



June, 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 live from your heart, discovering how to treasure yourself exactly as you are, you then radiate kindness into the world.

Intention:

Every time I become aware that I am judging myself, I will open my heart and bring compassion to the part of me that thinks I have done something wrong.

Featured Offering
Mary presenting at
Conscious Life Free Online Summit
See below for details.



There are lots of books, articles, videos, and blog posts about how to be kind to others. What we often forget, however, is that the person most in need of our kindness is *ourselves*. When we can meet ourselves in our own hearts, true kindness comes automatically. It is not something we have to learn. Yet, most of us do not know how to be kind to ourselves because we were conditioned to put ourselves out of our own hearts when we were very young.

I had a wonderful opportunity to bring kindness and spaciousness to myself a couple of months ago. After an exhausting day, a friend drove me home and I asked her to stop at the post office so I could pick up some change of address forms. I told her it would only take me a minute to run in quickly and grab a stack of forms, but when I entered the post office, I did not see the change of address forms anywhere. I had the choice to go and stand in line (there were 12 people waiting), which would mean making my friend wait, or I could go up to the counter and quietly ask the clerk to tell me where the address forms are located. I chose the second option. The clerk said there were not any forms in the lobby, but that she would get me some as soon as she was done.

When the clerk finished up with her customer, she went into the back room and was gone for what seemed like eternity. It must have been at least three or four minutes, and during that time, the storyteller in my mind was saying, “Everybody is upset with me because I cut in line; I am being a bother asking the clerk to find me address forms; I should have just waited in line like everybody else.” Very quickly, however, I became aware of the voice in my head and suddenly my heart opened. I could clearly see this part of me that had felt like a bother when I was young and I said to her, “It’s okay. You didn’t do anything wrong. You are just doing the best you can after a very intense and exhausting day.” As I gave her the space and kindness she so desperately needed, she calmed down. Finally the clerk brought the address forms and I was on my way.

When I got home, I thought about a passage entitled ‘Our New Spirituality’ by Jeff Foster, author of *The Deepest Acceptance*, on his Facebook page. It is a long, beautiful passage, but one part in particular came to mind as I reflected on my day: “In my humble view, the most ‘awake’ ones are the ones who have cultivated a deep warm compassion within, a profound self-kindness, and who radiate that delicious empathy into the world. One foot in awareness, the other foot dancing and playing in the glorious mess of relative existence; courageous enough to receive both ecstasy and agony with the same kind of humility.”

Bringing spaciousness and kindness to ourselves is not easy, especially amidst the great challenges of our lives. We so often tend to judge ourselves for our vulnerabilities and see them as a weakness rather than simply our humanness. Life is really, really hard sometimes, and during these challenging times, so often we abandon ourselves when we most need ourselves.

It takes courage to be kind to yourself when fear, confusion, shame, pain, and deep despair arise. But as you discover how to meet yourself with kindness, you not only are healed, but you also become a healing presence in the world. For as you learn how to live from your heart, discovering how to treasure yourself exactly as you are, you then radiate kindness into the world.

Be light,
Mary

Quote: “It takes courage to be kind to yourself when fear, confusion, shame, pain, and deep despair arise. But as you discover how to meet yourself with kindness, you not only are healed, but you also become a healing presence in the world.” – 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.

Conscious Life Free Online Summit

June 3-10, 2016

Join Mary and other renowned leaders in the field of conscious awareness for Michael Neeley's FREE online Conscious Life Summit June 3-10, 2016. Participating in this event will provide you with life-changing practices you can implement right away – strategies that will bring you deeper connection and greater awareness than you've ever felt before. You can register today at www.ConsciousLifeSummit.com

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, May 31 – Jun 21

Telegroup: What's In the Way Is the Way

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

June 3 – 10

[Conscious Life Summit](#)

See description above. Click on the link to register.

Tuesdays, June 28 – Aug 02 *(no group on July 5 or 12)*

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

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.

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