



May, 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 moment – right here, right now – is your home.

Intention:

When I realize that I am lost in thoughts about the past or the future, I will remember to bring my attention to what I am experiencing right here, right now.

Featured Offering

A new online class with Mary
beginning the end of June
See Below for details.



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

In order to know the safety and joy of being truly alive, I invite you to live in the question, “How can I fully experience what I am experiencing?”

To get a sense of what I am talking about, after you read these next two paragraphs, stop and take a few minutes to practice the ideas in them. SEE the space you are sitting in – really see it. To help your mind become curious, pretend you are an alien who has come to inhabit a human body for just a few moments and need to describe what the Earth is like when you go home. Pay keen attention to *what is*. See lines and curves, colors and shadows. And if your mind doesn’t want to be here, become curious about what it feels is more important – “this is too boring”; “I am too busy to do this”; or “this makes me uncomfortable”.

For at least a moment, see if you can recognize that all the millions of moments of your life have brought you to the space you are sitting in and to the reading of this newsletter. ***This is it.*** This is the only moment that matters in your life. This moment is the only place where you are truly alive. Touch it with your attention. Feel it; experience it. Notice that the mind will want to think about what it is experiencing. Over and over again, with deep curiosity, simply return to what is here. Take a minute to fully experience what is within and around you right now.

This moment is our home. And like the story of the prodigal son, we have traveled very far away from our home, caught in a world of thought. But home has never left us. It is always right here, right now. All the great spiritual teachers say that to experience what you are experiencing – to be fully present with life – is one of the easiest things you will ever do AND one of the most difficult. For we all have layers upon layers of ideas, thoughts, daydreams, strategies, fears and distractions that keep us anywhere but here.

In the meantime, I invite you to take little breaks throughout the day. I call them “the pause that refreshes.” Find something you do repeatedly and bring your full attention to it for at least 10 seconds each time you do it. If you can stay with it longer, then go for it. You can choose your morning shower, or the first bite of food whenever you sit down to eat, or a long, slow breath at every stoplight. Become creative! I cultivate being fully present when I wash my hands in the bathroom. Be willing to give yourself this gift. And if the momentum of your mind is such that you completely forget to bring presence into your life (and that will happen!) sticky note pads, beeping watches, or a partner that you check in with every night can help.

As you cultivate the intention to be fully aware of life, one of the most powerful gifts you will receive is to see how much of the time you are anywhere but here! No judgment. We have only been lost in thought for decades (and humanity itself for eons.) Know that just a few moments a day will make a dramatic difference in your life. Also know that every moment you return fully to life, you are not only healing yourself, but also the world!

To work more with this concept, I invite you to read "[Chapter 1: The Extraordinary Ordinary](#)" from my book [Belonging to Life](#).

Be light,
Mary

Quote: "Know that every moment you return fully to life, you are not only healing yourself, but also the 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.

What's in Your Way IS the Way

A new Online Class with Mary beginning the end of June

This will be an 8-week online course for discovering the joy of being fully present for your life.

Imagine what your life would be like if:

- if you truly trusted yourself and your life – all of it?
- if your challenges, rather than being endless problems to be solved, became doorways into the healing you long for?
- if you discovered that the peace you long for is always with you right here, right now?
- if you woke up each morning with a zest for where the adventure is going to take you today?

Included in the course:

8 weekly lessons with audio and video files

4 fully interactive calls with Mary in her bi-weekly live Q&A's

Invitations each week to help you bring what the course offers into your daily life

PDF handouts of all lessons and invitations

Lifetime access to the audio and video files and PDFs

Watch for more information about how to enroll.

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

I have two of your books (*The Gift of Our Compulsions* and *What's in the Way is The Way*) and have read each twice. They are so densely magnificent! You have collected and expressed such a wonderful set of teachings, synthesizing a lot of wisdom in easily digestible nuggets. I am deeply appreciative. Long may you teach and write!

With love, N.

Events

Please follow the links for details

Tuesdays, May 15-Jun 5

[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 Eastern Time (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.

[Contact Mary](#)

[About Awakening](#)

[Our Offerings](#)

[Mary's Tele-classes](#)