



awakening

with Mary O'Malley

October, 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:

The safest thing you will ever do is to learn how to accept and be present with whatever is showing up in your life rather than trying to control it.

Intention:

Whenever I notice myself struggling with what is showing up in my life, I will remember to be present to it and respond rather than reacting and trying to control it.

Featured Offering

[What's In the Way IS the Way website](#)

See below for details.



I want to invite you for a moment out of the storyteller in your mind and into the extraordinary.

At one time you were just one cell that was so tiny that it couldn't be seen by the naked eye. And that cell developed into 70 trillion cells that are the living, breathing creation called your body. Take a moment and let that in. You live in and are a field of extraordinary intelligence! The only appropriate response is to say "thank you" to Life, for it is an incredible gift and most of us take it for granted.

And this intelligent creation functions without hardly a thought from you! When was the last time you had to digest your food, or beat your heart, or regulate your hormones? Something greater than you is in charge of keeping these 70 trillion beings all working together in the amazing community that is your body.

But it is not just your body that is a part of the highly intelligent creation called Life. Thomas Berry, Catholic priest and cosmologist, once said that we see turning water

into wine as a major miracle. But we forget the even more amazing miracle that happens every day when Life takes sunlight, water, earth and air and creates grapes!

We can take this recognition of the extraordinary nature of Life all the way to the stars. Scientist Carl Sagan once said that there are more stars in the Universe than there are grains of sand on every beach of the Earth! Take a moment and allow that in, too. Within the vast and awesome panorama of stars, our solar system exists on one arm of just one of hundreds of billions of galaxies. And every day and every year, its planets dance around our sun with a precision that boggles the mind.

The ordinary is so extraordinary and so intelligent, but we miss it. Over and over again we get caught in *doing* Life rather than *being* Life. We get caught in ideas *about* Life rather than actually being present for the miraculous creation it is. Why is that? Because we got lost in the idea that we are in charge of Life. We believe that we have to control it or it will control us.

What if that were not true? Imagine how you would feel if you recognized that Life is in charge of your life (think of your body)? What would your life be like if, rather than always trying to make it be a particular way, you showed up for Life exactly as it is? And imagine how different your experience of life would be if you cultivated trust in the intelligence that created you and the Universe. This intelligence is not only in your body, in nature and in the stars. It also permeates the flow of your life. No matter what is happening in your life, Life is giving you the exact circumstances you need in order to evolve into a conscious human being!

This is blasphemy to the conditioned self – to your storyteller that feels that it has to be in charge. It believes that if you don't control Life, something bad will happen or nothing will happen. I know this because I almost died trying to control Life, but then Life showed me how to open to its miraculous unfolding! I know from experience that the safest thing you will ever do is to learn how to accept and be present with whatever is showing up in your life rather than trying to control it.

This doesn't mean you just sit on the side of the road of Life and do nothing. It means that your foundational relationship with Life is knowing that whatever is happening in your life is *for you* – especially your challenges. The more you live from this place that is beyond struggling with Life, the more you will respond to situations rather than reacting to them.

In order to soften the resistance of your storyteller so you can move beyond struggling with Life and be *here* for it, I offer you some of my favorite quotes from some of the wisest people on this planet that invite us into being open to Life.

“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.” Eckhart Tolle from *The Power of Now*

Enlightenment is relaxing into Life. Pema Chodron, best-selling author and Buddhist nun

Don't try to force anything. Let Life be a deep let-go. See God opening millions of flowers every day without forcing the buds. Osho, Indian mystic

"Life happens. You don't make it happen. Leave it alone." Michael Singer, author of *Untethered Soul*

"Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment." Eckhart Tolle

"Let Life happen to you. Believe me: Life is in the right, always." Rainier Maria Rilke, Austrian poet and novelist

If what is being offered here calls to you and you have one of my books, open to a random page every day and allow Life to show you your path home. If you don't have one and are not called to get one, email me at awaken@maryomalley.com and I will send you a chapter.

May you know the joy of being fully alive!

Be light, Mary

P.S. – To learn more and to read the endorsements of my most recent book, *What's In the Way IS the Way*, please go to www.whatsinthewayistheway.com

Quote: "When we are not caught in the world of struggle, we are *here*, open to the amazing majesty and mystery of Life, radiating presence and well-being to everyone around us." —Mary O'Malley

To learn more about this work, please visit our website 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](#)

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*, and to visit the *What's In the Way IS the Way* website where you can read the endorsements go to www.whatsinthewayistheway.com.

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.

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 the retreat center from San Jose. The balance is due by Oct. 1st.

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

From Our Readers

A few weeks ago I found a copy of Mary's book, *What's In the Way IS the Way*, and started reading it. I thought it was superb!! She is definitely a kindred spirit. We are made from the same mold – no running away – meeting life on its own terms – seeing even our pain as a helpful guide. I LOVED it.

I love the work she is doing. Her message is medicine for the world.

~Jeff Foster, spiritual teacher and author of *The Deepest Acceptance*

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 Mary's [website](#) once an appointment is booked. 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 Pacific Time. To register, click on the appropriate link below.

Events

Please follow the links for details

Tuesdays, Sep 30 – Oct 21

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, Oct 2-23

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

5:00-6:00 PM Pacific Time

Saturday, Oct 4

[Living in the Here and Now Half-Day Retreat](#)

Our monthly Half-Day Retreat is on the 1st Saturday of every other month (even-numbered months).

Sunday, Nov 16

[Seattle Unity](#)

Sunday Service 10:00 AM

Workshop: *What's In the Way IS the Way*, 12-2:00 PM, Cost \$25, to Register email martha@maryomalley.com

Tuesdays, Oct 28-Nov 18

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, Oct 30-Nov 20

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

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.

May 8-10, 2015

Evening talk and 2-day Workshop in Copenhagen

For more information, go to our website. For local information and to register, contact svend@quantumseminars.dk

May 13-17, 2015

4-night retreat in Denmark: Experiencing the Joy of Being Fully Alive!

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

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