



June, 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:

Conscious human beings live from the aware heart rather than the reactive mind. Their actions unite rather than divide; they listen rather than attack; they connect rather than disconnect; they heal rather than destroy.

Intention:

When I am tempted to react to a situation, I will remember to listen, to connect rather than disconnecting, and I will hold the intention to be a healing presence.

Featured Offering

A new online class with Mary

beginning August 15th

See Below for details.



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

When you listen to the news, there may be something inside of you that is wondering what is going on. There may even be a part of you that is afraid, for conflict around the world seems to be escalating – people at war with one another, terrorism acting like a virus that we have no antidote for, women and children being kidnapped, raped and killed in Africa and immigrant families being torn apart in the United States.

My heart aches with all of the suffering but it doesn't break, for at some deep level, I trust what is going on. I don't like it, but I do trust it. How can that possibly be? And how can I invite you into a new perspective – one that *responds* to what is happening rather than *reacting* in fear, anger and hopelessness?

In developing this trust, one of the major gifts I have been given is to experience the work of physicist Brian Swimme. He and Thomas Berry showed how life is a constantly evolving process, always growing, always changing. Together, they made a list of some of the major shifts in evolution that have unfolded on this planet, and then revealed how, as an era was passing away and a new one being born, there was always chaos as the old way was dying and the new was emerging.

We are in one of those shifts in eras, from the Cenozoic era to the Ecozoic. And the winds of change are fiercely blowing. The old that is dying is the unconscious world of attack/defend, good/bad, right/wrong that has created so much heartache on this planet. The new is being born through conscious human beings – people who know that beneath all of the differences in gender, race, religion, etc. we are all the same. Conscious human beings live from the aware heart rather than the reactive mind. Their actions unite rather than divide; they listen rather than attack; they connect rather than disconnect; they heal rather than destroy.

If you are paying attention, you can see this shift of perception is showing up in movies, blogs, talk shows, chat rooms, advertising and small groups of people all over the planet. It is all about the amazing intelligence of our heart-minds waking up. It is about growing out of the reactive mind and discovering how to intelligently respond to the healing crisis that is unfolding on our planet. It is about discovering that we are all in this together, floating on a tiny, blue-green planet that is dancing through vast oceans of space. And, as we move beyond the addiction to reaction we have been living in, we realize that there is so much more that unites than divides us.

You may feel helpless to make a difference in this healing, for you probably cannot go to Africa to help the starving children or sit down with people that are in conflict with one another and invite them into being able to see things from the other person's perspective - whether it is the terrorists, your co-workers or family members. But what you can do is realize what this quote attributed to Einstein is offering us: "We cannot solve our problems with the same thinking we used when we created them. We only create more problems."

What will heal our beleaguered planet is a *shift of perception*, and the core of that shift is the understanding that all of the conflicts in the world, whether they are playing out on the world's stage or happening right in the middle of your own life, come from minds that are still caught in the old paradigm of attack/defend, good/bad, right/wrong. *And that includes you.* At some level, all of the greed, fear, envy, anger, resistance, guilt, loneliness, despair and shame that are a part of the reactive mind live inside of you too!

It takes a willingness to be honest here. If you can't see what I mean, think of a time when somebody said something that caused a strong reaction inside of you. That was the reactive mind. There is nothing to be ashamed of in this. We have all been caught in unconscious reaction. And it is just a phase of evolution we are passing through. But now more and more of us are discovering how to see it without judging it, how to even bring it tenderness and mercy so it can calm down and the aware heart can get a word in edgewise!

Take a moment to see your life from a broader perspective. See that you are an essential part of what is happening on this planet and know that you can become a part of the healing that is happening. As you heal the war inside of you, our planet will be healed.

Be light,
Mary

Quote: "As you heal the war inside of you, our planet will be healed.." –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 August 15th

This will be an 8-week online course for discovering the joy of being fully present for your life. The cost will be \$397 and will increase to \$497 on January 1st.

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

Enrollment will open July 15th. Watch for the link in the July Midmonth Newsletter.

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

This (online) course changes lives, not just minds. Mary O'Malley does not teach the pathway to the perfect imagined self but welcomes us home to our true selves. Mary invites us, irresistibly, into the flow of life as it is, not as we have struggled to control it. Subtle yet powerful, simple yet life-altering, this course pulls from the inside out until we wake up and realize that we hadn't been dreaming all this time, we were remembering this is what we wanted most of all. - **Kate**

Events

Please follow the links for details

Tuesdays, Jul 17-Aug 7

[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](#)

Online Course with Mary

What's In the Way Is the Way

Beginning August 15th for 8 weeks.

Watch for link to register in Mid-Month News.

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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