



awakening

with Mary O'Malley

November, 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 discover that the challenges of your life are *for you*, something amazing begins to happen – you see that they *always* come bearing gifts.

Intention:

When I am in the midst of a challenging time, I will remember that there are gifts in it and be present with what is so I can receive them.

Featured Offering
New tele(phone) groups
See below for details.



Have you ever had one of those times when life seems to be a rough and tumble sport? My life feels like that right now. A very close family member was just diagnosed with cancer and another is sinking into a deep depression. My oldest friend's husband is dealing with Alzheimer's and two of my dear neighbor's children are dealing with very difficult health challenges.

How do we keep opening to what life is offering when it is so very challenging?

The first thing is to know that life will always open and close. It will bring us nourishing connections with ourselves, our loved ones and with life and, just as winter is a necessary part of the flow of nature, life will also bring us wild winter storms and freezing cold days. It takes a while before we realize that to spend our lives trying to get to the good stuff and to get rid of what we think is bad causes us to be blindsided when the challenges do come.

It is a huge step in our awakening when we realize that challenges aren't here because we took a left turn when we should have taken a right; or we are being punished by God; or they are proof that there is something wrong with us. *They are here to heal us to our core.* Or, 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.

When you discover that the challenges of your life are *for you*, something amazing begins to happen – you see that they *always* come bearing gifts. As you discover how bring your aware heart to all the parts of you that resist challenges, the gifts begin to reveal themselves.

All of what I have said is brought together in Rashani's beloved poem:

There is a brokenness out of which comes the unbroken,
a shatteredness out of which blooms the unshatterable.
There is a sorrow beyond all grief which leads to joy
and a fragility out of whose depths emerges strength.

There is a hollow space
too vast for words
through which we pass with each loss,
out of whose darkness
we are sanctioned into being.

There is a cry deeper than all sound
whose serrated edges cut the heart
as we break open to the place inside
which is unbreakable and whole,
while learning to sing.

I have kept this poem close during this time and these words have allowed me to meet the fragile parts within me that can still be amazed that life includes pain and death. They also remind me to meet my aching heart with my own heart. And most importantly, they remind me that even though suffering, resistance, and shatteredness are here, this is all happening in a greater space. It is the space in which all of our challenges are taking us – the place where we rediscover how to 'sing' – not only when life is wonderful, but also when it is very challenging. For, as I love to say, "Happiness is getting what you want – and that can happen at times in life – but joy is the ability to be with what is, even if it rocks you to your core!"

Be light, Mary

Quote: “Happiness is getting what you want – and that can happen at times in life – but joy is the ability to be with what is, even if it rocks you to your core!” —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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Tele(phone)groups

These groups conducted by phone, are a wonderful opportunity to share with Mary from wherever you are. Groups meet Tuesdays at 10:30 AM Pacific Time and Thursdays at 6:30 PM Pacific Time. Please see the calendar below for specific dates.

The cost is \$100 for 4 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

Hi Mary,

Our last session was incredible. I have suffered my whole life with emotions. It is so clear to me now how overeating was just my coping mechanism and not the real problem.

Your work is so profound and life changing. This morning I had a thought that I need to be able to learn more from you and share it with others. Your way is the only true way to heal eating issues.

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 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

Tuesdays, Nov 26- Dec 10 & 31 (*7:30 AM on the 31st only*)

[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, Dec 7

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

Thursdays, Dec 12 & 26 & Jan 2

[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

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