



February, 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:

As you learn how to use questions to connect with your immediate experience, you train your mind to be curious rather than reactive and spacious rather than judgmental.

Intention:

When I notice I am reacting or judging, I will become curious and use one of the four check-in questions to come back to my immediate experience.

Featured Offering

**Mary on Dreamvisions 7 Radio Network
Evolutionary Voices for the Quantum Age
See below for details.**



As I mentioned in the January newsletter, I am dedicating the first few newsletters of 2016 to the exploration of ways we can all become part of the healing of our planet. Healing the planet begins with healing ourselves. When we can heal our own wars inside of us – our struggles, fears, despair, darkness, anxiety and confusion - we become available to ourselves and all of humankind in a loving and compassionate way. Living in questions is one of the most healing tools I have found to come out of the reactive, struggling mind into a mind that is fully engaged with Life.

One way to tap into this healing is by using what I call 'check-in' questions that put you into direct relationship with your immediate experience. Check-in questions bring you back into a compassionate connection with whatever is happening in your life. We are so used to living in the busy mind that we have forgotten the phenomenal power of being with what is - right here, right now. Take a moment now to stop reading and close your eyes. Listen to the sounds of Life as they appear and disappear all around you and within you. Whenever your mind drifts off, bring it back to the sounds. Do this for just a minute and then come back to reading.

Notice how it felt to simply be here. And notice how easy it is to just drift back into your mind, getting lost in the stories in your head. The important thing to realize is that you are not those stories; you are that which can see the stories. As you learn how to use questions to connect with your immediate experience, you train your mind to be curious rather than reactive and spacious rather than judgmental, so that you can bring your attention out of the stories in your mind and experience Life fully in each moment.

I often use these four check-in questions when my mind is struggling with Life:

“In this moment, what am I experiencing?” helps you cultivate curiosity, so that you can explore what is going on right now in your life, both inside and out. It is this curiosity that allows you to let go of the story about what you are experiencing and it invites you to look at whatever is happening in your mind that keeps you away from full connection with Life.

“For This Moment, Can I Let This Be Here?” moves you beyond reaction into response. It reminds you that if you resist what you are experiencing, you empower it more. *The quickest and most powerful way to dissolve your struggles is to let them be.* If you can accept your experience, and then be willing to look and listen, the struggling mind loses its power over you.

“For This Moment, Can I Touch This with Compassion?” cultivates the warmth of your heart. If you truly want to transform your experience, touch it with the spaciousness and mercy of your heart. As Jack Kornfield’s teacher Nisargadata says, “The mind creates the abyss; the heart crosses it.”

“Right Now, What Do I Truly Need?” invites you into a deeper level of listening to your experience and awakens the wellspring of deep knowing that is inside you. This is not a listening with your head, but an internal listening to the wisdom within that knows in any situation what needs to happen to bring balance back into your life.

Learning how to live through questions is a little bit like learning how to ride a bike. You first need to start with a tricycle to see if you like it. Then you try a two-wheeler with training wheels. When the training wheels come off, you wobble a bit at first, but then you discover the absolute joy of moving through Life on a bike. The same is true for living in questions. When they finally become a core way that you maneuver through your life, you will feel the empowerment and joy that come from the willingness to meet your experience with curiosity and compassion rather than being lost in it or running away.

Be light,
Mary

Quote: “Living in questions is one of the most healing tools I have found to come out of the reactive, struggling mind into a mind that is fully engaged with Life.” – 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 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.

Mary on Dreamvisions 7 Radio Network

Evolutionary Voice 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. Mary's program is live on Thursdays, 8 AM & 8 PM EST. You can click on the link for the live show dates or access them in Archives.

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, 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)

Tuesdays, Feb 16– Mar 8

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 EST (5:00 AM & 5:00 PM Pacific Time)

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

Listening link - bit.ly/Dreamvisions7RadioNetwork-ListenLive

Mary's Radio Home Page - <http://dreamvisions7radio.com/whats-in-your-way-is-the-way/>

Begins Monday, Feb 29 and runs for 21 days

Free Telesummit: "Calm Is the New Happy"

Registration information will be forthcoming.

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](#) [Our Offerings](#) [Mary's Radio Show](#)

