



April, 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:

How would your life change if you trusted that your challenges are a part of your journey home – back to yourself and back to life – instead of feeling that the challenges of your life are here because you have done something wrong?

Intention:

When I am in the middle of a challenge, rather than being a victim to my experience, I will become interested in what it brings up inside of me.

**Featured Offering**

**Gamechanger Global Summit**

**An Online Summit with Mary**

**See Below for details.**



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

How would your life change if you trusted that your challenges are a part of your journey home – back to yourself and back to life – instead of feeling that the challenges of your life are here because you have done something wrong? What if you knew that your illness, your difficult relationship, your financial problems, your compulsions and maybe even the neighbor's troublesome dog were showing up in your life to help you heal?

When I am in the middle of a challenging time in my life, rather than being a victim to my experiences, I am interested in what they bring up inside of me. It is what I call the 'you-turn'. Through the light of my curiosity, my challenges invite me into the healing of my own heart.

What does that look like? I have discovered that it can be helpful to play the 'warmer, warmer/colder, colder' game. Do you remember that game from childhood? You hide something and when your friend is searching for it, you say "warmer, warmer" when they come close to where it is hidden, and when they go away from it you say "colder, colder."

In life, when you live in the colder, colder place, your challenges take you up into your head and you follow them down the rabbit hole of struggle. The storyteller in your mind tries to figure things out, resist them, judge them, attack/defend, and when all of that fails, you fall into hopelessness and despair. The last thing the storyteller wants to do is to actually experience what you are experiencing. So you leave yourself and get lost in the struggles of your mind when you most need yourself!

This is where 'warmer, warmer' comes in. When you discover how to turn toward your experience, giving it the light of your attention, you begin to open up again. In other words, you get 'warmer.' Let's take fear for example. When a story of fear comes, if I fall under its spell, my body gets tight, my mind gets even tighter, and I am cut off from the healing balm of my own heart. So I get 'colder.'

If instead, when I notice that I am getting tight, I bring the light of my attention into my body exploring what is happening there, and my mind calms down and the tightness softens. I now have access to my heart which is kind and tender to both the story of fear and all of the tightness it brings to my body.

The more you bring curiosity to your immediate experience, the more your heart opens. And it is your heart energy that every single part of you is longing for, especially the parts you don't like. All lasting healing happens in the heart.

Be light,  
Mary

**Quote: “When I notice that I am getting tight, I bring the light of my attention into my body exploring what is happening there, and my mind calms down and the tightness softens.” –Mary O’Malley**

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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+.

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## 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.

## 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

Many thanks Mary for writing *What's in the Way Is the Way*. I am finding it very helpful after struggling for so long with deep emotional issues and the consequences of these on my physical body. Now I have these amazing tools of yours, and I feel confident that I am at last able to be with What Is and start to really enjoy life after 75 years!

I have been "on the spiritual path" since I was 30, and I know all this stuff, but have not been able to fully live it due to the emotional blocks in my system. (I have a very open, sensitive

system which seems to tune into all kinds of energies.) This special book is the icing on the cake of Awareness for me, and I look forward to your newsletters

with deep appreciation and gratitude to you, ~B

#### Events

Please follow the links for details

#### **Tuesdays, April 10-May 1**

[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](#)

#### **April 14<sup>th</sup> – 30<sup>th</sup>**

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.**

**To unsubscribe, click on the link at the bottom of any e-Newsletter.**

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