



November, 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:

As soon as you can see the cloud bank of fear that enveloped you as you grew up, you can begin to see *through* the cloud bank and come back to the meadow of Life.

Intention:

When I get caught in fear, I will remember that it is just a story and I will watch it and be curious about it.

Featured Offering

Mary's DV7 Radio Show

What's In Your Way Is the Way

See below for details.



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

Most people are not aware of how much fear runs their lives, but trying to get rid of *fear* only causes more *fear*. Instead, the shift is in getting to know the stories of fear you took on. As soon as you can see the cloud bank of fear that enveloped you as you grew up, you can begin to see *through* the cloud bank and come back to the meadow of Life. The renowned spiritual teacher and writer Krishnamurti once said:

It is not that you must be free from fear. The moment you try to free yourself from fear, you create resistance against fear. Resistance in any form does not end fear. What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it.

In order not to be run by fear and to do what he is suggesting – to look at your fear – it is important to ask, “Do I want to be free from fear?” Initially there will probably be a response of, “Yes, I do.” But that will be followed by a response such as, “I am afraid to look at my fears.” But when you look at your fear, you will see that it is just mind clouds and is really nothing to be afraid of. It is just fear! I assure you, looking at fear is one of the safest things you will ever do.

Pema Chodren, a Buddhist nun and best-selling author, tells about a repetitive dream she had when she was younger. In the dream, a monster was chasing her, and she always woke up in terror at the place where the monster was about to get her. When she told a friend about the dream, her friend suggested that Pema turn around and look at the monster. That so scared her that even in the dream she kept on running. Then one night as she was again running away from the monster, a wall appeared in front of her blocking her escape. With great trepidation, she turned to look at this monster (feeling like she was going to die) and the monster stopped and didn’t come any closer. She then noticed that the monster had pink fingernails! That was the moment she woke up and she never had that dream again!

This dream represents the power of turning and looking at fear rather than letting it run you from underneath your everyday awareness. For a time, it may be scary, but slowly you realize most of your fear is the result of conditioning you received when you were young. The more you look and listen, the more your heart opens to how much fear the storyteller in your mind lives in. Your heart, however, is not afraid. It is your heart that can bring your fears the attention they need in order to be healed. That is why the monster had pink fingernails. How could you be scared of a monster like that?

I was raised in an environment that fostered terror, and I became so caught in the world of fear that in my early twenties I tried to kill myself three times because the intensity of the fear that I lived in was unbearable. My fear showed up as dread – the combination of feeling something really bad is going to happen and the belief that it is happening because I have done something very wrong. I tried psychiatrists, psychologists, group therapy, counselors, medications, affirmations, hospitals, meditation, hypnotherapy, and anything else I could find in order to try to outrun my fears. It was only when I was taught how to turn towards my fear, becoming compassionately curious about its story rather than trying to fix it or get rid of it, that the pressure was released. Fear will always be a part of me, but whereas it used to be 110% of me, now it is only 5%, and when

it does arise, I can listen to it rather than getting lost in its story, and in that listening it calms down through the healing energy of my heart.

So be curious about your particular stories of fear. Is fear lurking in your mind today? If so, is it the fear of being rejected, or being seen as less than, or being forgetful, or being alone, or being late, or feeling unequal to the task, or that you aren't smart enough or good looking enough? Fear can have a story about almost anything! So when you notice that you are paying attention to a fear story, say to yourself, "That is just a story!" We all have fear-based stories that run us at times, and the more you can relate to the stories rather than falling into them (noticing the color of the monster's fingernails!), the more you will come out of the cloud bank of fear and feel truly alive!

Be light,
Mary

Quote: "We all have fear-based stories that run us at times, and the more you can relate to the stories rather than falling into them, the more you will come out of the cloud bank of fear and feel truly alive!" –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.

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,

I just wanted you to know how much I deeply appreciate your Blog "Seeing Trump As a Gift." I spent last weekend with Adyashanti in his "Intensive weekend." It was wonderful as always. I'd wanted to ask Adya, about the very thing you wrote about, but time ran out. Then yesterday I read your wonderful and timely article and felt very blessed by the Universe.

Thank you ~K

Events

Please follow the links for details

Tuesdays, November 14 - December 5

[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](#)

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

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

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.

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