



awakening

with Mary O'Malley

December, 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:

If you could watch the thoughts you have every day, you would see how much fear and judgement is there.

Intention:

When I notice that I am caught in fear or judgement, I will remember to touch my struggling mind with kindness.

Featured Offering
Free Evening with Mary January 22nd
See below for details.

**To Watch a Video Message from Mary,
Click on the Photo Below**



Stephen Levine was one of the most open-hearted people I have ever met. The first time I attended a gathering with him, he invited all of us to put on an imaginary hat that would broadcast all our thoughts over a loudspeaker. After a very audible groan traveled throughout the

room, he invited us into the startling and ultimately freeing truth that we're all doing the same thing in our minds. This storyteller in our head judges, compares, plans, criticizes, desires, dreams, resists and lives with a lot of fear.

Most people not only spend a lot of time trying to hide what goes on inside of them from others, but they also hide it from themselves. I was reading a book the other day that talked about a woman's breakdown and how she found a mindfulness therapist. She described the session in which the therapist helped her to see how cruel she was with herself. That was surprising news to her. She had been so totally caught in her mind that she wasn't aware of the stream of self-cruelty that moved through her mind all day long.

If you had a little door in your forehead that you could open and watch the 65,000 thoughts you have every day, you would see how much fear and judgement is there. Mostly they are little fears such as your hair doesn't look good (and thus you will not be seen the way you want to be seen) or you're going to be late for an appointment. When life doesn't show up the way you want it to, the fear inside of you can grow to enormous proportions. Then, when you try to control it, if you are honest with yourself, you will see that your mind oftentimes judges and attacks others. And when that doesn't bring you the peace you long for, you turn that attack on yourself.

Can you feel the heartache of finally recognizing how much you struggle with life? This struggling mind that most of us live in most of the time keeps us disconnected from life. Our mind is like a little old lady sitting in paradise, totally focused on trying to unravel a ball of yarn!

How did you get so caught in struggle? When you were born, there were no thoughts in your head. Gradually your mind, like everybody else's, created an image of yourself that has been busy *doing* life rather than *being* life ever since. The key word is image. You live in your images about life rather than fully experiencing what is! That is like saying a picture of an apple is the real thing!

Psychologists say that the foundations of this self-image were laid down in the first six years of your life. So most of what goes through your head all day long has its roots in your childhood. If you look at human history, or even the latest election, you can see the fallout that happens when we are lost in our minds.

How do you unhook from your addiction to struggle? How do you learn to use your mind as the wonderful tool it is rather than being lost in it? How do you discover the joy of using your mind to connect with life rather than always trying to control it? One of the most important steps is kindness - kindness with the storyteller in your head that at its core is very scared.

I call my storyteller 'little one,' which allows me to not get lost in judgment around what she is saying. It allows me space around what's happening in my head so I don't react to it. Instead, I touch it with kindness. The more I have discovered how to be kind with this very neurotic storyteller in my head, the more I have come home to my heart. The more my heart is open, the easier it becomes to meet my life with my aware, inclusive heart rather than my struggling mind.

This is one of the reasons I love going to the grocery store. Yes, I am there to shop, but more importantly I am there to connect. Most people in the grocery store are caught in their minds, cut off from life. When I show up with a smile or a kind word, people bloom. So be willing to put on Stephen's hat. Be willing to acknowledge how much you live in struggle. And the more you can

touch your struggling mind with kindness, the more you will recognize how caught everybody else is in their minds, and the more you will fall in love with the world.

Be light,
Mary

Quote: “The more you can touch your struggling mind with kindness, the more you will recognize how caught everybody else is in their minds, and the more you will fall in love with 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.

A Free Evening with Mary

January 17, 2017

On Sunday, January 22, 2017 at 5:00 PM Pacific Time, Mary is offering a free teleconference via FreeConference.com. Watch for details on how to join in the January newsletter. A free download of the recording will be available for those who can’t be on the call.

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 all of the 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

Oh, Mary, what a treasure trove of gems your book *What's in the Way* is...I've been pouring over it, and am almost done, taking about 2 weeks now to read it, and to apply. I'm going to start all over, reading it line by line again. ~E

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, Nov 15 – Dec 06

Telegroup: What's In the Way Is the Way

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

Tuesdays, Dec 20 – Jan 10

Telegroup: What's In the Way Is the Way

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

Sunday, Jan 22

Free Teleconference 5:00 PM Pacific Time (watch for details in January)

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](#) [Mary's Books](#) [Mary's Radio Show](#)