



awakening

with Mary O'Malley

March, 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:

Nature reminds us that Life is flow. Day flows into night, winter into spring. Light flows, water flows, sounds flow.

Intention:

When I notice I am listening to the struggling mind, I will soften my belly and bring my attention back to this living moment where there is no story about what is going on.

Featured Offering
Mary in the Heal Thyself Online Summit
See below for details.



I just returned a week ago from leading a retreat in the rain forest of Costa Rica. It was so magical! Nature truly is an invitation back into this living moment, discovering that every moment is a unique moment in our lives.

We opened the retreat sitting in silence and listening to the sounds of the forest – tropical birds, howling monkeys and singing insects! We were actually hearing the music of our lives! Attuning to Nature reminds us how magical each moment is. Each day Life takes a little bit of rain, a little bit of earth, and a little bit of sun and makes flowers, mangos, towering trees, moss, and bananas. It is amazing to me that we don't live in awe each and every moment of our lives.

Nature also reminds us that Life is flow. Day flows into night, winter into spring. Light flows, water flows, sounds flow. And there is nothing in Nature that needs life to be different than it is. We lived with that kind of connection when we were very young and then slowly we learned how to hold our breath, tighten our bodies, and retreat into our liking/disliking minds. No wonder we are homesick for Life!

This conditioned reaction to tighten around life and try to get to a 'better' place has been evident in my life lately. A month ago my son's cancer returned, and it has metastasized to his lungs. In the days before we could get Micah into the hospital, he couldn't sleep because he experienced coughing spells that seemed to last forever, often bringing up blood. He became nauseated and his back was in constant spasm.

Needless to say, when your child is suffering, the mind can become like a fish out of water, flopping frantically. Although I have experienced this at times throughout the process, I do not stay caught in the mind. In the moments that I have been almost overcome by my breaking heart, I remind the struggling self that Micah needs me to be with him from my heart-center. And then the reaction dissolves and I am back with him again. Over and over again, when I notice I am listening to the struggling mind, I soften my belly and bring my attention back to this living moment where there is no story about what is going on. Then my heart opens, not only for Micah's suffering, but also for my own suffering and for everyone else who is dealing with cancer or a loved one with cancer. The difference between being aligned with the struggling self and opening again to the living process, which includes pain, illness, loss and death, is the difference between heaven and hell.

I am so grateful for all of the support and love I have received from my community of friends, colleagues, clients, and family members, and this includes all of you! Your support, compassion and prayers are helping me to live every day to the fullest, despite my ongoing sadness and pain. So, I thank you all from the bottom of my heart!!

As many of you may know from personal experience, Micah's medical journey, even with insurance, is turning out to be extremely expensive. He won't be able to work in order to have an income until at least the middle of June, so I am going to do something in this newsletter that I have never done, and that is to include a request for help. If you feel so called, you can support Micah by making a donation to a fund that a friend of mine set up for him. The link is as follows: <http://www.gofundme.com/MicahO-Malley>. If it feels right, please share this link with the people in your world, and please hold Micah in your hearts. If you have a prayer circle, please add him to your circle. Your prayers are very powerful and are greatly appreciated.

Be light,
Mary

Quote: "The difference between being aligned with the struggling self and opening again to the living process - which includes pain, illness, loss and death - is the difference between heaven and hell." —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.

Mary's Participation in the Heal Thyself Online Summit



I am very excited to share with you a powerful and educational free online event. My colleague and friend, Mia Saenz, has invited me to speak on this series **“Heal Thyself: Benefits of Holistic Living.”** You can access my talk at <http://healthysself.miasaenz.com/maryomalley>

How do you feel about your overall health? Do you want to feel better in your body, mind or spirit? This series is one of the largest of its kind, offering a wide range of education from a huge spectrum of healers. The combined experience of everyone involved is close to 1000 years. That is a lot of unique knowledge! Listening to these experts you will gain unbelievable information that will be beneficial, heartfelt, and life changing.

A Request from Neale Donald Walsch

Dear Friends of Awakening,

On March 12th, I will be launching the beginning of a shift in global consciousness. I'm writing to you today to ask if you can be with me in this effort. I'm not asking for money, and it will take about an hour of your time.



I'm calling this effort The Evolution Revolution and more than 2,000 people from around the world are already committed to join me on March 12 - what we have called **Awakening Day**.

You can do your part with total anonymity, becoming a "Stealth Spiritual Activist." Or you can be seen if you wish to be, taking a higher profile. It's all up to you.

Without you, our efforts will be diminished, while with you we can make an impact that can touch the world entire.

Please. Can you give me about 10 minutes to learn more about it? Just go to...

www.EvolutionRevolution.net

I think you'll be intrigued... my gratitude and the gratitude of our world is greater than you can know.

Blessing to you always...

A handwritten signature in black ink, appearing to read "S. Gale". The signature is fluid and cursive.

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, 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.

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 Retreats](#)