



awakening

with Mary O'Malley

January, 2016

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:

One of the most powerful things you can do to heal yourself and our planet is to discover how to relate to your fears rather than being identified with them.

Intention:

When I feel fear, I will become an "Intrepid Explorer" and get to know my fear so I can relate *to* it with equanimity and wisdom rather than relating *from* it.

Featured Offering

The new edition of What's In the Way Is the Way is now available through Sounds True, Amazon and Barnes & Noble.



In December's newsletter, I described a way you could see all of the chaos happening on our planet in a way that heals rather than feeding into it. In the next few newsletters, I want to explore other ways you can become a part of the healing of our planet.

We are all, to some extent, identified with the type of mind that is based on fear and glued together with judgment – the type of mind that is the source of so much chaos. The good news is, you can heal your mind, and as your mind heals, you become a part of the healing of our planet. First, let's focus on fear, and in

February we will explore judgment.

There is so much fear in the world right now. There are big fears, such as terrorism, cancer, random shootings, violence, climate change, viruses, etc. And then there are smaller everyday fears, like the fear that your hair doesn't look good, or the stoplight will cause you to be late, or everyone will notice there is a spot on your shirt. One of the most powerful things you can do to heal yourself and our planet is to discover how to relate to your fears rather than being identified with them.

The first step in discovering how not to be seduced by fear is understanding that we all have fear. Even when your life is going well, it is still there, concealed in the core of your inner story, running you from underneath your everyday awareness. We all fear the unknown; we fear that Life won't give us what we want; we fear that it will give us what we don't want; we fear that we are not enough and we fear that we are too much; we fear our power and we fear that we're not powerful enough. In other words, we fear living and we fear dying. Most of all, we are afraid of fear itself, and this prevents us from becoming curious about these stories of fear that are so prevalent in our lives.

Fear not only causes you to lean away from Life, resisting what you don't like, but it also causes you to lean forward, trying to grab hold of something that will quell your fear – like alcohol, more money, a pill, a pint of ice cream, liposuction, a 'better' mate. Fearing your fear, you are always trying to contain it. But fear can't be fully contained. It has a tendency to leak out around the edges of your control, taking over your life and causing so much pain.

I am not talking about getting rid of fear, because I've learned that whatever you resist becomes stronger. It is about getting to know your fear so you *relate to it* with equanimity and wisdom rather than trying to control it. When you discover how to cultivate a relationship with fear ("Fear is here" rather than "I am afraid"), you discover the safety of actually being here for Life. Or as Pema Chödrön says, "Do I prefer to grow up and relate to Life directly, or do I choose to live and die in fear?"

If you had even a glimpse of the power of *being with* your fears, you would have very little hesitation about opening to them. But since you, like most of us, have lived in a mind that is very busy wanting, disliking, resisting and managing, you probably have never experienced the enormous power of giving compassionate attention to your fears.

So I invite you to become "Intrepid Explorer." Know that fear will talk inside your mind all day long. Be willing to have moments where you recognize the stories of fear, moments where you say "hello." Befriend your fear. Keep it company. Say 'I see you' and tell it you understand. Your fears are just like you and I, they long to be seen, heard, and touched by your heart. That is when they calm down. The more you can say "hello" to your fears, you will discover that fear is just a tiny part of who you are. And as you step back from the world of fear, you will open into the place that knows that no matter what Life looks like, it is all okay.

This is not only about healing your fear. It is about healing humanity's addiction to fear. As more and more of us touch fear with our hearts, there will be a shift of perception. This transformation holds the possibility that all of the parts of Life—the dark and light; male and female; the animals, and insects; the dark skin, light skin and in-between skin; the water, earth and sky; the body, mind and heart—are all recognized as a part of a unified whole. When more and more of us develop into Intrepid Explorers, becoming 'respons-able' (the ability to respond) to and for our fears, the reactive mind of humanity will be healed.

Be light,
Mary

P.S. – My son Micah’s surgery went very well. Thank you all for your prayers and support. I will be posting updates at <http://www.gofundme.com/MicahO-Malley>.

Quote: “As more and more of us develop into Intrepid Explorers, becoming ‘responsible’ (the ability to respond) to and for our fears, the reactive mind of humanity will be healed.” – 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.

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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 is available both online and in book stores 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

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 10:30 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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