



January, 2018

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:

This is the time in your life to come home to your heart, *and the most important person to touch with your heart is you!*

Intention:

When I become aware that I am judging myself for my perceived imperfections, I will touch them and myself with my heart.

**Featured Offering**

**Healing & Being Healed by Our Compulsions**

**A live class with Mary beginning January 26th**

**See below for details.**



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

Here we are at the beginning of another year, a time when many of us look at what is not okay about ourselves and our lives and make a commitment to change these things. But, if you're honest with yourself, has this ever worked? The statistics about follow-through on New Year's resolutions are abysmal. Maybe, just maybe, that is not the way to go.

What would happen if, in this new year, you held the intention to fall in love with you just as you are? This is the time in your life to come home to your heart, *and the most important person to touch with your heart is you!* You are a unique and exquisite creation of Life. There has never been anyone like you and there never will be again. You matter, and you are loved more than you can possibly know...even with all your so-called imperfections.

You have many wonderful qualities and you are also nutty as a fruitcake! There is a wonderful Zen quote in my book, *Belonging to Life*: "Freedom comes when you are without anxiety about non-perfection." Take a moment and let that in. -Freedom comes when you can let go of being somebody that needs to be different in order to be okay. There is no such thing as 'getting it all together.' We are all works in progress until our last breath.

What would it be like for this year if your intention were to meet yourself in your own heart rather than setting an intention to change something about yourself and your life? This means letting go of resisting, judging, hating, fearing and shaming all the parts of you that you don't like. This could include your anxiety, your meanness, your shame, your physical pain, your insecurity, your aging, your greed, your compulsion (or maybe all of them!). One of the most startling realizations I came across on the path back to myself and back to Life is that ***there is absolutely nothing inside of me to be ashamed of or afraid of.*** And this is true for you, too. Or as Jeff Foster, author of *Life Without a Center*, once said, "Fall in love with this perfectly divine, very human mess that you are!"

If you are willing to let go of being at war with yourself and instead meet yourself with your heart, know that this will not only bring forth the greatest healing you have ever known, but this healing will also touch your family, the people at work, your fellow shoppers, and even the people driving down the freeway with you. For everyone who discovers how to be guided by the healing presence of their hearts becomes a healing force on this planet, helping others to see through their addiction to being better or different than what they are so they too, can live from the wisdom of their hearts.

Meet yourself in your heart and watch magic happen in your life!

Be light,  
Mary

**Quote: "Everyone who discovers how to be guided by the healing presence of their hearts becomes a healing force on this planet." –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](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. 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 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.

Healing & Being Healed by Our Compulsions  
a 4-week live class with Mary  
Conducted via Zoom Video Conferencing (or by phone, if preferred)

Dates: Fridays, January 26<sup>th</sup> – February 16<sup>th</sup>

Time: 8:30 AM – 9:30 AM Pacific Time

Cost: \$150 (\$125 Earlybird registration by January 15<sup>th</sup>) – Limit 20 people

*(If you miss a week or if the time doesn't work for you, you may email your questions to Mary and you will receive a link to the video every week.)*

It is that time of year again when we make resolutions and try to wrestle our compulsions to the ground. Have you noticed that this usually doesn't work? Or, if you can get one compulsion under control, another one pops up and takes over? In trying to control our compulsions, they control us.

This is a revolutionary way to work with compulsions that not only heals them, but at the same time heals you. What Eckhart Tolle says about the book this class is based on: "Every page of this book is replete with spiritual insights, with wisdom both practical and profound."

### The Empowered Life Free Online Summit

Beginning January 8

I invite you to join me in a powerful online summit, "The Empowered Life: Get Present; Find Your Joy; and Master the Confidence to Go After Your Dreams," hosted by Kim Louise Morrison.

When you join me on this summit, you will learn:

- The reason you are living life on autopilot, and practical strategies for getting present and finding ease.
- Powerful and easy-to-use energetic processes that will take you from the pain of unhappiness to joy
- How to release one of the biggest blocks that holds you back in all areas of your life
- Dynamic processes you can use every day
- Which internal blocks keep you stuck and how to dissolve them
- How your family and society may be keeping you in fear of moving forward
- And more

The Summit begins January 8<sup>th</sup> bringing together more than 20 experts, coaches and awareness teachers, including me, and you can attend **at No Cost** by reserving your spot [Here](#).

### 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 absolutely adore your book *What's in the Way is the Way*. Thank you for sharing your open heart and letting the light shine!

Sending you loving kindness,  
A X

### Events

Please follow the links for details

**Tuesdays, January 23 - February 13**

[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](#)

**Fridays, January 26 – February 16**

[Healing & Being Healed by Our Compulsions Live Class](#)

8:30-9:30 AM Pacific Time via Zoom video conferencing (or by phone, if preferred)

**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](#)