



awakening

with Mary O'Malley

March, 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:

Life is giving you the exact set of experiences you need in order to wake up out of your dream of struggle.

Intention:

When I find myself struggling with a situation, I will try not to get lost in debating whether I chose this or not. Instead, I will open to what Life is offering me by saying "yes" to it.

Featured Offering

Mary is presenting on Wednesday in the Free Tele-summit "Calm Is the New Happy"
See below for details.



What would your Life be like if you trusted it - all of it? Can you feel the spaciousness, the openness, the willingness to show up for this amazing adventure called Life? Most of us have lost our trust in Life which causes us to struggle a lot. And yet struggle is not our home. It is something that has been conditioned inside of us and it is possible to not get seduced over and over again into its world. It is possible to know what Pema Chödrön means when she says enlightenment is all about relaxing into Life.

In order to know a deep trust of Life, you first need to understand that you already trust Life a lot. You trust that it will digest your food, regulate your pH, and even beat your heart. But you trust a lot more than just your body. If you are reading this in the morning, notice that you trusted that day would come after night. If you are reading this in the springtime, notice that you trusted that spring would show up after winter.

We run into difficulty because we gave the mind a task it was never meant to do, the task of being in charge of Life. It is so busy all day long trying to do Life that it fails to notice that Life does Life a lot better than your mind does. When you realize that Life has taken something as insubstantial as stardust and made this incredible planet (with the miracle of

water, the beauty of flowers and the majesty of mountains, and made something as mind-boggling as the DNA molecule), you will come to realize that you are not in charge of your daily Life. Life is in charge of Life.

Can you see how intelligent Life is? For 4.5 billion years, it has been constantly evolving and growing, and it has come to a place where it can finally see and celebrate itself. What does that? Your mind. But because you don't trust this intelligent process, you stay caught in your mind, following the game of struggle wherever it goes. Being caught in struggle, you fail to notice that Life is giving you the exact set of experiences you need in order to wake up out of your dream of struggle. And you don't see that you can trust what Life is offering, even when it is painful, difficult, and heartbreaking.

Many of you know that I have been walking with my son through the fierce process of his cancer coming back and metastasizing to his lungs. Since he has been so ill, he is now losing everything – both of his businesses and his condo – and must file for bankruptcy. Have I liked the last 14 months? No, but if I resist it, it turns into more suffering. A statement that I have kept close to my heart lately is, “If I decide I don't want what is happening, I create more distress inside of me.” Yes, it is very painful at times to stay open to what is happening, but it is much more painful to close down, resist and run away from it.

I have also kept Eckhart Tolle's quote close to my heart: “Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it.” Don't get lost in debating whether you choose this or not. The essence of this quote is an invitation to open into a place beyond struggle, and when you open to what Life is offering you by truly saying “yes” to it, it takes you out of the world of struggle and back into the field of ease and peace that is always, always with you.

Yes, it has been a challenging year. But I am more grounded and open to Life than I ever have been. Or as the famous line from the Persian poet Rumi says, “Beyond right doing and wrong doing there is a field. I will meet you there.” What he is saying is that right outside of this world of your mind that is always liking/disliking, another whole thing is happening. It's called Life. And it is absolutely trustable. It is not always likable, but it can be trusted – no matter what is happening.

Be light,
Mary

Quote: “Life is not always likable, but it is *for* you, and it can be trusted – no matter what is happening.” – 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 the link [Mary's Blog](#) 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 Is Presenting - Calm Is the New Happy A Free Tele-Summit

I invite you to join Mary **this Wednesday, March 2nd** for her presentation in this global movement to shift consciousness and bring more awareness and peaceful mindfulness to the planet.

This is your opportunity to take part in this amazing movement, learning from twenty-one of the brightest thought leaders of today.

Nothing is being sold. It's just pure content given freely from the heart of twenty-one thought leaders of today. Each day a new interview and a replay link are available for 72 hours when you register to listen. Click [HERE](#) to register Now!

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. There is a button to LISTEN LIVE on the right opposite the Banner. Or scroll down and click on the blue Previous Shows button and it will bring up the shows in Archives. At the bottom of each show is a faint grey bar. Click on the left hand side and the show will begin. Be patient because the links sometimes load very slowly.

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 PM 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, 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)

Tuesdays, Mar 15– Apr 5

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 - http://dreamvisions7radio.com/listen_live.html

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

Wednesday, Mar 2nd

Free Telesummit: "Calm Is the New Happy" runs Feb 29-Mar 20

Each day through March 20th, a new interview and a replay link are available for 72 hours when you register to listen. Click [HERE](#) to register Now!

For more information about Awakening, please follow the links below.

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Please feel free to forward these emails to those whom you feel would be interested.

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