



awakening

with Mary O'Malley

December, 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:

Whatever is showing up is what Life is offering, and it is *for* me.

Intention:

When I am caught in resistance to discomfort, I will remind myself, "This is what life is offering. It is just a wave passing through. No need to push it away. It belongs here."

Featured Offering

Mary's books and CDs make wonderful gifts!

See our [website](#) for details and to order.



We have been taught to react to Life rather than respond. We have been deeply conditioned to believe we are the ones in control rather than realizing Life is in charge of Life, and we have been thoroughly trained to resist Life rather than connect with it. All of the reacting, controlling and resisting we do all day long keeps us identified with the ongoing struggle of our everyday mind and this cuts us off from Life.

There are seven statements that came to me over the last few months that remind us to open to Life rather than staying lost in the world of struggle. These statements, especially when Life is offering up a challenge, can pull us out of the reactive mind and bring us back to curiosity, spaciousness and kindness that open the door to deep healing.

This is what life is offering
It is just a wave passing through
No need to push it away
It belongs here
Open to it
Touch it with kindness
It longs to be enfolded in your heart

These seven statements remind us that we are not victims to Life. The first one, “This is what Life is offering” allows us to remember that Life is in charge of Life. It turns us around from the reactive self to the conscious self that is open and curious about what this moment is presenting us.

We actually trust Life a lot. We trust that it will breathe us, digest our food, and bring a new day. But we lost sight of how to trust the ongoing unfolding of our Life, both the joys and the sorrows. If you want to know more about the first statement, we explored this in depth in the [October newsletter](#). The essence of this first statement is encapsulated in Eckhart Tolle’s powerful quote: *“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.”*

In this newsletter I would like to share with you an experience that Life offered me that shows the power of these seven statements to invite us to be with what Life is offering rather than resisting, reacting and trying to control it. Over the next few newsletters, I want to explore the rest of the statements so you can know the joy of engaging with Life again...not an idea of it but the real thing!

On a Sunday a few weeks ago, I was the guest speaker at a large church in Seattle. I also offered a workshop focusing on my latest book, *What’s In the Way IS the Way*. The day before, I woke up with searing itching in both of my nostrils and nothing I did would lessen it. Then, late in the day, I ate a hard-boiled egg and had a very unpleasant reaction to it. I went to bed not feeling well and was woken up over and over again after just a short amount of sleep from either itching or cramping. Rather than reacting, I kept on being as fully present as I could with all of the discomfort in my body, touching it with the healing energy of my own heart. Of course, many times during the night, the story of how in the world was I going to speak and teach the next day showed up but I didn’t get caught in it. Whenever it would arise, I would go back to these seven statements, sometimes saying just the first one and other times saying them all.

I woke up early on Sunday morning, having had very little sleep, and yet experiencing an overall feeling of peace and openness to the day. I was able to relax into Life, even though I was tired and did not feel my best, both food for the reactive mind. But deep inside, I knew that Life would take care of itself. And it did. It was a truly alive and inspirational day.

There is something inside of each of us that can respond to the waves of life as they pass through rather than reacting to them. While the mind has ideas of how Life should be, this deeper part of us knows that whatever is happening in our lives is *for us* and we don’t need to get caught in reaction. It is not always easy to respond rather than react, and we will get caught over and over again, but that’s okay. We can remind ourselves to come back to the present moment by saying whichever of the

seven statements touch us at that moment or by saying the whole thing. Allow them to be a reminder that the deepest longing you carry is to be fully here for Life.

Be light, Mary

Quote: “While the mind has ideas of how Life should be, there is deeper part of us knows that whatever is happening in our lives is *for us* and we don’t need to get caught in reaction.” —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.

A New Book by Neale Donald Walsch

I want to tell you about a remarkable new book by my friend Neale Donald Walsch, author of *Conversations with God*, titled **God’s Message to the World: *You’ve Got Me All Wrong***.

In this book Neale has taken the most vivid and salient points from the 3,000 pages of his original dialogue with Deity and placed them in one single document—an invitation to humanity to consider the possibility that we may have completely misunderstood God.

The book also offers a new and exciting narrative of what the world would be like if humanity released itself from its ancient cultural story of a violent, angry, and vindictive God --- and *in one stroke* removed all the moral authority and righteous justification for its own behaviors of vengeance and retribution.

Mary’s Awakening Blog Update

Mary is now writing a weekly article for her Awakenings Blog. The posts are distilled from Mary's teaching and writing. If you are on Mary's Facebook, you will get a notification whenever the new weekly blog is posted. Here is the November 23rd post:

<http://www.maryomalley.com/2014/11/23/healing-with-an-open-heart/>

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, Nov 25 – Dec 2, 9 & 23

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

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

Thursdays, Dec 4 & 11

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

5:00-6:00 PM Pacific Time

Tuesdays, Dec 30, Jan 6-20

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

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

Thursdays, Jan 1-22

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

5:00-6:00 PM Pacific Time

Sunday, January 4

[South Sound Unity](#)

Sunday Service 10:00 AM: "New Way, New Year"

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.

Saturday, Apr 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).

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.

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