email questions to Mary which she will answer (as many as time allows) during the seminar. Watch for registration information in the Mid-Month Newsletter

The focus of the seminar will be The Gift of Our Compulsions.

A New Book of Poetry from Em Claire

My dear friend Em has just released her newest book, **Home Remembers Me: *Medicine Poems from Em Claire***. She is a very special person and a wonderful poet in whose inspired words and verses you will find a wisdom deep and true.

Em's poetry meets us where we may be if we find ourselves drawn to, or given, a book of this kind—whether due to illness, divorce, the death of a loved one, financial crisis, anxiety, depression, or a dance with addictions. Even as we each at one time or another must travel through the sometimes dim and darker turns in our life's journey, these words seem perfectly designed to help us find our way back into the meadow of our being, restoring us and returning us to our center.

Home Remembers Me: *Medicine Poems from em claire* may be obtained here:
<http://www.hayhouse.com/details.php?id=8904>

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, 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

Tuesdays, Oct 1-22

[Telegroup: What's In the Way Is the Way Group](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Saturday, Oct 5

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

Thursdays, Oct 10 – Oct 31

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

6:00-7:00 PM Pacific Time

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.

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