



October, 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:

Whatever the present moment contains, accept it as if you had chosen it. ~ Eckhart Tolle

Intention:

When I recognize I am in resistance to what is going on in my life, I will pause and make the shift to accepting it as if I had chosen it.

Featured Offering
6-Week Tele-Class with Mary
beginning October 23rd
See below for details.



Eckhart Tolle, author of *The Power of Now*, speaks to learning how to let go of our addiction to struggle in order to show up for the amazing, wondrous and mysterious adventure of life:

"Accept--then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life."

The storyteller in your head may see this as insanity. It may say, "But I can't accept this pain in my body (or my abusive husband, or my anxiety, or the drug addiction of my child, etc.)." The storyteller in most peoples' heads truly believes that if it lets go of trying to control life, then it will be a victim to life and things will probably get worse.

This is all a part of our core compulsion which is to struggle with Life! But we are so much more than the storyteller's world of struggle. Being caught in its game of resisting and controlling life is like living in an exquisite home with magical gardens,

and instead of living where we can be open to it all, we live in a windowless bedroom down in the basement.

Of course, we have a big screen TV (our storyteller), so we can watch stories about life. But, the stories in our heads are not the living experience of our lives. They are just ideas about life and they cut us off from the magical, mysterious and alive celebration that is Life! I am not putting down the exquisite creation that is our minds. But rather than being the marvelous servants they are intended to be, for most of us, they have taken over and become the master!

What Eckhart is alluding to is the key to coming out of your basement room and living in the whole house of your being. It truly is possible to know the peace and joy you long for. It is also possible to have the challenges of your life empower and heal you rather than throw you into more struggle. It is not only possible, it is our destiny to discover how to unhook from the world of struggle and know the joy of being fully alive. This is what Rumi, the often-quoted 13th century Persian poet, is talking about when he says, “Beyond right doing and wrong doing, there is a field. I will meet you there.”

Challenges are a part of life and they will keep on coming: too many things to do; a recurring compulsion; miscommunication in relationships; health issues; financial difficulties; or a stress-filled job. Discovering that your challenges are *for you* rather than happening because you failed or you are being punished or there is something wrong with you is one of the greatest gifts you can give to yourself.

There are three important messages in Eckhart’s quote. The first is: “Accept it as if you have chosen it.” Know that it is not your personality that chose the challenges of your life. It is not the ‘liking and disliking’ storyteller in your head. It is the essence of you, which is represented by the beautiful house in the analogy above.

The second is: “Accept and then act.” He is not saying that a ‘yes’ to whatever is appearing in your life is about sitting down by the side of the road and letting life run over you. He is saying: “Always work with it, not against it. Make it your friend and ally, not your enemy.” Then, you are no longer the victim to your life because it is all happening *for you*! To have ‘yes’ as your foundational relationship with life will take you out of the narrow world of struggle. Then it is much easier to see how you can respond to the situation rather than react to it.

The last message is: “This will miraculously transform your whole life.” It will! Imagine what your life would be like if you were no longer struggling with it? Imagine what your life would feel like if you knew that whatever is showing up in your life is *for you*. As I say in my book, *What’s in the Way IS the Way*: “Life is set up, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for life!”

This is such a radical shift from how we have been conditioned to be with Life. It is the shift out of controlling into connecting, out of struggle into peace and joy. And it is very important for us to gather together to make this shift our own and to support one another along the way. Therefore, I am offering an opportunity for you to participate in 'An Evening with Mary,' which will be offered every few months and is free of charge. On this call, I will answer questions and will provide insight to help you move out of struggle and into connection. I will also provide you feedback on your challenges and how to gather the gifts that always come with them. The first one will be on Wednesday, October 9th from 6:00 to 7:30 PM PDT. To register, please email marysue@maryomalley.com

In addition, for the first time ever, I will be offering a 6 week tele-class on my book, *The Gift of Our Compulsions*. In this class, we will explore together our core compulsion, which is to struggle. Rather than trying to control our compulsions (which never brings healing in the long run), you will discover how to use your compulsions to heal yourself to your core. And as you do this, compulsions simply fade away. If you are interested, you can find more about the class and register on line at <http://www.maryomalley.com/workshops/>

Now allow one long deep breath and for this moment, soften your belly, open your heart. Invite yourself into the possibility that everything that is happening in your life is *for you*. Then open up to a couple of spacious laughs. As a Tibetan Lama once said to Andrew Harvey, "Once you see what is really going on here, you will nearly die laughing!" We have been endlessly trying to unravel a ball of yarn while we are sitting in paradise! As you become aware of and learn to work with the struggling mind, you truly will know the ease and joy you long for.

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.

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6-Week Tele-class October 23 - Nov 27

In this class conducted by phone, participants will be given suggested readings from Mary's book *The Gift of Our Compulsions* from which she will teach. Participants will also have the opportunity to email questions to Mary each week so she can address them in the next class. Participants will also receive a free copy of Mary's 6-CD Set, *Being Healed By Our Compulsions*. Class size is limited to 30 participants.

The cost is \$295 for all 6 sessions. To register, please follow [this link](#) and click on the Add to Cart button. When payment is complete, you will be sent the dial-in number and code by email. For more information, please **Contact Us**.

From Our Readers

Dear Mary,

I love your thinking. It always resonates, and one day I will take part in something you offer!

I work as a therapist and have many clients who want help with emotional eating. I recognise that much of this struggle is about leaving oneself and not being present to what is, and I also know this for myself. So I recommend your books to many of them.

Thank you.

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 \$150. Packages available are 3 for \$420 (\$140 each), 4 for \$520 (\$130 each), and 10 for \$1200 (\$120 each). Please contact Mary to set-up a package. Payment may be made through PayPal. Mary is a Certified Counselor in the State of Washington and can provide invoices for insurance reimbursement.

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 \$100. 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, 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

Wednesday, Oct 9

Free Teleconference: An Evening With Mary, 6:00-7:30 PM Pacific Time

To Register, please email marysue@maryomalley.com and put "An Evening With Mary" in the subject line.

Thursdays, Oct 10 – Oct 31

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

6:00-7:00 PM Pacific Time

Wednesdays, Oct 23 – Nov 27

[Teleclass: The Gift of Our Compulsions](#)

6:00-7:30 PM Pacific Time

Tuesdays, Oct 29- Nov 19

[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, Nov 2

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

Thursdays, Nov 7-21, Dec 5 (*No group on Thanksgiving*)

[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.

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Please feel free to forward these emails to those whom you feel would be interested.

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