



July, 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:

You can either relate to the challenges of your life by believing you are being crushed, abandoned, or punished by Life, or you can let your heart be cracked wide open.

Intention:

When I am in the midst of a challenge and am feeling crushed, abandoned or punished by Life, I will remember to let my heart be cracked wide open so I can come back into the joy of being fully alive.

Featured Offering
Mary's Radio Show on DreamVisions 7
See below for details.



As I continue to walk the path of my life, especially in the past year and a half as two very beloved family members are dealing with challenging illnesses, I have been keeping close to me one of my all-time favorite quotes:

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.” ~ Cynthia Occelli

For most of us, our true essence is buried deep inside the shell of the conditioned mind. But who we really are is that seed germinating inside the shell until Life cracks us open, allowing the seed of our essence to grow into the fullness of its potential. If you are not being cracked open right now, it will happen. For in this land of impermanence, everybody we love will die before us or we will die before them. What can you do with this startling truth that will actually heal you rather than shatter you? You can either relate to the major challenges of your life by believing you are being crushed, abandoned, or punished by Life, or you can show up and let your heart be cracked wide open.

Has this time been easy for me? Absolutely not. Have I had moments when it feels like it is all too much to bear? Absolutely. But is my heart more open to myself and all of Life after this intense time? Yes! And am I more present for even the little things, with an awareness of the preciousness of it all? Intensely so. The seed of my separate, conditioned self is being cracked open and Life can now flourish inside of me in wonder, awe and trust.

Do you have to like these cracking open times? No. They are not usually likable, but they are trustable. Life knows what it is doing. Or as Eckhart Tolle says, “Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment.”

Whether you recognize it or not, in all of your longing for things, people and experiences, what you truly long for is to be cracked open enough so that you can come back to the joy of being fully alive. So may you trust whatever Life is offering you, especially the difficult challenges of your life, because they are a doorway into the magnificence of who you truly are.

Be light,
Mary

Quote: “Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment.” – Eckhart Tolle

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's Radio Show on DreamVisions 7

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 EDT (5 AM & 5 PM Pacific Time). 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.

Acknowledgments from Our Readers

I have been re-visiting some of your Blog entries and videos and feeling peaceful and grateful lately. Thank you so much for the teaching, guidance and love you have shared with me over the past several years.

A new opening lately for me -- as many times as I have heard you say: "the core compulsion is to struggle," I never fully understood until just these past few days that my core compulsion, the birthmother of all my compulsions, is to resist life (struggle) -- to judge, criticize, reject, prefer otherwise, compare, deem unworthy, make bad or good, right or wrong -- anything other than just open and allow and trust and love.

It took a long time to get here, but it took exactly the amount of time it was supposed to :)
Thank you, Kim

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 (*no group on July 4*). 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, July 19 – Aug 09

[Telegroup: What's In the Way Is the Way](#)

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

Tuesdays, Aug 16 – Sep 06

[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 EDT (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.

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