



August, 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 come back to Life, not by trying, but by learning to see and be with all of the energetic patterns (feelings) that got bound up inside of you when you were young so they can let go.

**Intention:**

When I feel tightness in my physical or emotional body, I will ask, "What is asking to be seen?"

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



The pool where I swim is such a powerful teacher because it often puts me in situations that bring up what is asking to be seen. Last week I had an encounter with a woman at the pool that showed me again how deeply the beliefs we took on when we were young influence our lives now – until we bring them into consciousness.

One of the core energetic patterns I took on, and that I have done a lot of healing with, is the belief that if I ask for what I need or want, I will be rejected (and sometimes it even feels like I will die). This came mainly from sharing a bedroom with my older sister whose survival system was to be the best. She was the master and I was the servant. I kept my mouth shut and did what I was told, and I never touched my sister's things, even when they were on my side of the room, for fear that I would be annihilated. It took me a long time to trust that it is okay for me to have needs and wants, and I have learned to speak them without the fear of dying. But every once in a while this young part of me still shows up.

There is a woman who oftentimes is in the locker room at the gym at the same time I am. There are long table benches that are surrounded by lockers and she has a tendency to spread her stuff all over the table, leaving little space for other people. When I first encountered her, I was in reaction, but I asked Life, "What are you showing me here?" for I

know when I am getting tight there is something that is asking to be seen. As I explored what was going on inside of me, I saw that her survival system was the opposite of mine (which says don't make waves, don't assert your needs, and don't infringe on other people's needs). As soon as I recognized this, my heart softened to her.

On this occasion, I went into the shower room after my swim and this same woman was there. She always takes two hooks, even though there is only one available for each shower. Usually I go to an available shower and leave a little heart energy for her, but on this day only two were open. One was at the very end and barely has enough water pressure to wash the shampoo out of my hair. The other was the one right next to her and she had, as usual, co-opted its hook. Without a thought, I took her stuff that was on the hook by my shower and moved it down to the open hook at the very end and then I got into the shower. But as I was washing my hair, my heart started pounding wildly. My mind said, "Mary, you are a really bad person." I felt like I had "broken the code" of the bedroom shared with my sister by moving her clothes off of my shower's hook.

This ancient feeling of impending disaster came like a tidal wave, and I reacted to it (rather than responding). I decided I needed to get out of there before she got out of her shower or she would know it was me who moved her stuff. But when I turned off the water and opened the curtain, I saw that she was already getting out of the shower. This young part of me was not yet ready to meet her face to face, so I quickly stepped back into the shower. I took a really long shower, and as the warm water was cascading over me, I asked Life, "What is asking to be seen?" I took a few deep breaths, relaxed into those tight places, and saw clearly that this young part who feels the terror of breaking the bedroom code needed me to be there with her. I brought kindness and compassion to the one who is so scared to claim her needs. Slowly and surely my heart opened and the fear let go. When I stepped out of the shower and was walking to the locker room, there was no fear of meeting her or what she might say.

So, how do you come back to Life? You don't come back by trying. That is just more suffering. You come back by learning to see and be with all of the energetic patterns (feelings) that got bound up inside of you when you were young so they can let go. You can trust that Life is putting you in situations that allow you to see your bound up energy so you can set it free with the power of your accepting attention.

Be light,  
Mary

**Quote: "You can trust that Life is putting you in situations that allow you to see your bound up energy so you can set it free with the power of your accepting attention."  
– Mary O'Malley**

To learn more about this work, please visit our website at [www.maryomalley.com](http://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](http://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.

## Listen to Mary's Interview with Rev. Michael Beckwith

We invite you to listen to Mary's interview with Michael Bernard Beckwith on KPFK Radio, on August 5th at 1pm – 2pm Pacific Time.

Mary is honored to be Rev. Michael's guest on his weekly radio show, Wake Up - The Sound of Transformation. Rev. Michael and Mary discuss ways to wake up to the deep potential that's within every being on the planet so that we can become a strong and beneficial presence at this time in human history.

You can listen online: <http://www.mainstreamnetwork.com/listen/player.asp?station=kpfk-fm>

## 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 on the right for the live show or access previous shows by scrolling down and clicking on the blue "Previous Shows" button on Mary's page 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 read your book "What's In the Way Is the Way" that my psychologist recommended for me, and I just wanted to thank you so much for writing it. It is a life changing book and indeed powerful medicine for the soul.

Thank you! ~T. S.

## 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](mailto: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/>

## **Friday, August 5<sup>th</sup>**

Mary's interview with Rev. Michael Beckwith at 1:00 PM Pacific Time

You can listen online: <http://www.mainstreamnetwork.com/listen/player.asp?station=kpfk-fm>

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

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