



December, 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 the unloved parts of ourselves are included in our hearts, we become the vibrantly alive innocence that is our natural state!

Intention:

When I become aware that an unloved part of myself is here, I will acknowledge it and give it the healing balm of my attention.

Featured Offering

A new class is in the works for January

Watch for details.



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

I would like to share with you a wonderful gift for this holiday time, a poem by Mary Oliver. Everyone I have shared it with has been deeply touched and many have teared up, for this poem

speaks the truth of the heart. It speaks from the knowing that we are made up of many different parts and most of them run us from underneath our everyday awareness. As we learn how to recognize who is here (inside of us) at any given moment of our life, the usually vulnerable and rejected parts of ourselves feel recognized and acknowledged. Then, rather than causing upset in our lives, they become beloved and essential parts of the community that we are.

The title of the poem is "Love Sorrow". But you can substitute for sorrow any part of you – anger, fear, jealousy, hatred, grief, self-judger, depression. And as Mary says, "Remember, she is just a child." The roots of these most unloved parts of ourselves go straight back into our childhood. And, she ends the poem with, "little by little she (the unloved part) relaxes; she looks about her; she begins to grow." In other words, as these parts are included in our hearts, we become the vibrantly alive innocence that is our natural state!

Love sorrow. She is yours now, and you must
take care of what has been
given. Brush her hair, help her
into her little coat, hold her hand,
especially when crossing a street.

For, think, what if you should lose her? Then you would be
sorrow yourself; her drawn face, her sleeplessness
would be yours.

Take care, touch her forehead that she feel herself
not so utterly alone. And smile, that she does not
altogether forget the world before the lesson.

Have patience in abundance. And do not
ever lie or ever leave her even for a moment
by herself, which is to say, possibly, again,
abandoned. She is strange, mute, difficult,
sometimes unmanageable but, remember, she is a child.
And amazing things can happen.

And you may see, as the two of you go
walking together in the morning light, how
little by little she relaxes; she looks about her;
she begins to grow.

May we each hold the intent to truly see and listen to every part of ourselves, so that in integrating them, we become a healing presence in our world.

Be light,
Mary

Quote: "May we each hold the intent to truly see and listen to every part of ourselves, so that in integrating them, we become a healing presence in our world." –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

Dear Mary,

Thank you for your service to humanity and to me personally through your videos and books and emails and your service.

Many blessings and much love, ~J

Events

Please follow the links for details

Tuesdays, December 19 - January 9

[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](#)

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.

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