



# awakening

with Mary O'Malley

March, 2014

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:  
Let go. Let Life!

Intention:  
The next time I am faced with a challenge, instead of trying to resist what I am experiencing, I will let go and let Life reveal its gifts to me.

**Featured Offering**  
Meditation Class in Kirkland, Washington  
See below for details.



I invite you to imagine a picture in which two girls are soaring into the air on swings with just the sky as their backdrop. You can see that they are deeply engaged with the joy of swinging – with the joy of being alive. Under the picture, the caption says, “Let go. Let life.”

I took this picture to our recent Hawaii retreat and it became one of the core themes of the week as we gathered in a beautiful yurt in the Hawaiian forest, serenaded by tropical birds all day long, and simply opening to life. The first step was to become curious about fear, judgment, anger, shame, despair and all of the other spells that make up our storytellers and that put a veil between us and the living experience of Life. I call this “look to unhook.”

The second step was to recognize that if we are caught in the stories in our heads, we don't notice Life! And we truly don't see that in every moment Life is inviting us into the joy of being in direct contact with the only moment that matters – now. I assure you that letting go of your stories *about* life and instead actually *being with* Life, exactly as it is unfolding, is one of the greatest joys you will ever know.

I call it “coming home.” We all long for this more than we can even imagine, but we are also afraid of it for two different reasons. The first is that we were scared out of the great flow of life when we were very little, so opening to life is associated with fear. The second is that we became afraid of the challenges of life like pain, illness, screw ups, death, heartache, etc., and learned how to resist, numb and turn away from ourselves when we were uncomfortable. But when we do this, our pain doesn’t really go away. It just gets buried deep inside.

To know the joy of being fully available to Life, you need to recognize that letting go includes opening to both the joyful parts of Life *and* the not-so-joyful. In order to stay open to the difficult, you need to understand that the challenges in your life are not here because you are being punished or you missed the boat or you have done something wrong (although the storyteller really tries to make us believe this). One of the truest things you will ever know is that the challenges of life are *for you* and they always come bearing gifts.

And the safest thing you will ever discover is that by *responding* to the difficulties in your life rather than *reacting* to them, you allow the pains of your life to flow through you rather than resisting them. Or, as I love to say, “There is nothing worth closing around.” It is my experience that when you don’t resist the challenges that Life is offering you, you can then gather all of the gifts that each one is bringing.

So this is what we were exploring together in the middle of a Hawaiian forest, in the middle of an island, that is in the middle of the chain of Hawaiian Islands which are in the middle of the Pacific Ocean. Talk about being in the center! As we explored the art of letting go of the clench deep inside, discovering how to unhook from all of the stories of struggle and allowing our breath to be open and free again, people began to literally glow from within. And at the end of the retreat we sent out in waves, across the Pacific and all around the globe, all that we had re-membered together. So stay open to the waves of wisdom that are even now crashing on your shore, straight from the healing heart of Hawaii!!

Be light, Mary

**Quote: “The safest thing you will ever discover is that by *responding* to the difficulties in your life rather than *reacting* to them, you allow the pains of your life to flow through you rather than resisting them.” —Mary O’Malley**

To learn more about this work, please visit our web site at [www.maryomalley.com](http://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. Also, on the Books page, there are links to 12 short videos about What's In the Way IS the Way.

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.

## Class: Meditation Made Easy

Meditation is a powerful tool that can bring you a life full of ease, peace and happiness. Anyone can learn it, and it is easier than you think!

I invite those of you in the Puget Sound area to this class.

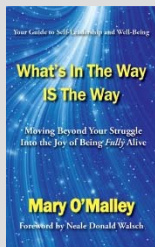
Saturday, March 15th  
10:00 AM - 4:00 PM  
Eastabrook Chiropractic  
11821 NW 128th St  
Kirkland, WA

Come discover:

- How to be in charge of your mind rather than it being in charge of you
- How to relieve the major and minor stresses of your life
- How to laugh more and sleep better
- How to work with you compulsive behaviors rather than trying to control them

Cost is \$90. To register, please click on [this link](#).

## New Edition of What's In the Way IS the Way



The revised edition of Mary's book *What's In the Way IS the Way* is now available through our [website](#) and through Amazon, Barnes and Noble, and local bookstores (by special order). The [Kindle version](#) is also available through the Amazon Kindle Store and the Nook version is available through Barnes and Noble.

## From Our Readers

Dear Mary,

In the midst of a difficult time in my life, I came across your book on compulsions and I have rarely found anything so helpful.

The suggestions and teachings in the book are simply amazing- they lay out a path towards freedom and hope even when a person is living with pain and fear. I just want to thank you and say to you that if ever you need encouragement in what you are doing, know that you have given a stranger the feeling of being understood and the tools to access strength, greater calm and more happiness. I am sure you have helped hundreds of people and I know I am one.

With appreciation, C.F.

## 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](mailto: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, Feb 4, 11 & Mar 4, 11** *(no group Feb 18 or 25)*

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, Feb 6, 27 & Mar 6, 13** *(no group Feb 13 or 20)*

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

**Saturday, Mar 15**

[Meditation Made Easy](#) 10:00 AM-4:00 PM, Eastabrook Chiropractic, Kirkland, WA

**Tuesdays, Mar 18 – Apr 8**

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, Mar 20 – Apr 10**

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

**Saturday, Apr 5**

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

**April 25-27, 2014**

Workshop in Denmark: What's In the Way IS the Way

Mary will be doing an evening Introduction on Friday, April 25th from 7-9:30 PM followed by a 2-day, non-residential Workshop in Copenhagen April 25-27, 2014. The Contact in Denmark is Svend at Quantum Seminars [info@quantumseminars.dk](mailto:info@quantumseminars.dk) Please watch for details on cost and how to register.

**May 2-4, 2014, 2014**

2-night Retreat with Mary in Denmark

Strandgaarden Retreat Center. For more details, go to our Retreats page. You can also go to <http://elskdigselv.com/kurser/mary-o-malley-i-danmark-maj-2014/> or email Camilla at [mail@camillabruun.dk](mailto:mail@camillabruun.dk) Please watch for details on cost and how to register.

**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](#)