



awakening

with Mary O'Malley

November, 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:

Management is about trying to make ourselves and our lives better or different. When we don't turn what is showing up in our lives into a problem, allowing it to unfold as we are present for it, that is engagement.

Intention:

When I become aware that I am trying to manage my fear, I will practice fully experiencing whatever I am experiencing, allowing it to unfold.

Featured Offering

We invite you to follow Mary's Blog where she offers a new inspiration every week.
(Link at the bottom of the page)



Creating a relationship with fear is phenomenally powerful, but most of us live inside our minds, at the mercy of all of the fear-based stories in our heads. The angst of our daily lives usually shows up as small fears, like the stop light is too long or our hair doesn't look good. And then there are the big fears, like discovering a breast lump or losing a job. I know a lot about fear because my childhood and early adulthood were consumed by fear and I did everything I could think of to numb it or get rid of it. But it just got stronger and scarier.

After years of trying to fix myself, I discovered the healing power of being with what I was experiencing! One of the first parts of me that I was able to fully be with was my fear. The core shift from trying to manage fear to actually being with it happened when I was hiking along the Nooksack River in Washington State. It was pouring down rain and I wanted to get to a favorite spot on the river, but there was a mudslide and the path was blocked. I had come away on retreat from a very busy time in my life and my mind was stirred up (which is the reason I decided to go on the hike in the first place) and now, just the experience of being

unable to get to my safe and nourishing place caused my fear-based mind to get really upset. Rather than getting caught in the fear, I decided to simply say “hello” to it.

What do I mean by saying “hello”? One of my earliest teachers had taught me “In seeing is the movement.” In other words, fixing, changing, getting rid of, or even trying to understand what we are experiencing doesn’t bring lasting healing. Instead, when we learn how to bring our attention and what we are experiencing together, the energy that is bound up in that experience begins to move and it moves through us. Just the willingness to be with my fear that day on the river opened things up and in the openness, my heart was able to be with the fear. I then said to the fear, which had been there my whole life, “If you need to stay here for the rest of my life, that’s okay.” And the fear let go.

The fear inside of me is calm most of the time now, but three things happened last weekend that brought it up as I was getting ready for a talk and workshop on Sunday at Unity Church. Technology is not my cup of tea and when something goes wrong on my computer or smart phone, my body tightens and I know fear is starting to take over. First, my Square Chip Card Reader was not working properly and it took many emails with Square to figure it out. Then, because of changes in my computer, I couldn’t find the pathway to retrieve any of the documents that I needed for my book table. It was very frustrating, yet when I just noticed this unsettledness my fear settled down.

The third thing happened upon arrival at the church Sunday morning. I thought I had arrived in enough time to do all the things that needed to be done to set up and train people working the book table, but I was busy until right before the talk began. Because I didn’t get any quiet time before the talk to ground myself, my fear came up saying, “What am I going to say? I don’t know what to say.” This has not happened to me in years and my mind even got scared that fear was back. But I was able to meet the scared part of me by saying, “I see you. I see how scared you are because you did not have time to get grounded. All we need to do is let go and have fun!” Because she was met, she immediately calmed down and my talk, “The Healing in Chaos” flowed beautifully.

We are not used to turning towards and being with ourselves. As a matter of fact, when we are vulnerable, we want to get as far away from what we are experiencing as we can. That is why I love author Stephen Levine’s statement so much, “We leave ourselves when we most need ourselves.” By turning towards myself when I noticed fear had arisen, I did not make the fear or the situation into a problem. Instead, I was able to give my fearful one the acknowledgement and caring she needed to let go.

To me, it is the difference between management and engagement. Management is about trying to make ourselves and our lives better or different. If we are honest, we would see that we live in an endless game of struggle, and that this has never brought us the deep healing we long for. Sometimes it is important to manage things, like making and keeping appointments, but when we don’t turn what is showing up in our lives into a problem, allowing it to unfold as we are present for it, that is engagement. Lasting healing happens in engagement. Through actually being with what we are experiencing, gradually the fear, shame, not-enoughness and

despair lets go, and instead of being caught in the game of struggle, we are simply open to this amazing adventure called Life!

Be light,
Mary

P.S. – My son Micah will have another major surgery on December 3rd. Please hold that the highest will unfold for him. I will be posting updates at <http://www.gofundme.com/MicahO-Malley>.

Quote: “We leave ourselves when we most need ourselves.” – Stephen Levine

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.

Social Media for Dummies

When we first started sharing on Social Media, it was somewhat overwhelming for us to learn about how to access all the different sites and to post regularly. As a result, we didn't do it consistently or well. But then a friend put us in touch with an online service they used that handles this and suddenly it all became so much easier for us. We just provide them with our desired posts for the week and they take care of the rest on multiple sites – some we didn't even know about!

If any of you are in the same boat, we highly recommend ISushman Consulting Group at info@isushman.com or 310-497-3337. We just use their basic service, but they also offer all the services that can help you get the word out about your business on social media and the internet from strategy, advertising and copywriting to SEO and messaging.

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)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 1:30 AM Pacific Time. To register, click on the link below.

Events
Please follow the links for details
Tuesdays, Oct 20 – Nov 10 <u>Telegroup: What's In the Way Is the Way</u> 10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)
Tuesdays, Nov 17– Dec 8 <u>Telegroup: What's In the Way Is the Way</u> 10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)
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.
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