



# awakening

with Mary O'Malley

April, 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:

It is so important not to leave ourselves out of the healing balm of kindness.

Intention:

When I become aware that my mind is struggling and my heart is closed, rather than judging or resisting it, I will recognize it is in need of tender care and kindness.

**Featured Offering**  
**\$200 off 2016 Hawaii Retreat**  
**if Registered by June 1st**  
See below for details.



Life can be a very fierce process sometimes, much like the weather. Some days are like spring where there is openness and delight. Some days are like summer, filled with contentment. Some days are like fall, with the need to pull 'inside'. And some days (and phases of our lives) are like winter – cold, with fierce winds and driving rain.

I am often in winter time since the return of my son's cancer. Usually what we do when winter comes is that we tighten down, resist and turn away from ourselves. Believe me, I can tell you from experience that this only brings more suffering. When we resist winter, we close our hearts. So the word *kindness* has been with me a lot during this time. When we hear that word, we usually think of being kind with someone else and we leave ourselves out of the equation. Yes, my son needs and deserves kindness from Life during this fierce process. But it is so important not to leave myself out of the healing balm of kindness.

Having a loved one who is suffering is superfood for the separate, conditioned self. If I get mad or frustrated when my mind is struggling, then my heart closes. Rather than judging or resisting it, I recognize it is in need of tender care and kindness. So many times a day, when

my mind is reacting again, I simply put my hand over my heart and say the word “*Kindness.*”

There is nothing that our amazing hearts can't include. And it is in this inclusion that my heart opens again and I am back experiencing life through my heart rather than through my struggling mind. So I invite you to give yourself the gift of kindness. And if your mind is resistant, know that that is just the conditioned mind that has convinced us for far too long that we do not deserve kindness from ourselves!

I also ask you to continue to hold my son in your heart. He has done three of the four hospital stays for intensive chemo and it has been very difficult for him, as those of you who have had cancer yourselves or loved ones with cancer know. I also send waves of gratitude for everyone who has donated to his medical expenses. If you have been in this kind of situation, you know how deeply appreciated any and all support is.

If this is the first time you have heard of Micah's situation and feel moved to support him, you can follow this link to the GoFundMe site that a friend set up for him.

<http://www.gofundme.com/MicahO-Malley>. There are also updates on the site about how he is doing. Know that I appreciate whatever level of support you can offer, especially your love, prayers, and thoughts.

May you experience kindness for yourself in whatever phase of weather you are experiencing right now.

Be light,  
Mary

**Quote: “We usually think of being kind with someone else, but it is so important not to leave ourselves out of the healing balm of kindness.” —Mary O'Malley**

To learn more about this work, please visit our website at [www.maryomalley.com](http://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](http://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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## \$200 Off Hawaii Retreat if Registered by June 1st



Imagine balmy ocean breezes, tropical flowers, and a whole week to nurture yourself with delicious food, restful sleep and healing inspiration in a beautiful, peaceful setting. Our Hawaii Retreat at Hui Ho'olana on the island of Molokai is less than a year away, and the cut-off date for receiving \$200 off your retreat cost is June 1<sup>st</sup>. Follow this link to learn more about the retreat and to register: <http://www.maryomalley.com/retreats>

## 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](mailto: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

### **Tuesdays, April 7, 21, 28 & May 5** *(no group April 14)*

Telegroup: What's In the Way Is the Way

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

### **Thursdays, April 9, 23, 30 & May 7** *(no group April 16)*

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

### **Saturday, June 6** *(there will be no Half-Day Retreat in April)*

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).

### **July 24-25, 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](mailto:svend@quantumseminars.dk)

### **July 29-Aug 2, 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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