



October, 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:

The only thing that is real is Love.

Intention:

When I notice that I am lost in struggle, I will remember that I am not the struggle that fills my head all day long, and that I live in the field of Love.

Featured Offering

Stay tuned for more information on Mary's next Online Course, Being Healed by our Compulsions, that will launch in January 2019
See Below for details.



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

Deepak Chopra tells a story about former President Ronald Regan during his later years with Alzheimer's disease. One day he was at a doctor's office where there was a model of the White House. As he became fascinated with it, Nancy asked him what he thought it was. He said he was not sure, but that it had something to do with him. As his thoughts lost their cohesiveness, President Regan lost most of the ideas he had about who he was. What if we all have some kind of Alzheimer's – not one that makes us forget who we think we are, but a version that makes us forget who we *truly* are?

When Dr. Jeff Rediger went to visit the Brazilian healer John of God, he admitted to being very skeptical. When confronted there with experiences that his rational mind could not explain, he said that his whole version of reality was turned upside down and he realized that *none of this is what we think it is and the only thing that is real is Love*. What if we suddenly realized that we have been lost in a dream of who we think we are and could remember who we really are?

I invite you to come sit with me on the moon for the next few minutes. In my imagination I have a couple of armchairs up there, and I like to sit there and see life from a broader perspective. As we gaze at the earth before us, it looks very peaceful. Now let us zoom in for a closer look. If we look closely, we will see that most human beings are walking around with cloud banks of thoughts surrounding their heads. Rather than being here for the amazing creativity of life, they are totally absorbed in their thoughts *about* life.

Now visualize yourself living your life with a cloud bank of thoughts around your head, and then see it being blown away by the wind. See yourself recognizing that you are not all of the struggle that fills your head all day long! And see joy begin to dance through your whole being as you realize that there is something in you right here, right now that is bigger than your struggling self. This is what Dr. Rediger recognized when he realized the only thing that is real is Love.

As you are reading this newsletter, even though you may be focusing on your thoughts, that doesn't take away the truth that the field of Love is always here. It is the space that your struggling self is happening in! How do we come to know and live from this space - the space that is who we truly are? It is not by trying to get there. That is just more struggle. It comes from learning how to watch, with great compassion, your mind's game of struggle. The more you watch and listen, the less you get hooked into it, and your cloud begins to lift revealing the field of Love underneath.

In my book *The Gift of Our Compulsions* I explore the idea that our core compulsion is to struggle – that all other compulsions are an attempt to numb out from our mostly subtle, but sometimes very dramatic urge to struggle with everything. We often resolve to stop behaviors we don't like, but we don't realize that struggling with them just doesn't work.

The truth is, we usually go back to our compulsions after a fairly short period of time (or choose another one!).

To work with compulsion in the old way is like pulling out the leaves of a weed, only to have the pesky thing grow right back. This year, what about working with the source of

your compulsions – the addiction to struggle itself. What about allowing yourself to understand that you are that which can see all the problems that your mind manufactures and see them with the kind of compassion that allows them to dissipate like the morning fog lifts under the gaze of the sun.

This kind of healing comes from a commitment to see and love all the struggles inside of you rather than trying to get rid of them. Believe it or not, they are just like you. When somebody really listens to you, you relax and are able to let go of what was troubling you. The same is true for all the struggling parts of you.

So I invite you to look at your struggles in a new way – to see them as teachers. In listening to them life will show how to unhook from them and slowly, just as the light dawns in the morning, you will remember who you truly are.

If this intrigues you, here is a link to the introduction to [*The Gift of our Compulsions*](#).

Be light,
Mary

Quote: “The more you watch and listen, the less you get hooked into the game of struggle, and your cloud of thoughts about life begins to lift revealing the field of Love underneath..” –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.

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

"Your book What's In the Way IS the Way has been life changing, thank you!!" - JB

Events

Please follow the links for details

Tuesdays, Oct 09-30

[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](#)

[Online Course](#)