



awakening

with Mary O'Malley

February, 2015

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:

Every time we pay attention to the war of the struggling self inside of us, we become a part of the healing of our planet.

Intention:

When I notice myself struggling with something in my life, I will remember that life is putting me in situations where I can see the fear-based mind of attack and defend, like and dislike, rather than living from it.

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I recently watched the CBS 60 Minutes segments, *Inside Homs* and *Mindfulness*, which aired together on December 14, 2014. (They are available using these links: [Inside Homs](#) and [Mindfulness](#).) *Inside Homs* depicts the besieged city of Homs (the 3rd largest city in Syria) and the cruel realities of the Syrian War. A small group of filmmakers started working on a documentary in 2011 when the people of Homs began rising up against the brutal dictatorship of Bashar al-Assad. In the video we meet a 19-year old man named Abdul Basset al-Saroot who became an inspiration to the Syrian people when he began peacefully demonstrating against the injustices. The Syrian army learned of Basset and his followers, and they arrived with guns, tanks and bombs and put the city under siege. The city is now nothing but rubble.

When the government snipers could not get to Basset, they killed his brother, cousins and friends. It was at that point that Basset transformed himself from a peaceful protester to an armed revolutionary. The starving resisters pleaded with the West for help, but no one ever came. Basset then turned to ISIS for money, food and ammunition.

We also meet a young Kurdish woman, Simay, who suffered through the siege of Homs. She had a video camera and was able to send her videos to the filmmakers, capturing the devastation and terror experienced by the Syrians every day. For the people of Homs, just staying alive was difficult because there was no electricity, running water and little food for the 2 years of the siege. When asked what was more important to her during the filming, her life or saving her camera, she said “Of course, the camera.”

My heart broke when I heard that the Syrian people tried to get the truth about Homs to the West and there was no response. It was hard for me to take this in, that in this day and age, there can be pockets of such rage and cruelty and so little response from the rest of the world.

But, much to my amazement, right after *Inside Homs* was a piece called *Mindfulness*, focusing on author and spiritual teacher, Jon Kabat-Zinn, an MIT scientist and creator of the Stress Reduction Clinic, whose method is now taught in over 700 hospitals around the world. This method uses the techniques of mindfulness (which is the art of being present for your life no matter what is happening) to train people to be better-equipped to handle the overwhelming stresses of our daily lives.

Jon was introduced as the man who is largely responsible for bringing mindfulness out of meditation halls and into our everyday lives. Mostly we live in thoughts about life, having our attention anywhere but here. As Jon said to Anderson Cooper, the interviewer, “When you're in the shower next time check and see if you're in the shower.” Anderson was a bit perplexed and Jon said, “You may be in your first meeting at work. You may have 50 people in the shower with you.” In other words, you miss the living moment of the shower and of your life. Anderson is usually a war correspondent and he said that learning mindfulness has changed his life.

I loved that these segments were aired one after the other. And I don't think that life did that by accident. The first segment was on the heartache of the world. And this heartache is about so much more than just Homs. Can you allow yourself to recognize that there is violence happening all over this planet as you sit here and read this newsletter? And can you acknowledge all of the people who are dying from machetes, guns, bombs and starvation? Can you let in all of the women and children of the world that are being confined, raped and killed? People have to be truly unconscious to be able to do such violence to their fellow human beings.

The second segment is about what will heal this world. How can mindfulness do that? Come sit on the moon with me. (I have some really nice Lazy Boy recliners up there.) See the stunning beauty and creativity of our planet before you – jungles full of colorful parrots, baby spinner dolphins, majestic icebergs, lady bugs, jaguars and aardvarks! It is so amazing, but if you look closely you will see that most people are walking around with a cloud bank of struggle around their heads. This cloud bank doesn't allow them to really be here for life. They live in ideas about life rather than the living experience. As Alan Watts, the Zen philosopher, once said, “No matter how

many times you say the word *water*, it will never be wet!” When you dissolve your cloud bank of struggle through mindfulness and heartfulness, you can see, hear, taste, touch and smell the exquisite sacredness of ALL of life. And then there is no way you could do harm to yourself, to others, or even the planet.

We are living during a time where more and more of us are seeing through our cloud banks of fear, judgment and despair (if this interests you, my latest book, *What's in the Way IS the way*, is a guide for clearing the cloudbanks and coming back to life). I feel passionately that WE are the healing the planet has been waiting for. It begins as more and more people are interested in healing the war inside of themselves. Can we become passionate enough that we are willing to trust life and know that it is putting us in situations where we can see this fear-based mind of attack and defend, like and dislike, rather than live from it? Can we become awakened enough that we bring our aware hearts to the extremely judgmental and neurotic separate self that we think we are?

We need to know that we don't have the luxury anymore to hang out in the fear-based separate self. Every time we get lost in our minds, we are identified with that which causes so much suffering on our planet. Every time we pay attention to this war inside of us, the war of the struggling self, we become a part of the healing of our planet. One moment at a time, one person at a time, healing is showing up on our planet. Will the violence of the planetary cloud bank of struggle disappear in my lifetime? Probably not. But people in the middle east have for lifetimes been planting date trees that don't bear fruit for 80 years! So let's BE the healing that our planet is longing for. Or as Wendell Berry once wrote,

In the dark of the moon...
in the dead of night.....
in the dead of winter.....in flying snow,
the world in danger,
families dying.....wars spreading,
I walk the rocky hillside
sowing clover.

Be light,
Mary

Quote: “When we dissolve our cloud banks of struggle through mindfulness and heartfulness, we can see, hear, taste, touch and smell the exquisite sacredness of all of life.” —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+.
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Mary's Awakening Blog

Mary writes a weekly article for her Awakenings Blog. The posts are distilled from her teaching and writing. If you are on Mary's Facebook, you will get a notification whenever the new weekly blog is posted. We invite you to check it out! Here is the latest post:

<http://www.maryomalley.com/marys-blog/>

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, January 27, Feb 3, 24, March 3

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

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

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.

Tuesdays, March 10-31

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

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

Thursdays, March 12-April 2

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

5:00-6:00 PM Pacific Time

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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