



September, 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 more you can see the reactive mind with compassion and understanding, the more your heart can open and be your guide though your life.

Intention:

When I see the reactive mind inside of me, instead of meeting it with judgment, I will remember that I was conditioned into this kind of mind when I was very young and will let my heart guide me.

**Featured Offering**

**Mary in Sounds True Free Online Summit  
and Mary's new online course  
See below for details.**



**Click on the photo above to watch Mary in a video message.**

When you watch the news with all the divisiveness and polarization, your heart may ache, but it doesn't have to break. I want to offer you a different way to hold all this chaos so that rather than being a part of the turmoil by reacting to it with fear and frustration, you become a part of the healing that can arise out of it.

Yes, this looks like a breakdown time, but it is really a breakthrough time. What do I mean by that? Life is an evolving process, always changing, always becoming a greater expression of itself. If you doubt that, recognize that at one time the Earth was just a fiery ball of gas and dust. And now, through this creative process called evolution, the earth is filled with dancing water, majestic mountains, butterflies, jaguars, pristine icebergs and jungles filled with parrots.

This continual evolving of life on this planet hasn't stopped now that human beings have shown up. In fact, we are in one of the major evolutionary shifts that has happened on this planet, and this shift is happening in the human mind. For most of the time human beings have been here we have lived in a dualistic mind that sees through the lens of good and bad, right and wrong. If you look at history, you will see all the heartache that has come from that – the wars, the oppression, the defining people by the color of their skin, their gender, their age, their sexual orientation or their religious inclination. In the 20<sup>th</sup> century, this old kind of mind fostered the annihilation of over 200 million of our fellow human beings through war and oppression!

Now something new is being born - a mind that is connected to the heart. It doesn't divide, it unites. It doesn't judge; it accepts. It doesn't exclude; it includes. And it knows we are all in this together, living on a tiny, jewel of a planet as it dances through vast oceans of space. If you doubt that this new mind is arising all over our planet, watch the videos of the gathering that happened two days after the riots in Charlottesville. The organizers said they didn't post it on social media because they didn't want protestors to interrupt it. Instead, it spread by word of mouth and many hundreds of people gathered with candles, singing songs of love and peace.

How do we evolve into this new kind of mind? First, by recognizing that it is showing up more and more, not only in Charlottesville but all over the world in response to terrorist acts, tsunamis, and earthquakes. In a time of great challenge, the heart of humanity shows up! And second, it comes by recognizing the old mind and watching it in operation. This is why it is so important that we have a president that represents this old kind of mind so well for we can see it happening right before our eyes and recognize the kind of divisiveness that it fosters. The old kind of mind takes things personally and then reacts, oftentimes with attacks, and then irrationally defends itself. It judges, sometimes with cruelty. It lays blame to the extent that it makes itself a victim. Watch Trump's rallies and his tweets and you will see a perfect example of the old kind of mind.

It is not only in our president that we can see this old mind, but also in the hate groups and even some of the people who are marching against Trump and against the implicit racism of the alt-right. But let's take it one step further. *At some level, it is inside all of us.* If you doubt that, hear the story of Kyle Quinn, an associate professor of engineering at the University of

Arkansas. He was nowhere near Charlottesville when the riots happened. And yet, as people were busy identifying the people that showed up on the side of the ALT right, they misidentified him as one of the protesters. He was flooded with vile, judgmental attacks through social media and he was stunned by the level of hate and vitriol he experienced. And this was from people who were 'against' the alt-right!

What I'm saying here is that reactivity, along with the hate and the judgment and the polarization that come with it, aren't found just in people from the alt-right; *it's inside all of us*. I was sharing this with one of my groups a few months ago and a woman said to me that, at first, she wasn't sure what I was saying was true about her. She said, "I am not an angry person. In fact, I am a kind person." But then she had a huge argument with her husband, and as she was lying in bed that night, trying to go to sleep, she saw inside of her the urge to attack him and make him wrong, to defend herself, even the urge to get revenge.

As long as you think the level of hatred and polarization that was displayed in Charlottesville is only coming from *them* (other people), then you will react to all of this in fear and frustration along with the urge to make *them* wrong. But if you can see that life is bringing out into the open the hatred, judgment and urge for oppression that has been so present in human interactions down through the ages (with all of the heartache that it creates), and you can see that Life is inviting you to see and move beyond the old mind as it lives inside of you, then the possibility of you responding to all of this divisiveness and polarization from this new kind of mind will grow in your consciousness.

So, I invite you whenever you find yourself judging, or putting down or even disliking - whether it's a group, a politician, a friend, your mate - say to yourself, "Just like me." For it is a guarantee that whatever you are judging in someone else is also inside of you and has not yet been touched by the healing of your heart. And when you see this old, reactive mind inside of yourself, instead of meeting it with judgment, simply become aware that you were conditioned into this kind of mind when you were very young. And the more you can see it with compassion and understanding, the more your heart can open and be your guide though your life.

I leave you with one of my favorite quotes from the Dhammapada, a Buddhist text:

HATRED NEVER CEASES BY HATRED, BUT BY LOVE ALONE IS HEALED. THIS IS AN ANCIENT AND ETERNAL LAW.

Be light,  
Mary

**Quote: "HATRED NEVER CEASES BY HATRED, BUT BY LOVE ALONE IS HEALED. THIS IS AN ANCIENT AND ETERNAL LAW." –The Dhammapada**

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), click on the Mary's Radio Show link to listen to her bi-weekly broadcasts, and click on the Awakening Blog link 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.

### 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 \$195. Packages available are 3 for \$555, 5 for \$875, and 10 for \$1650 (\$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](#)

This gathering provides 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 through Zoom on your computer Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. Please [Contact Mary](#) for information.

#### [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 in the schedule.

### New Awakening Guidance Course with Mary

#### **Beyond Struggle: The Art of Being Present for Life**

We are excited to share with you that Mary will be offering a new online course in the fall called **Beyond Struggle: The Art of Being Present for Life**. This is a wonderful opportunity to work with Mary on specific issues of your awakening process.

Each session will be limited to 10 people and will be 8 weeks long. They will include video and audio presentations from Mary. Each week you will receive a lesson with an inspirational

message that will 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 at 8:30 AM on Fridays (if you can't be on the call, you can email Mary your questions and receive a recording of the session).

The course will start October 9th, and for the first 10 people to register, it will be only \$595 (\$1295 after that). To register, follow [this link](#) and after you click on the Add-to-Cart button, it will take you to another screen with "View Cart" at the top. When you click on that, you will have the option to enter a coupon code (Guidance) and click on the Add Coupon link. On the next screen you should see the discount.

## Sounds True Self-Acceptance Free Online Summit

### How to be Kind and Compassionate Toward Yourself in Any Situation

Mary has been invited to be a presenter in *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**, follow [this link](#)

## 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 Retreat Center 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, September 28th to 2:00 PM Sunday, October 1st 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. 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. 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

Hi Mary,

It was a revelation to read your book *The Gift of Our Compulsions*. Everything you say just resonates with me. For me it is the answer to the way out of my addiction. Thank you for all your love, wisdom and kindness; it is a process, but now I know how to approach my compulsions.

With love ~WN

### Events

Please follow the links for details

#### **Tuesdays, October 10 - October 31**

[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 - [What's In Your Way Is the Way](#)

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

**Beginning September 11, 2017**

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

**September 28 – October 1**

#### **[Denmark Retreat](#)**

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

#### **[Awakening Guidance Course with Mary](#)**

**Beyond Struggle: The Art of Being Fully Present for Life**

Beginning October 9th for 8 weeks.

Follow title link to register.

#### **[Workshop at East West Bookshop in Seattle](#)**

Saturday, November 18, 11:00 AM - 2:00 PM.

Follow title link for more information and to register.

**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](#)

[Our Offerings](#)

[Mary's Tele-classes](#)