



March, 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:

There is nothing that your amazing heart can't include. And it is in this inclusion that your heart opens, and you are back experiencing life through your heart rather than through your struggling mind.

Intention:

Whenever my mind is struggling, I will put my hand over my heart and say the word "kindness."

Featured Offering

Living the Dream

An Online Summit with Mary

See Below for details.



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

Life can be a very fierce process sometimes, much like the weather. Some days are like spring where there is openness and delight. Some days are like summer, filled with contentment. Some days are like fall, with the need to pull 'inside'. And some days (and phases of our lives) are like winter – cold, with fierce winds and driving rain.

We all experience deep challenges in our lives. Usually what we do when 'winter' comes is we tighten down, resist and turn away from ourselves. We react, attack, defend, judge ourselves and others and go to our compulsions to relieve the pressure. Believe me, I can tell you from experience that this only brings more pain. When we resist 'winter', we close our hearts and deepen our suffering.

But when winter shows up in my life now, the word *kindness* is so much more accessible than it used to be. I may get lost in my reactions for a bit, but then my heart, which has room for everything, makes space for whatever I am experiencing. I now know, that even with how unskillful I have been at times in my life, the person who most deserves kindness from me is myself.

If I get mad or frustrated when I am struggling, then my heart closes. Rather than judging or resisting it, I recognize I need tender care and kindness. So many times a day, when my mind is reacting again, I simply put my hand over my heart and say the word "*Kindness.*"

There is nothing that our amazing hearts can't include. And it is in this inclusion that my heart opens again and I am back experiencing life through my heart rather than through my struggling mind. So, I invite you to give yourself the gift of kindness. And if your mind is resistant, know that that is just the conditioned mind that has convinced you for far too long that you do not deserve kindness from yourself!

May kindness for yourself be your guide today in whatever phase of weather you are experiencing right now.

Be light,
Mary

Quote: "May you offer kindness for yourself in whatever phase of weather you are experiencing right now." –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.

Living the Dream Online Summit

Presented by One Idea Away

Mary will be participating in this exciting online summit.

We invite you to mark your calendars to join Mary on the Free "Living the Dream" Virtual Summit — Presented by One Idea Away Feb 27, **Mar 1 (Mary's presentation)**, Mar 6 &

Mar 8. In this event, we are asking, "What If You Were Just One Idea Away from Living the Dream?" And that dream we're talking about 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. To register for FREE follow this link:

<https://livingthedreamsummit.com/welcome>

Authentic Woman Free Online Summit

Unleash Your Inner Confidence, Find Your True Voice, and Take the Next Step

We invite you to register for THE AUTHENTIC WOMAN SUMMIT hosted by Andrea Theisz.

Finding the inner strength to build your confidence so you can know with absolute clarity what it is that you need to do next is what you can learn from **Mary and 23 other speakers**. The live interviews are complete, but if you register now, you will be able to get the replay extension for another 24 hours. The link to register is: <http://bit.ly/AWS-MaryOMalley>

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, March 9-30

Time: 8:30 AM – 9:30 AM Pacific Time

Cost: \$150 – Limit 25 people

To register, follow [this link](#)

Our usual way to deal with our compulsions is to try to wrestle them to the ground. Have you noticed that this really 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."

(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.)

Game Changer Global Online Summit

Join top thought leaders of our time (including Mary O'Malley) beginning April 14th for 100+ awe-inspiring conversations to uplift and expand you.

This summit's purpose is to facilitate YOU waking up. Each conversation covers a unique topic, and yet they're all woven together with a common thread: empowerment through authenticity and wisdom.

Mary is participating in this summit which features amazing teachers such as Gay Henricks, Don Miguel Ruiz, Dr. Bernie Siegel, Jack Canfield, Michael Beckwith, and Dr. Dan Siegel.

Register for Free to watch over 100 interviews:

<http://gamechangerglobalsummit.com/>

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 Eastern Time (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

It helped me tremendously to apply the language from Mary O'Malley's article (in the most recent *Wise Brain Bulletin*) to one of the areas of my body which I've long experienced as being chronically painful. I asked "I see you. When you're ready, tell me about your world." This was the answer that came back within a day:

"I'm like a sea anemone, which closes to protect myself when touched — touched by thoughts of needing to get something done quickly and get it done right, under fear of some other person's critical emotional reaction if I don't."

I then saw the anemone — open, with every tentacle at ease — in vast, moving waters. I thanked the area of my body for answering me with such clarity, so soon after I asked, and with such tender and beautiful imagery from the natural world.

I wish to thank you for bringing the invitation to my awareness. I look forward to applying it to other aspects of my experience,

With empathy and excitement, C.

Events

Please follow the links for details

Tuesdays, March 6 - 27

[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 EasternTime (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, March 9-30

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

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

February 27, March 1, 6, & 8

One Idea Away FREE Virtual Summit: Living the Dream. Mary's interview will be on March 1st. To register follow this link - <https://livingthedreamsummit.com/welcome>

Beginning April 14th

Game Changer Global Summit. To register for free, follow this link -

<https://livingthedreamsummit.com/welcome>

For more information about Awakening, please follow the links below.

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Please feel free to forward these emails to those whom you feel would be interested.

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