



# awakening

with Mary O'Malley

August, 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:

The darker states that are a part of being human become much more workable when we learn that they are just like the weather—never static, always changing, coming and going.

## Intention:

When I feel caught in a challenging state, I will give whatever is there the spaciousness to simply be there so it can move through me, and I will gather the gifts that the darker states always leave in their wake.

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**Featured Offering**  
**Mary in Sounds True Free Online Summit**  
**See below for details.**



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

How I was graced for years by an exquisite willow tree outside my bedroom window. One spring evening, a rainstorm moved in and I was drawn to look out the window. The willow was in the beginning stages of putting on her summer dress of vibrant green, and the sky framing the willow was black and stormy, as rain danced horizontally past my window.

Suddenly, the clouds opened up on the horizon, allowing the setting sun to bathe this stormy sea with its vibrant light. The myriad rain drops on the willow's branches were immediately transformed into individual prisms of light. It was so breathtakingly beautiful that tears came to my eyes. As I looked out the window on the other side of the house, there was a double rainbow, crystal clear against the dark and forbidding clouds. I knew as I watched this gift of beauty that it was a metaphor for human life. Without the stormy sky to frame the opening for the setting sun, the beauty of the willow would not have been highlighted, and without both the rain and the sun, the rainbow wouldn't have been born.

The darker states that are a part of being a human being - fear, sadness, anger, self-judgment - become much more workable when we learn that they are just like the weather—never static, always changing, coming and going for the rest of our lives. And they pass through the vast spaciousness of who we truly are. We don't see that because we are so busy resisting them! If we don't resist, it allows those seemingly static states to float through us like clouds moving across the face of the sun. When Stephen Levine, after having watched depression move in and out of his life for years, had a visit from this old friend, he said that in three minutes he went through the whole cycle that formerly would have taken weeks or months. With every single part of the depression, he was able to say, "I recognize you." In that recognition, he was able to let go of any identification with these feelings and they passed on through.

A friend of mine teaches white-water kayaking. While dancing down the river, cascading over rapids, navigating around boulders, it is a very real possibility that at some time the students will be tossed into the seething cauldron of a whirlpool (just like the whirlpools of our daily lives). When that happens, the raging water pulls them down and tumbles them around. The students' instinctual reaction is to fight it (exactly how we fight the struggles in our lives), but what he teaches them to do is to let go and allow the water to move them as it will. In that nonresistance, the water will lift them up to the top and they can then make their way to safety.

The same is true for our lives; it is our resistance to what we don't like inside of us that sucks us into the vortex of struggle and keeps us caught there. And yet to turn toward our experience, simply bearing witness to it rather than falling into it or running away, allows these darker states to move through us like clouds in the sky.

It has been my experience that whenever an old state comes rising to the surface of my life, I may initially have a reaction to it, but I know and trust a deep law of the human psyche: "What I resist persists!" So I give whatever is there the spaciousness to simply be there so it can move through me. I then gather the gifts that the darker states always leave in their wake.

May we all know that the challenges of our lives are for us. And may you be curious this month about what clouds are passing through the vast spaciousness of your true self!

Be light,  
Mary

**Quote: “To turn toward our experience, simply bearing witness to it rather than falling into it or running away, allows the darker states to move through us like clouds in the sky.” –Mary O’Malley**

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.

## **Sounds True Self-Acceptance Free Online Summit**

### **How to Be Kind and Compassionate Toward Yourself in Any Situation**

Mary has been invited to present at *The Self-Acceptance Online Summit*, where Sounds True will be gathering 31 leading voices (authors, teachers, researchers, and clinicians) to discuss this important topic with participants from around the world. Other teachers include Adyashanti, Anne Lamott, Martha Beck, Marianne Williamson, Tara Brach, Parker Palmer and Glennon Doyle (author of *Love Warrior*), to name a few.

The series Starts **September 11, 2017**, with three episodes broadcast daily. Each of the presentations will be pre-recorded and will last between 45 and 60 minutes. The first 25 to 35 minutes will consist of a presentation, to be followed by an interview/ Q&A session, of approximately 15 to 20 minutes.

The event is free. To register, go to <http://www.soundstrue.com/store/self-acceptance-summit/free-access>

## 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 2:00 on Sunday at Strandgaarden Retreat Center. For more information and to register, contact Tina at [tina@hvlt.dk](mailto:tina@hvlt.dk)**

## New Mentoring Program

We are excited to share with you that Mary will be offering a mentoring program in the fall called **Life as Your Teacher**. This is a wonderful opportunity to spend some quality time with Mary. Each session will be limited to 10 people and will be 8 weeks long. They will include a video and audio presentations from Mary. Each week you will receive an inspirational message that help you come out of the world of struggle and back into an alive, trust filled connection with Life. You will also be given invitations to gift yourself with during the week and to discuss during a group call with Mary once a week.

As the time gets closer, we will share with you the beginning date and the cost (with an early bird special). There will be future sessions of the mentoring program, so if the dates of first one don't work for you, you can participate in a later one.

## 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

Hi Mary,

I so appreciate your e-newsletters and your uplifting messages. Thank you sincerely for bringing more peace to my life and to so many around the world. MUCH appreciated!

With gratitude ~MSW

## 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 \$180. 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. 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](#)

[Sounds True Self Acceptance Summit](#)

**Beginning September 11, 2017**

See description above.

**September 28 – October 1**

Denmark Retreat

To learn more about this, follow [this link](#).

**Mentoring Program**

Stay-tuned for the date the program will begin.

**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](#)