



July, 2017

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:

While the mind has ideas of how Life should be, this deeper part of us knows that whatever is happening in our lives is *for us* and we don't need to get caught in reaction.

Intention:

When I notice that I am in reaction, I will remember the four statements in this letter and be present for what Life is offering me in this moment.

**Featured Offering**  
**Tuesday Telegroup**  
**See below for details.**



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

We have all been taught to react to Life rather than respond. We have been deeply conditioned to believe we are in control, resisting Life rather than connecting with it. The reacting, controlling and resisting we do all day long keeps us identified with struggles in our mind, cutting us off from an alive, trust filled connection with Life.

There are four statements that will help you to open to Life rather than staying lost in the world of struggle. These statements, especially when Life is offering up a challenge, can pull you out of the reactive mind and bring you back to curiosity, spaciousness and kindness that open the door to deep healing.

- This is what life is offering
- It is just a wave passing through
- No need to push it away
- It belongs here

These four statements remind you that you are not a victim to Life. The first one, “This is what Life is offering” allows you to remember that Life is in charge of Life. It turns you around from the reactive self to the conscious self that is open and curious about what this moment is presenting.

You actually do trust Life a lot. You trust that it will breathe you, digest your food, and bring a new day. But we have all lost sight of how to trust the ongoing unfolding of our lives, both the joys and the sorrows. The essence of this first statement is encapsulated in Eckhart Tolle’s powerful 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.”*

The second reminds you that absolutely nothing lasts forever, even the difficult parts of Life. The third is to remind you to stay open and the fourth brings you back to trust.

I would like to share with you an experience that Life offered me that shows the power of these statements to invite you to be with what Life is offering rather than resisting, reacting and trying to control it.

I was the guest speaker at the Sunday services for a large church in Seattle. I also offered a workshop focusing on my latest book, *What’s In the Way IS the Way*. The day before, I woke up with searing itching in both of my nostrils and nothing I did would lessen it. Then, late in the day, I ate a hard-boiled egg and had a very unpleasant reaction to it. I went to bed not feeling well and was woken up over and over again from either itching or cramping.

Rather than reacting, I kept on being as fully present as I could with all the discomfort in my body, touching it with the healing energy of my own heart. Of course, many times during the night, the story of how in the world was I going to speak and teach the next day showed up, but I didn’t get caught in it. Whenever it would arise, I would go back to these statements, sometimes saying just the first one and other times saying them all.

I woke up early on Sunday morning, having had very little sleep, and yet experiencing an overall feeling of peace and openness to the day. I was able to relax into Life, even though I was tired and did not feel my best, which are both food for the reactive mind. But deep inside, I knew that Life would take care of itself. And it did. It was a truly alive and inspirational day.

There is something inside of each of us that can respond to the waves of life as they pass through rather than reacting to them. While the mind has ideas of how Life should be, this deeper part of us knows that whatever is happening in our lives is *for us* and we don't need to get caught in reaction. It is not always easy to respond rather than react, and you will get caught over and over again, but that's okay. You can remind yourself to come back to the present moment by saying whichever of the four statements touches you at that moment or by saying the whole thing. Allow them to be a reminder that the deepest longing you carry is to be fully here for Life.

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

If you want to explore more about this work, please visit my [website](#), [Blog](#) and [Radio Show](#).

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](#))

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.

## Retreat in Denmark in September

### The Journey Back to Being Fully Alive



This retreat is an invitation to one of the most important journeys you will ever take, the journey back to yourself and back to a sense of well-being no matter what is happening in your life.

If you are longing for a peaceful space in the midst of your busy life where you can slow down, open your heart and pay attention to whatever Life is offering you in this moment, this retreat offers that. Join us at Strandgaarden to experience the preciousness of each moment.

The retreat will be held within a container of silence, but we will do a lot of sharing and exploring together so that you can leave with the tools and insights that allow you to know more deeply the joy of being fully alive.

**The retreat will take place from 5:00 PM Thursday to 3:00 on Sunday at Strandgaarden Retreat Center. For more information and to register, contact Tina at [tina@hvlt.dk](mailto:tina@hvlt.dk)**

## 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. Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with Life rather than fully experiencing it.

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 at any time by scrolling down and clicking on the blue "Previous Shows" button on Mary's page on the Dreamvisions 7 website.

## Acknowledgments from Our Readers

Dear Mary,

I have read and re-read "what's in the way is the way" and "the gift of our compulsions" many times and get something new each time. I always have some copies of "what's in the way" and gives them to friends of clients.

Do you know if there is a way to get a discount if I buy a few at a time somewhere?

Anyway a big thank you to Mary because she is helping me and my clients a lot!

Thank you! ~L.

## 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 \$510 (\$170 each), 5 for \$800 (\$160 each), and 10 for \$1500 (\$150 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)

### Awakening 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 and via Zoom (an online video meeting program) on Wednesdays from 5:00 to 6:30 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

### **Tuesdays, Aug 15 – Sept 5**

Telegroup: What's In the Way Is the Way

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

### **Wednesdays**

#### Awakening Group

This group meets in Kirkland, WA On Wednesdays from 5:00-6:30 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.

### **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 – What's In Your Way Is the Way

### **September 28 – October 1**

Denmark Retreat

To learn more about this, follow this link.

**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](#)