



September, 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:

Moments here and there of simply noticing what is showing up in and around you – using your mind to connect with reality rather than always trying to create a reality – are powerful beyond your wildest imagination.

Intention:

I will commit to taking moments throughout my day to notice what is showing up in and around me.

Featured Offering

A new online class with Mary beginning September 15th,
Free Master Class Intro available on the Course page
See Below for details.



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

I invite you to take a moment right now and let it all go – the past, the future, all of the stories in your head – and simply be present for this moment. See it, feel it, hear it, breathe it. This moment is all that matters because the last moment is gone and the next one isn't here yet. See if you can be fully here, right now, in this moment.

This moment is your home. And most of us, most of the time, are far away from home. But this isn't cause for despair. In this schoolroom of heart that is our lives, it seems that we have to take this journey into the stories in our heads, into trying to *do* life rather than *be* life. Many of us are now on the journey back home, awakening into the phenomenal power of being. Moments here and there of simply recognizing what is showing up in and around you – using your mind to connect with reality rather than always trying to create a reality – are powerful beyond your wildest imagination.

That is why I set aside time every day to simply open to life. I do it by sitting, closing my eyes and bringing my attention to whatever is arising in that moment, inviting my mind to be curious and attentive. Connecting with my life in this way opens me back into the safety and the clarity of being present for life.

Are you open to giving yourself this amazing gift? I invite you to read about cultivating a daily practice in the chapter “Moving Beyond Struggle” in my book [*Belonging to Life*](#). If you have any questions, please email me. Know that the most important step is the willingness. Your mind may resist for a while, but don't let that discourage your intention to be present for yourself in this way. Your intention is very powerful, and in the right time it will bring you the gift of pure connection with yourself and with life.

Once I tasted the joy and clarity of opening to life right here, right now, I began taking myself out of the busyness of life twice a year to go to a place where I could be quiet and simply connect with myself again. I have opened this way in Hawaii, in the desert, in a cabin by a sacred cove on Puget Sound, and at a beautiful farmhouse on a peaceful island in the Northwest. Every time I do this, I come back with a quieter mind, a more open heart and a greater trust of myself and of life.

When I do this, I take along in my heart all of the skills I teach in my work: curiosity – the ability to be fascinated by what is going on right now rather than being completely lost in it or running away from it; compassion – the ability to bring the spaciousness of the heart to whatever is happening, both inside of ourselves and outside; and living in questions – using questions to make pure contact with life and to ask for help from the intelligence and wisdom that is always with us.

I have created an 8-week Online Course entitled [*What's In Your Way Is the Way*](#) beginning September 15th which can help you to cultivate these skills in order to open to life in each moment. The cost is \$397 and it offers a wealth of teachings and materials.

So I invite you to cultivate some level of intention to bringing your attention out of the constantly becoming mind and into this moment – right here, right now. And every time you do that, even if it is only for split second, you bring more and more consciousness into your life and your world. A moment may not seem like a lot, but the oceans are made out of drops of water. May we be healed, and may we become a part of the healing of our planet.

Be light,
Mary

Quote: "Your intention is very powerful, and in the right time it will bring you the gift of pure connection with yourself and with life." –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 Listen, Watch & Read link on our website homepage and scroll down to the link Watch a Wonderful Multi-Media Presentation About this Work (also on YouTube), click on the Listen to Mary's Radio Show link to listen to her bi-weekly broadcasts, and click on the Read Mary's Blog Posts link to read weekly messages from Mary. To view previous newsletters, please click on the link Read Mary's 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 Homepage next to the shell logo. 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 \$235. Packages available are 5 for \$1075, and 10 for \$1950. 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 September 15th

This is an 8-week online course for discovering the joy of being fully present for your life. The cost is \$397 and will increase to \$497 when offered again next year.

Imagine what your life would be like if:

- you truly trusted yourself and your life – all of it
- your challenges, rather than being endless problems to be solved, became doorways into the healing you long for
- you discovered that the peace you long for is always with you right here, right now
- 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

Course will launch September 15th. To enroll and have access to Course materials:

[Click here.](#) Free Master Class Intro is now **[available](#)** (scroll down past class description to enter name and email address for access).

Mary Invites You to Join her for Her Presentation in the “Ladies Relaunching Love & the Secrets They Know” Series



Don't miss out! Sign up for the “Ladies Relaunching Love & the Secrets They Know” series beginning **September 10th.**

Hilary DeCesare and Shannon Lundgren of ReLaunch Love have brought together 24+ top relationship experts, including Mary, to help you in finding love within yourself and in your life.

You can get access to the entire series for FREE by **[clicking here.](#)**

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

"Thank you for the gifts that's you share. Your books have changed my life over the last year and I appreciate you so much."

Events

Please follow the links for details

Tuesdays, Sept 11-Oct 2

[Telgroup: 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](#)

Course begins Sept 15th for 8 weeks.

Link to Free Master Class Intro Available on Course page

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](#)

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[Online Course](#)