



October, 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 are really here, the more you will see the sacredness of it all, of every rock, drop of water, insect, cloud, animal, leaf and human being.

Intention:

I will hold the intention that, for just the next hour, I will keep on bringing my attention out of my thoughts about life and bring it right here.

Featured Offering

Mary's new online course

Beyond Struggle: The Art of Living in the Now

See below for details.



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

With the recent eclipse of the sun in the northern hemisphere, many of us had heart-opening realizations that we are a part of a much bigger process. We live on a tiny planet that is dancing around a medium-size star, that is on the outer realms of one arm of a spiral galaxy, that is dancing through space with so many other galaxies it is impossible to count them!

And yet, we usually narrow life down to just our thoughts, addicted to **doing** life rather than **being** life. To open your perspective a bit, I invite you to travel to the moon in your mind's eye and settle down in a comfortable spot. As you look across the vast expanse of space, there is your home, Earth, a blue-green jewel floating in a dark embrace. Such beauty!

Look out past this astounding creation and notice the stars twinkling in the velvety black of space. You are only seeing a small smattering of the totality of stars that are in our galaxy—10,000 at most. If all these stars were to become grains of sand, you would be able to hold them in the palm of your hand. And yet there are more than 100 billion stars in our galaxy alone!

Now look back at this beautiful planet again and zoom in. Can you see the sand on your favorite beach? Add to that the sand on all the beaches around your city. Expand that into every river, lake, creek and pond of your country and finally into all the beaches of the world. If each grain of sand represented a star, there would still be more stars than all the grains of sand on Earth. You are a part of such an immense and awesome unfolding!

Look to your right and there is Mars – rocks, rocks and more red rocks. Now look back at Earth and see the myriad blues that make up the oceans, the variety of browns and greens that make up the continents and the dancing swirls of the white clouds that veil and unveil her in an endless dance.

Look again at Mars and see the barrenness of its crystallized creativity. Compare that again to the extravagant expression of life on Earth. See the towering waves of a tropical storm in the Pacific, the breathtaking beauty of wild flowers cascading across mountain ranges, the sleek and fierce movement of a wild jaguar, the lush vegetation around the Amazon, and the exuberant curiosity of babies of all species.

Look off to your left to the whirling, swirling mass that is Venus. Imagine what this cauldron of heat and gas would smell like. Now smell Earth—fresh baked bread, rich loamy dirt, gardenias growing in the wild, the skin of a newborn baby. Your home is a veritable treasure box of scents, each one radiating the essence of its owner.

Listen to the stillness of space around you, and then listen to Earth. She is music personified. Hear the gentle lapping of waves on beaches, the cascading symphony of racing rivers, the rhythmic beat of every heart in the world, the musical composition of the songbirds, the different tones of the wind, and the beauty of an opera. Realize that this is just the music that we can hear. Every atom, every cell and every being, including Earth, creates music of its own, becoming notes in the symphony of Life.

This is our home, a place of incredible beauty, awesome intelligence and astounding creativity. And you are a necessary and integral part of the earth. You are the earth animated! As a friend once said, "We are just hairy bags of seawater that have learned how

to think!"

So, the invitation is to wake up! You are like sleeping beauty, asleep to the amazing wonders of even a dew drop, asleep to Life. Put this down and go outside and consciously breathe the air. You are breathing our atmosphere which the Earth created a long time ago. If that atmosphere was to go away, you would die. Be grateful for the next breath of Life.

Hear the music of life all around you - the birds, cars, dogs, voices, wind, chipmunks. This is the symphony of life and you are hearing it as it has never been heard before and never to be heard this way again! And feel the ground supporting you. The earth is turning at 24,000 mph and if it didn't hold you to herself, (it is called gravity) you would fly off into space!

We take so much for granted. We miss so much of the sacredness of life. Hold the intention that, for just the next hour, you will keep on bringing your attention out of your thoughts about life and bring it right here. Be astounded by the wonder of it all. Be astounded that in the vastness of all space and time, you have the miraculous privilege to exist!

The more you are here, the more you will see the sacredness of it all, of every rock, drop of water, insect, cloud, animal, leaf and human being. The more you are here, the more you will be unable to have thoughts or act in a way that will cause harm to yourself, to your fellow human beings and to the earth!

You are the heart of our beautiful planet Earth!!

Be light,
Mary

Quote: "The more you are here, the more you will be unable to have thoughts or act in a way that will cause harm to yourself, to your fellow human beings and to the earth!" –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), 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.

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. 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

Awakening Group

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.

The weekly group is 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 Online Course with Mary

Beyond Struggle: The Art of Living in the Now

We are very excited to share with you that Mary is offering an online course called **Beyond Struggle: The Art of Living in the Now**. 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.

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 your life rather than fully experiencing it.

Acknowledgments from Our Readers

Hi Mary,

You can't imagine how the sentence "what's in the way is the way" helped me and brought ease into my life and also to some people around me who are open to new understanding. I am still learning everyday how I show up to reality and relax into what is showing up instead of what I used to do in trying to create reality and objecting to what is showing up.

Thank you ~S

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](#)

[Online Course with Mary](#)

Beyond Struggle: The Art of Being in the Now

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](#)