



awakening

with Mary O'Malley

December, 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:

You can trust that whatever life is offering you, it is an essential part of your journey back into being fully alive, which is the greatest joy of all.

Intention:

When I am in the midst of a challenging time, I will be present and curious, remembering that I can trust that what is showing up is an essential part of my journey into being fully alive.

Featured Offering

Give a gift of awakening for Christmas
See below for details.



One of the most profound symbols we have on this planet is the yin/yang symbol. ☯ If you spend some time with it, it will reveal some very essential keys to a life well-lived.

Take a moment and really look at it. Can you see how the dark and the light are nestled together? They aren't at war with one another. In fact, they literally complement each other. What this symbol is saying is something that we so easily overlook – that both dark and light are essential in life. If you observe your mind closely, you will see that it usually wants to hold onto the light side of life. It doesn't want all of the delicious parts to go away. In fact, it wants MORE! And it thinks your life will be perfect if you can capture the light and nail it down.

But did you notice that there is a point of dark in the light side of the yin/yang symbol? Dark is always intimately wedded to the light. But as the lighter sides of life shift into the dark, as they always will, we try to hold on, and we find ways to distract ourselves from it. This leads us into activities like surfing the internet or obsessing

with Facebook and Twitter or over-eating or crazy busyness, and sometimes drinking, drugs, having affairs, and so on. Even though these things may promise happiness at first, they don't make the dark go away. In fact, they are usually doorways into it.

When life flows again into the dark, we fight it, we resist it, we blame, we judge, we feel betrayed and oftentimes lost. But Life is a dance of light AND dark. At the atomic level, every single atom has a positive and negative charge. So, too, with your body. Your heart valves open and close and your lungs expand and contract. The same is true for day and night, cold and hot, winter and summer. Life *always* opens and closes; becomes easy and then difficult; is joyful at times and then sorrowful.

Resisting the dark causes us such suffering. But if you look closely at the symbol, you will see one of its most profound messages - there is a point of light in the dark! What would happen if we understood that darkness is not what it looks like on the surface? The darkness in your life (your challenges) is not here because you have done something wrong, someone else has done something wrong, or God is punishing you. It is an essential part of your journey through this schoolroom called life.

The difficult aspects of life – illness, loss, betrayal, shame, abuse, and even death – all come bearing great gifts, gifts that will reveal themselves when you can let go of resisting what is being offered and become curious instead. For to be present for and explore the difficult aspects of life opens you beyond suffering and into the joy of being fully alive. It opens you to being present for *all* of life.

So you can continue to chase happiness by trying to get life to be the way you want it to be, but hoping to find the peace, ease and love you long for by holding onto the lighter aspects of life and resisting the dark is insanity. It only keeps you caught in a mind that always wants what is not and doesn't want what is. This kind of mind can't see that what you deeply long for and who you truly are is always with you right now, *no matter what is happening*.

So I invite you to simply notice during this holiday season, that oftentimes instead of joy, it brings the stress of too much to do, family gatherings that turn into soap operas, and sadness when the promise of the season falls short. And as the inevitable challenges arise, I invite you to remember the yin/yang symbol and trust that whatever life is offering you, it is an essential part of your journey back into being fully alive, which is the greatest joy of all.

Be light, Mary

Quote: “The difficult aspects of life – illness, loss, betrayal, shame, abuse, and even death – all come bearing great gifts, gifts that will reveal themselves when you can let go of resisting what is being offered and become curious instead.” — 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.

Awakening Gift Possibilities

Mary's [books](#) and [CDs](#) make wonderful gifts for friends and family who are on the path of awakening or who are facing challenges and would appreciate the support of a positive, helpful message. We have just come out with a revised edition of the most recent book, *What's In the Way Is the Way*, including a new cover design, which we are excited to share with everyone.

From Our Readers

Hi Mary,

Your books are so thoughtful, personable, and written in a way that makes one stop and say, "ahh, she gets me, I'm not alone." I have about a million book marks filling up the pages because I love reading bits to my clients and fellow colleagues that I think will help in their healing journey.

Thank you, J.

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, Nov 26- Dec 3, 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

Saturday, Jan 4

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

Tuesdays, Jan 7-28

[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, Jan 9-30

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

6:00-7:00 PM Pacific Time

Saturday, Feb 1

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

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.

[Contact Mary](#)

[About Awakening](#)

[Our Offerings](#)

[Mary's Books](#)