



April, 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:

The Intelligence of Life is always with us—informing us, guiding us, and living with us and as us.

Intention:

When I am dealing with a troubling situation, I will become curious about everything in my experience and find a loving holding space even for what troubles me the most.

Featured Offering

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



So many people have said to me that they were drawn to my latest book, *What's in the Way Is the Way*, just by the title. With a laugh, I often say in return, if you get the heart of what the title is pointing to, you don't necessarily have to read the book!

It continues to amaze me when I receive emails and letters from people around the world who have read my book and they oftentimes say, "This makes sense!" They also want me to know how it has touched their lives and helped them to heal their fear, confusion, anxiety, despair, or whatever they had perceived to be 'in the way.' These emails and letters touch my heart in such a

deep way and remind me again and again that Life is working its magic through every one of us.

Last Sunday, I received a copy of an email that Tami Simon, Founder and Publisher of Sounds True, sent out to the Sounds True community. All during 2015, I was working closely with the editing team at Sounds True to refine this book for re-publication, but I had not yet spoken directly with Tami (although I had heard she shared with her team that "I am learning a lot from this book.").

Then, last month, we finally met over the phone when she interviewed me for her podcast. Every week, Tami interviews a leading spiritual teacher and luminary for her series, [*Insights at the Edge*](#). Although she shared with me the impact this book has had on her personally, it did not fully sink in until I read her email. I am honored to share Tami's email with you and I am deeply grateful that Sounds True is working with me to spread this important message for the healing of our planet:

Dear Sounds True friend,

Every so often, a book comes through Sounds True that I want to hand to almost everyone with whom I come into contact. What's in the Way Is the Way, by Mary O'Malley is just such a book.

In a nutshell, I will tell you what I love about What's in the Way Is the Way:

We are encouraged to become curious about everything in our experience and to find a loving holding space even for what troubles us the most. There is no spiritual bypassing here.

What's in the Way Is the Way is both very deep and very accessible. This is a rare combination. Often books that are deep are narrow and esoteric, and books that are accessible don't accomplish more than scratching the surface. When a book is both accessible and deep, I feel like celebrating!

This book sparkles. You can feel the enjoyment of life—even the hard parts of life—coming through the pages. Mary O'Malley teaches us that we are not alone, that the Intelligence of Life is always with us—informing us, guiding us, and sparkling with us and as us—and you can feel that alive presence in her writing.

*One of the best parts of my job as publisher at Sounds True is finding new voices and bringing their work to a larger audience. It is my great joy to introduce you to **Mary O'Malley**—a woman who is new to me but this year is celebrating her seventieth birthday—a true “woman of wisdom.”*

With joy in my heart,

Tami Simon

Founder and Publisher, Sounds True

Be light,
Mary

Quote: “The most courageous thing you can do is open to 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 the [Awakening Blog](#) link at the top 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 Dreamvisions7 Radio Network

Evolutionary Voices 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 on the Dreamvisions 7 website. Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with Life rather than fully experiencing it.

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

Mondays

In-Person Group

This group meets in Kirkland, WA On Mondays from 7:00-9:00 PM Pacific Time. You may also participate in the group from anywhere in the world through Zoom, an online video meeting program. To join this group, please follow this link and contact Mary.

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)

Tuesdays, Apr 12– May 10 *(no group on April 19)*

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/>

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](#)