



July, 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:

I can trust that I have been given exactly what I need in my life in order to awaken.

Intention:

When I feel anxious about what is showing up in my life, I will become curious and fascinated with how my life is unfolding.

Featured Offering

A new online class with Mary
beginning August 15th, Free Intro available starting Aug 1st
See Below for details.



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

I love to describe Life as ‘flawless methodical madness.’ On first glance it does look like madness. All you have to do is watch the evening news to wonder what in the heck is going on. But the more your mind quiets and your heart opens, you begin to notice something going on here that is way beyond your ability to control or even comprehend. Underneath the dualistic dance of good/bad, right/wrong, easy/difficult, joyous/sorrowful that your mind goes through all day long, Life is waking up to Life in its infinite variety and astounding beauty. More and more people are being moved out of seeing life through the stories in their heads and actually being here the moment the creative flow appears out of mystery.

I see it as flawless because it is evident in my life and in the lives of the people I have worked with for the past 30 years that we are each given exactly what we need in order to awaken – the kinds of bodies we have, our minds, emotional natures, parents, next door neighbors, bosses and co-workers, dogs, lovers, children. When you understand Life in this way, you are no longer the victim. In fact, you become fascinated by how your life is unfolding, and in that curiosity, you begin to see the treasures that are always there in every situation. For there are no ordinary experiences!

An example of flawlessness comes from a friend of mine who received a phone call saying that the job interview she had hoped would bring her an income (so she could make her mortgage payment) was permanently cancelled. As she ended the call, she dropped the phone in her lap in despair as tears began to flow. Through her tears she heard a noise and realized she had accidentally turned the phone on in the middle of her emotional storm. She turned it off, but a few seconds later the phone rang and much to her amazement, it was a friend she hadn’t talk to in over a year. This woman asked her, “Did you just call me?” It took my friend a second to realize that at some time she had put this woman on speed dial and must have accidentally hit her number. When this woman asked her how she was doing, my friend shared what was going on, along with her fear and heartache. Much to her amazement, the woman responded by saying that she had just taken her house off the market and she had a separate apartment in her basement that my friend could live in for as long as she wanted to! My friend also immediately found a renter for her own home, so her mortgage payment was covered.

The amazing thing is that we are surprised by the understanding that Life is for us, especially when it is not at all apparent. It is happening all the time, but we are so busy in our minds we don’t see it. Life is supporting you, communicating with you and taking you step by step into your awakening. This flawlessness also includes your suffering. What would happen if you trusted your suffering? What would your life be like if, rather than resisting it, you were curious about it, learning how to gather the treasures that always lie hidden in the midst of your challenges?

This was certainly true in my life. Life gave me many challenges that oftentimes threw me into realms of great darkness. As I contracted over and over again into fear, anger, self-judgment, irritation, overwhelm and despair, I learned how to really look at what I was experiencing. I discovered that who I truly am is that which can see all the stories in my

head rather than getting caught up in the stories themselves. This helped me to understand that the struggling self we all carry is such a small part of what is going on – that there is a vast, creative, peaceful space in which all the stories of our ‘mind-made-me’s’ are floating, and that spaciousness is who we truly are.

I also call it methodical, for Life will take you through very specific steps on the journey from unconsciousness to consciousness. How the steps show up varies from person to person. You may be taught through financial or health issues, compulsions, difficult relationships, or all the above. But step by step, as you learn how to listen to your life, you will see that there are no accidents, that you are not doing your life wrong, and that Life is for you. Moment by moment it is bringing you home.

You never know what is going to happen in your life. But the truth you can come to know and live is that you are exactly where you need to be on your journey into awakening from the dream of your mind and the path to your freedom lies in whatever experience you are having right now. Don't fight it. Instead, be curious and discover that Life wants you to awaken even more than you do.

Be light,
Mary

Quote: “Step by step, as you learn how to listen to your life, you will see that there are no accidents, that you are not doing your life wrong, and that Life is for you.” –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 twice monthly 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](#)

Aug 15th Online Course with Mary

What's In the Way Is the Way

Course begins August 15th for 8 weeks with Free Intro beginning August 1st

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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