



February, 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:

The power of turning toward your experience rather than away from it is phenomenal.

Intention:

When I recognize I am in resistance to what is going on inside of me, instead of turning away from myself, I will remember to ask, "What is asking to be seen?"

Featured Offering

Living the Dream

An Online Summit with Mary

Watch for details.



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

A dear friend of mine is entangled with alcohol and seems to be falling ever deeper into it. This brings up deep fear and aching sadness. When these feelings come in big waves, my first reaction is to want them to go away. I find my body tightening in resistance and my mind tries to get busy doing something - anything except being with what I am experiencing.

In my experience, most of us leave ourselves when we most need ourselves. And yet this only creates more suffering, for what we resist gets stronger! When I recognize I am in resistance to what is going on inside of me, instead of turning away from myself, I have learned to ask, "What is asking to be seen?" I know from experience that the power of turning toward your experience rather than away is phenomenal.

Sometimes when feelings are very strong, all I can do is recognize the resistance to them. But most of the time, I can soften around what I am experiencing and truly be there for whatever is happening inside of me. It is such a joy to be able to relate *to* what I am experiencing rather than being lost in it or running away in reaction. This not only brings spaciousness around what is going on, but it wakes up my heart, and my heart can say to the fear and despair, "Oh sweetheart, I see you and I see how hard this is for you."

There is a wonderful mantra from my book, *What's in the Way Is the Way* that helps me cut through my resistance to giving myself the healing of my own compassionate attention: "As Is. I'm here." You say, "As Is" on the in-breath and "I'm here" on the out-breath. "As is" reminds you to let go of your resistance to whatever is – to let go of your conditioned need to get away from what is uncomfortable. "I'm here" invites you to bring your attention directly to what you are actually experiencing. As you soften around your experience, allowing it to be here and even welcoming it, it will, in its own time, open and the energy that was bound up in it will expand and release.

In this journey of life, each one of us will come across challenges that seem almost impossible to bear. Rather than seeing them as something that you need to fight, or an indication that you have done something wrong (or *they* have done something wrong), with the power of compassionate attention, you can see that each of your challenges carries gifts that will reveal themselves to you as you discover the power of "As is. I'm here."

As I have been with the deep fear and despair that has been awakened inside of me through my friend's experience with alcohol, the tightly held knot of energy in my belly has opened up into a deeper sense of trust. And for her, I don't like what is happening, but I trust that her soul knows what it is doing.

So, whether you have a friend or loved one who is dealing with a compulsion, a heartbreak, a big loss or an illness, or you are going through a challenging time, the invitation is to meet yourself right where you are. Or as the beloved Persian poet Rumi says, "Don't turn away. Keep your gaze on the bandaged place. That's where the light enters you."

Be light,
Mary

Quote: "Don't turn away. Keep your gaze on the bandaged place. That's where the light enters you." –Rumi

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.

Living the Dream Online Summit Presented by One Idea Away

Mary will be participating in this exciting online summit – watch for date and registration details!

This event will be asking, "What If You Were Just One Idea Away from... Living the Dream?" And that dream is one that is grounded... in self-awareness, acceptance, compassion, and presence. It's a dream that has fulfillment, peace, joy, and inner freedom at its core.

Through expert guest interviews, panel discussions and breakout sessions, we'll offer insight and practical tools to encourage participants to look within for answers for what they are allowing themselves to experience and get in touch with.

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 that applying your work to my life has helped me more than anything else I've ever practiced. It's been the biggest piece of the puzzle yet. It actually helped me understand Pema's writings on a much deeper level. I just wanted you to know how grateful I am for you and your writings and that you do make a difference.

I also tell anyone who will listen about your work and how it has transformed my life as I truly want others to learn how to heal and come home to themselves as well.

Take care, K

Events

Please follow the links for details

Tuesdays, February 20 - March 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.

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