



awakening

with Mary O'Malley

April, 2017

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:

We ALL have a scared one inside of us, and the more you can relate to it rather than falling into its story, the more you will come out of the cloud bank of fear and be truly alive!

Intention:

When I notice that I am paying attention to a fear story, I will say to myself, "That is just the scared one inside of me!"

Featured Offering
New 4-week Teleclass
See below for details.



**To Watch a Video Message from Mary,
Click on the Photo Above**

Most people are not aware of how much fear runs their lives, but trying to get rid of *fear* only causes more *fear*. Instead, the shift is all about getting to know the stories of fear you took on. As soon as you can see the cloud bank of fear you crawled into as you grew up, you can begin to see *through* the cloud bank and come back to the meadow of life. The renowned spiritual teacher, writer and speaker Krishnamurti once said:

It is not that you must be free from fear. The moment you try to free yourself from fear, you create resistance against fear. Resistance in any form does not end fear. What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it.

In order to not be run by fear and to do what he is suggesting – to look at your fear - it is important to ask, “Do I want to be free from fear?” Initially there will probably be a response of, “Yes, I do.” But that will be followed by a response such as, “It is scary to look at my fears.” But when you look at your fear, you will see that it is just mind clouds and is nothing to be afraid of. It is just fear! I assure you, looking at fear is one of the safest things you will ever do.

Pema Chodren, an internationally known author and Buddhist nun, tells about a repetitive dream she had when she was younger. In the dream, a monster was chasing her, and she always woke up in terror at the place where the monster was about to get her. When she told a friend about the dream, her friend suggested that Pema turn around and look at the monster. That so scared her that even in the dream she kept on running. Then one night as she was again running away from the monster, a wall appeared in front of her blocking her escape. With great trepidation, she turned to look at this monster (feeling like she was going to die) and the monster stopped and didn’t come any closer. She then noticed that the monster had pink fingernails! That was the moment she woke up and she never had that dream again!

This dream represents the power of turning and looking at fear itself rather than letting it run you from underneath your everyday awareness. For a while it is scary, but slowly you realize most of your fear is the result of conditioning you received when you were young. The more you look and listen, the more your heart opens to how scared your storyteller is and you begin to see that it has been scared for a very long time. Your heart, however, is not afraid. It is your heart that can bring your fears the attention they need in order to be healed. That is why the monster had pink fingernails. How could you be afraid of a monster like that?

I was raised in an environment that fostered terror, and I became so caught in the world of fear that in my early twenties I tried to kill myself three times because the intensity of the fear that I lived in was unbearable. My fear showed up as dread – the combination of feeling something really bad is going to happen and the belief that it is happening because I have done something very wrong. I tried psychiatrists, psychologists, group therapy, counselors, medications, affirmations, hospitals, meditation, hypnotherapy, and anything else I could find to try to outrun my fears. It was only when I was taught how to turn towards my fear, becoming compassionately curious about its story rather than trying to fix it or get rid of it, that the pressure was released. Fear will always be a part of me, but whereas it used to be 110% of me, now it is only 5%, and when it does arise, I can listen to it rather than getting lost in its story, and in that listening it calms down through the healing energy of my heart.

So be curious about your particular stories of fear. Today, is fear lurking in your mind? If so, is it the fear of being rejected, or being seen as less than, or being forgetful, or being alone, or being late, or feeling unequal to the task, or that you aren't smart enough or good looking enough? Fear has a story about almost everything! So when you notice that you are paying attention to a fear story, say to yourself, "That is just the scared one inside of me!" We ALL have a scared one inside of us, and the more you can relate to it rather than falling into its story, the more you will come out of the cloud bank of fear and be truly alive!

If you want to explore more about how to meet fear in a new way, I encourage you to join the 4-week class described below. You can also visit my [website](#), [Blog](#) and [Radio Show](#).

Be light,
Mary

Quote: "We are to learn about fear, not how to escape from it, not how to resist it." -- Krishnamurti

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 the [Awakening Blog](#) link at the top to read messages from Mary 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.

Second Four Week Teleclass

What's In the Way Is the Way

The first 4-week class working with the teachings and skills in Mary's transformational book *What's in the Way Is the Way*, has been so rich that we are scheduling a second **4 week class beginning Tuesday, April 4th** at 6:00 PM PDT. This class will also be recorded so if you aren't able to be there every night, you will receive a recording of the class. To find out more about this, follow [this link](#). To register, click on the Add to Cart button on that page or send money to awaken@maryomalley.com through PayPal.

Mary's Radio Show on DreamVisions 7

Evolutionary Voices for the Quantum Age

[What's In Your Way IS the Way](#) with Host Mary O'Malley is part of Evolutionary Voices for the Quantum Age on the Dreamvisions 7 Radio Network. Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with Life rather than fully experiencing it.

Mary's program is live on Thursdays, 8 AM & 8 PM EDT (5 AM & 5 PM Pacific Time). You can click on the link on the right for the live show or access all of the previous shows at any time by scrolling down and clicking on the blue "Previous Shows" button on Mary's page on the Dreamvisions 7 website.

The Self-Acceptance Online Summit

How to Be Kind and Compassionate Toward Yourself in Any Situation

Mary has been invited to present at *The Self-Acceptance Online Summit*, where Sounds True will be gathering 30 leading voices (authors, teachers, researchers, and clinicians) to discuss this important topic with participants from around the world.

The series will take place from **May 30 through June 8, 2017**, with three episodes broadcast daily. Each of the presentations will be pre-recorded and will last between 45 and 60 minutes. The first 25 to 35 minutes will consist of a presentation, to be followed by an interview/ Q&A session, of approximately 15 to 20 minutes.

Watch for details on how to register.

Acknowledgments from Our Readers

Dear Mary,

I woke up this morning and read the end of the curiosity chapter and the beginning of the next chapter in your book, and then sat down to meditate for an hour. I used the practices as best I could that you teach. Then I got up to make breakfast and turned on your radio show, and I just have to write and tell you that I feel so full of love now. My heart feels open and I feel capable of being present in a totally new way toward the parts of my life that have made me so upset. I know that this is a process and that those feelings will come and go and I'll be able to be with them to varying degrees. But I just wanted to tell you that I'm so grateful for your work, and your willingness to share it with others.

With love, N

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

Awakening 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 and via Zoom (an online video meeting program) 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)Group

This phone group is a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the group 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. The group is on Tuesdays at 10:30 AM Pacific Time. To register, click on the link below.

Events

Please follow the links for details

Tuesdays, April 4-25

Tele-Class: What's In the Way Is the Way

In this 4 week class, we are exploring more of the basic ideas and techniques offered in Mary's book, *What's in the Way Is the Way*. You don't need to have been in the first class to join this one. Cost is \$160 for the 4 classes plus a recording of each class (honoring individuals' privacy).

Mondays

Awakening Group

This group meets in Kirkland, WA On Mondays from 7:00-9:00 PM Pacific Time. You may also participate in the group from anywhere in the world through Zoom, an online video meeting program. To join this group, please follow this link and contact Mary.

Tuesdays, April 4-25

Telegroup: What's In the Way Is the Way

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

Tuesdays, May 9-30

Telegroup: What's In the Way Is the Way

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

Thursdays 8:00 AM & 8:00 PM EDT (5:00 AM & 5:00 PM Pacific Time)

Mary on Dreamvisions 7 Radio Network Evolutionary Voices for the Quantum Age

Mary's Radio Home Page – [What's In Your Way Is the Way](#)

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](#) [Mary's Books](#) [Mary's Radio Show](#)