



awakening

with Mary O'Malley

September, 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:

It is such a powerful moment when what is contracting inside of you and your attention meet.

Intention:

When I feel myself resisting, I will remember to invite my attention to ground in some long, slow, deep breaths and ask myself, "What is asking to be seen?"

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



One of my summer projects was to replace the sprinkler heads of my underground watering system. Since I had done it 16 years ago, I figured this would be an easy job and I had every intention of doing it all myself, but Life had a different plan for me. I popped up the first sprinkler and cleaned it out, but could not get the head to budge. I did the same thing to the second, third and fourth one, but found they were stuck too. Realizing I did not have the physical strength to do this job myself, I asked my neighbor, Steve, to help me.

Although I know Steve is always willing to lend a hand, when I need a lot of help from him it brings up a young part of me that feels vulnerable about asking for help. This part that was formed in my childhood believes that if she asks for too much she will be judged, criticized and verbally crucified. I have done wonderful healing with it, allowing me to give and receive help, but in this situation, I was being called to meet this part on a deeper level, with even more accepting attention. I prepared everything so all I would need is Steve's strength to twist the heads out, but a 10-minute project turned into an hour and a half. As it began to take longer and longer, and got more and more complicated, I could feel a knot growing in my stomach. A vulnerable part of me was now running the story of being a bother. When we finally finished the job, I thanked him and, after he left, my first thought was to go eat something. This is an indication of how deep and painful this story was as I usually don't go to food anymore. But that was how I survived my pain when I was young until I

learned how to meet it with an open heart. Instead of eating, I went to my quiet place, sat down and woke up my curiosity by asking, “Okay, what is asking to be seen?”

For just a bit, my mind was resistant, wanting to get as far away as possible from the painful feelings that were there. Knowing that resisting what was happening doesn’t heal anything, I invited my attention to ground in some long, slow, deep breaths rather than following the stories in my head. Slowly the mind calmed down and I could be fully present with the knot in my stomach, and I could hear the stories of being a bother that were creating this tightening. It is such a powerful moment when what is contracting inside of us and our attention meet. It is where our old beliefs can be given the accepting attention they need in order to let go. Even though I realized my thinking was irrational because Steve really enjoys helping me, I did not judge this young part of me, as she had lived the truth of being a bother when she was young. As I met this scared part of myself exactly where she was, the feelings calmed down and my heart opened again.

The following week, it was time to prune my 20 plus bonsai trees and another opportunity to meet a part of my conditioned mind. Years ago, I was in a relationship with a highly-skilled bonsai teacher and he taught me a lot about pruning bonsais. One of the things I learned is that there are a lot of bonsai rules and there is nothing that will separate you from the flow of Life like your mind trying to follow the rules. Since the relationship ended, there has been a small cloud of anxiety around the care of my bonsais because of so many rules.

As I was getting ready to prune, I could feel my mind not knowing how to do it “right.” As I acknowledged this fear, I had a startling revelation. I can prune them the way I want to prune them and to heck with the rules! That was incredibly freeing for me, but still I hesitated not knowing what to do first. Then I said, “Mary, just start. Do something. It’s okay.” As I started pruning, the next step became evident and then the next and the next. My mind was no longer pruning the bonsais; I was *being* pruning. I was just showing up for the process and the bonsais and I were doing the dance of pruning together. I had so much fun, and in my perception, my bonsais look better than ever.

Life becomes a magical adventure when you discover that it will put you in the exact situations you need in order to see and see through the fear, shame, despair and the trying/doing of the conditioned mind. And yes, it can be scary to let go of trying to do Life and instead show up for it. As Kobi Yamada once said, “Sometimes you just have to take the leap and build your wings on the way down.” I trust Life and know that as long as I meet the parts of myself that put a veil between me and the experience of being fully here and meet them with kindness and compassion, I will always find the ground beneath my feet.

Be light,
Mary

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trying/doing of the conditioned mind.”

– 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’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

Thank you for your amazing book *What's in the Way Is the Way*. It’s a wonderfully healing guide, perhaps the most powerful and personally transforming of all spiritual books I have read. ~B.B.

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 August 15th-Sept 5th*). 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, Sept 13 – Oct 04

Telegroup: What's In the Way Is the Way

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

Tuesdays, Oct 11 – Nov 01

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.

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