



awakening

with Mary O'Malley

May, 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:

To connect with the Earth is to remember that we are a part of this magical, mysterious, and awesomely creative process that is life.

Intention:

Whenever I notice that I am caught up in my thoughts, I will take a few moments to reconnect with the Earth in some way.

Featured Offering

Costa Rica retreat with Mary in 2015!
See below for details.



I invite you this spring to take some time to truly connect with the Earth. You are the Earth. Your bones are made out of particles that were once a part of mountains. Your cells are surrounded and penetrated by the ocean. The breath that moves through you once moved through mighty cedar trees and baby pandas. To connect with the Earth is to remember that we are a part of this magical, mysterious, and awesomely creative process that is life. To connect with the Earth is to be invited to live from the awareness of the sacredness of all.

If we really think about it, most of the time we never even touch the ground. There are shoes and floors and concrete between us and a full connection with this sacred planet. We may every once in a while smell the Earth and we may actually pause for a moment here and there to truly see its beauty, but we rarely truly touch it. So take off your shoes and find some grass to wiggle your toes in. Be like a child and allow your feet to play with the Earth!

And if you want to take this further, lie down on the Earth and take a few moments to look at your world from this position. Open to the beauty of the sky above you, and if there are clouds, watch them dance with the eyes of a child. When you are ready, close your eyes and allow your imagination to move down through the Earth below

you, all the way out to the other side and discover an amazing thing...the Earth is being held by nothing other than space! She is not stuck on a stick or hung by a string. She is resting in vast oceans of space. Then extend your awareness out to the left and the right and then above you and discover there too are vast oceans of space. Feel how solid the Earth is below you. Then, just as deeply as the Earth is allowing itself to be held by space, allow yourself to be held by the Earth as you dance through the cosmos. Melt into her embrace.

From this grounded place, open your ears and listen to the Earth. There are all sorts of sounds arising and passing away all around you and within you. This is the music of life and you are listening to it the moment it appears out of mystery. Now open your eyes again and look into space. Because the Earth is moving 65,000 MPH around the sun, you are now looking at a different part of the universe than you did just a few minutes ago. Allow yourself to be awed by how vast and yet how supportive life is.

If you are inclined to take this one step further, find a place to lie down on the Earth under a starry night. Again melt into the embrace of the Earth and open to the vast oceans of space you are dancing through right at this moment. The stars you can actually see above you number at the most 10,000, and if they were grains of sand, they would fit into the palm of your hand. But there are more stars in the universe than there are grains of sand on every beach of the Earth!! Can you open to the magnitude and the grandeur of the universe you are living in? Can you allow yourself to be held by the Earth as you dance through space and recognize that you are a small but integral part of this awe-inspiring, unfolding that is life?

May we lift ourselves out of our ordinary awareness and open to life. May we allow ourselves to be so moved that we finally recognize we are all a part of a creative unfolding that is mind boggling in its precision, its intelligence and its beauty. May we understand that we are all together on this tiny blue green jewel that is dancing through oceans of space. May we discover that whether our skin is dark or light, our sex is male or female, whatever our religion, we have so much more in common that we do in differences. And may we, as we move throughout each day, become aware that we are a thread weaving this world into the tapestry of sacred oneness that it truly is.

Be light, Mary

Quote: “May we allow ourselves to be so moved that we finally recognize we are all a part of a creative unfolding that is mind boggling in its precision, its intelligence and its beauty.” —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. 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+.

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Watch and Listen to Mary

You may click on [this link](#) for free videos of Mary's teachings to watch online.

You may click on [this link](#) for free audio recordings of Mary's teachings.

For articles and interviews, please click on [this link](#).

Costa Rica Retreat: Celebrating Life ~ All of It!

[Samasati](#) Nature Retreat, February 8-14, 2015

Registration for this transformational, tropical retreat is limited to 20 people. A \$500 non-refundable deposit holds your place and will be applied to the total balance. The cost of the 6-day retreat is \$1799 which includes lodging, food and transportation to and from San Jose. **Registrations received by July 15th will receive a \$200 discount** on the balance due for the retreat. The balance is due by Oct. 1st.

For more information and to register, please follow [this link](#).

From Our Readers

Dear Mary,

I just want to thank you for your authenticity, your wisdom and your generosity of spirit. I have learnt so much from you over the past years. You have been a beacon of light that has accompanied me on my healing journey.

I trust you because you are real!

With gratitude, T.

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, Apr 15 & 22, May 13 & 20 (no group Apr 22 or May 6)

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, Apr 17, May 8, 15 & 22 (no group Apr 24 or May 1)

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

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 Please watch for details on cost and how to register.

May 2-4, 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 Please watch for details on cost and how to register.

No Half-Day Retreat in May

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We will not meet on May 3rd due to the retreat in Denmark.

Tuesdays, May 27- Jun 17

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, May 29 – Jun 19

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

Saturday, Jun 7

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month.

Feb 8-14, 2015

6-night retreat in Costa Rica: Celebrating Life – All of It!

Samasati Retreat Center. For more details and to register, go to our Retreats page.

For more information about Awakening, please follow the links below.

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