



# awakening

with Mary O'Malley

December, 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:

For the first time in the unfolding of our planet, the shift in evolution is happening inside the human mind. It is the movement from the fear-based mind to the connecting, healing heart mind.

## Intention:

When I become aware that I am feeling afraid, impatient, judgmental, resistant, or irritated, I will remember to open my heart to myself and others.

## Featured Offering

A new edition of What's In the Way Is the Way will be available January 1st.  
(See below for details and to pre-order)



How did you feel when you heard about the terrorist attacks in Paris? And what happened inside of you when you were told that if you go to a place with lots of people during the holidays, (malls, tree lightings, sporting events, concerts,) you must stay alert to the possible threat of terrorism and acts of violence? Terrorism comes out of the void of power and religious struggles that keep large groups of people in economic (and literal) starvation. It looks like terrorism is getting stronger and stronger, overtaking life's every day events all over the world. But what would happen inside of you if you held to the

possibility that this wave of terrorism is a part of a major healing on our planet? I would like to explore this possibility with you.

I don't think any of us really know what is going on here. Life is too vast and complex for that. But it is useful to frame what is happening in a way that brings more heart, more spaciousness, and even more trust into the process. It is helpful to go to what I call a 'big picture' view. To do this, we need to stand back from what is happening right now and see

that our planet was once just a ball of gas and dust, made out of atoms that were once a part of other stars. Over the eons the creativity of Life took this stardust and made everything you see now - oceans, mountains, flowers, giraffes, icebergs and you. Over and over again in the unfolding of Life on this planet, it went through phases and there was always chaos as one phase was ending and a new was being born. I believe we are in the middle of the chaos of an evolutionary shift.

The best way to understand what is happening right now is through the story of the butterfly told by Evolutionary Biologist and Futurist, Elisabet Sahtouris, Ph.D. The caterpillar is a destructive animal relative to its size. It can mow down the branch of a tree in one day. It eventually goes into a cocoon and becomes goo, and out of this goo begins to appear what are called imaginal cells. This is the beginning of what is to become the butterfly, but the goo always kills the first wave of imaginal cells! The old in any evolutionary shift always fights to stay in control, but this causes the imaginal cells to come together. In the community of imaginal cells, the urge of the new is stronger than the pull of the old, and out comes this magnificent creature, the butterfly. The butterfly is not a “taker” like the caterpillar, it is a “giver.” It pollinates and gives beauty to the world. It also has a bigger view of Life than the caterpillar. Just think about the Monarch butterflies that travel all the way from Canada to Mexico and back every single year. These truly amazing creatures were once destructive caterpillars!

For the first time in the unfolding of our planet, the shift in evolution is happening inside the human mind. It is the movement from the fear-based mind (the caterpillar) to the connecting, healing heart mind (the butterfly). It is important to remember that science is now revealing that the heart is our main brain. How would you feel if you opened to the possibility that the rising of the new in this time of chaos is the awakening of our collective hearts?

If you look at history (or the evening news), you will see what it has been like to have the conditioned, fear-based mind in control, creating so much war, hatred, competition, fear, destruction, loss and despair. The old kind of mind knows a lot of fear. It likes/dislikes; it thinks in terms of good/bad, right/wrong. When it feels threatened, it attacks and defends. Out of this old mind comes all of the struggles that you see happening on our planet. The new mind that is grounded in the heart is inclusive rather than exclusive. It listens and opens to what is happening rather than attacking and defending. It is kind, compassionate, empathetic and caring. It knows we are all together on a tiny planet that is floating through vast oceans of space. The heart mind isn't a doormat. It can even be very fierce as it responds to situations in new and creative ways rather than just reacting.

You, like most people, have probably lived a good deal of your life in the old kind of mind. If you doubt that, remember a time when you were in conflict with a friend or loved one and you will see this kind of mind in all of its glory. But it's not just during confrontations that you see it; it is there with you all day long: liking and disliking yourself, thinking that you are better than and the next moment thinking you are less than. It is secretly afraid, impatient, judgmental, resistant, and often easily irritated. But you also have access to this new kind of mind. You know the joy of gratitude, the ease of acceptance, the peace of spaciousness, the nourishment of kindness, the power of allowing, the healing of appreciation.

In this evolutionary shift, human beings have a choice: we can choose to be with what is going on with the old kind of mind (fear, anger, despair and judgment) or we can choose to relate to it through our hearts. Every time you recognize and unhook from the old mind inside of you without judging it, and every time you come back to your true home in your heart, your presence in the world makes a difference. As Mother Teresa once said, “Not all of us can do great things. But we can do small things with great love.” As you live more and more from your heart, like when you are irritated in rush hour traffic, impatient while standing in an endless line at the post office, or upset during a ridiculously long meeting at work, how you are with these moments in your life matters. It may not seem like much, but I ask you, which drop of water was not essential in the creation of the oceans?

To see that how you respond in your everyday life matters, come sit with me on the moon. I have a whole bunch of big comfy chairs up here. And there, floating in front of us, is this tiny blue green jewel of a planet, Mother Earth, our home. See the greens of the forests, the blues of the oceans, the whites/greys of the clouds. Be stunned by her beauty. Also, notice that there are seven billion people all over the planet that are driving, walking, working, celebrating, loving, birthing and dying. If you look closely, you will see that most people have clouds around their heads because they are caught in the old kind of mind, the conditioned self that is based on fear and glued together with judgment. You will also see that there are some people who have no clouds around their heads. They are no longer seduced into the fear and judgment of the old mind. Instead you can see their hearts radiating, touching every person they meet. And as they move around their lives, you see them igniting the hearts of other human beings. As these new hearts open, the clouds around their heads lift and they are now *here* for the wonderful amazing adventure of Life. And because they are connected to their hearts, they are not interested in any actions that harm themselves, others or the planet.

As more and more of us live from our hearts, it will affect the collective mind of humanity. In fact it is happening now. Here is this wave of terror that is threatening to overtake all of us. And yet the day after the Paris attacks occurred, I watched the news and saw hundreds of public buildings around the world lit up in the national colors of France. That is the heart of humanity saying we are all in this together. The Eagles of Death Metal, the band that was playing in the concert hall where so many people were shot, put out a tweet saying, “It is all about love and compassion.” (Who would have thought that a band with that name would know the heart so well?) A man who lost his wife and was left as a single parent with a young daughter said that he cannot hate because that wouldn’t heal anything.

Out of the crisis of terrorism, our “butterfly-ness” is showing up more and more as we are becoming the imaginal cells of this new mind. Yes, of course the goo of the old mind is here a lot too. The politicians say all we have to do is bomb the heck out of ISIS. Yet that only increases the urge for revenge from the terrorists. Some bombing is probably essential at this time, but that is not where lasting healing will come from. Life is asking us to respond in a different way, to become a part of the new mind that is being born on this planet. Just like the imaginal cells in the cocoon, that do not set out to destroy the goo, we too can come together and in “togetherness” we can remember the truth, “Love Is.” Or as John Lennon reminds us, “Love is the answer.”

So I invite you to consider that what looks like a catastrophe is actually a healing in progress. Hold with me that out of this terrorist movement the heart of the world will be awakened. If more and more of us can live from a place beyond fear and hatred, we will become a healing force on this planet. And, if you can, be willing to hold space in your heart for all terrorists who cause heartache, destruction and death in the world. What happened to them to cause them to be caught in extreme self-righteousness and hatred? Can you be courageous enough to bring them into your hearts too? When more and more of us can respond to the challenges of our lives through the wisdom of our hearts rather than the reactivity of our minds, our world will begin to be healed.

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](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).

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## What's In the Way Is the Way: A Practical Guide for Waking up to Life

We are so blessed that a new edition of Mary's wonderful book is being published by Sounds True, one of the leading publishers of books of consciousness. It will be released on January 1, 2016 and will be available both online and in book stores. It can be pre-ordered now through [Sounds True](#), [Amazon](#) and [Barnes & Noble](#).

For a more complete description of the book and to see the cover, please follow [this link](#).

## 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)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, Dec 22 – Jan 12**

Telegroup: What's In the Way Is the Way

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

**Tuesdays, Jan 19– Feb 9**

Telegroup: What's In the Way Is the Way

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

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