



November, 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:

Whenever there is a shift into greater understanding, there is always chaos.

Intention:

When I notice that I am judging what is happening in the world, I will commit to listening to people's views even if they are diametrically opposed to mine.

**Featured Offering**

**Join Mary's Group Calls on November 13<sup>th</sup> and 27<sup>th</sup>**

**See Below for details.**



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

I look at the news and my heart aches, but it doesn't break. How can that be? It helps to look at things from a broader perspective. There was a time when we used to sacrifice our fellow

human beings in order to placate the gods. Also, down through history, most people were controlled by kings, emperors, dictators, and despots. And in the political world, if we didn't like somebody, we would simply kill or imprison them.

So, we have made progress over the eons but there still is a long way to go. As Martin Luther King once said, "The arc of the moral universe is long, but it bends toward justice."

If you watch the unfolding of history you will see that whenever there is a shift into a greater understanding that every single human being matters, there was always chaos. We are living in such a time. Because of the web and social media, there is hardly a voice or a perception that is not heard. As you sort through the chaos and you question what you are seeing, you can begin to hear a quiet truth that is always there underneath the craziness - the truth that every single human being, no matter what their skin color, religion, politics, gender or their sexual orientation, has value and matters. For each and every one of us is a necessary thread in the tapestry of life.

As your heart begins to hear this truth, you can see that even radical views are part of this tapestry. So rather than hating, disliking, resisting or judging, you begin to discover how to listen to people's views even if they are diametrically opposed to yours, for it is in the act of listening that something new can be born.

Will we mature enough as a species before we desecrate the earth past the point of no return and possibly even annihilate ourselves? I don't know. But what I do know is that you matter - not your particular views, but how you deal with this time of chaos. You can either live in reaction, which is so painful, or you can learn how to respond, acting in ways that are for the good of the whole.

I usually do not use my newsletter to promote anything, but I feel that at this time of upheaval and change it is so important to realize that our world is being healed one person at a time as more and more of us move from reaction to response. This is why I am so excited about the two online courses I have created this year. The first one, *What's in Your Way is the Way*, is about discovering how to work with the challenges of your life in a way that brings healing to you and to the people around you. It is wonderful to join with people from all over the world who are interested in quieting their minds and opening their hearts, so they can be present, in a responsive and healing way, for this time of great change.

The second course is called *Being Healed by Our Compulsions*, and it is built on the premise that our core compulsion is to struggle and all the other compulsions are an attempt to numb out from that heartache. It also explores a revolutionary way of healing and being healed by our compulsions.

It is our addiction to struggle that causes so much heartache in the world. Using compulsions to help you see *how* you struggle allows you to unhook from struggle itself so that no matter what is happening in your life, you become a healing presence for yourself and for the world.

So, I invite you to look at the possibility of being a part of one of the courses. If that interests you, you can visit my [new website](#) and explore what each course offers. If a

course doesn't call to you, there is also my blog, radio show, books, CDs and ongoing groups, all created to support and inspire you to become the fullness of what is possible, a fullness that responds rather than reacts to all that life brings.

Be light,  
Mary



Each and every one of us is a necessary thread in the tapestry of life.

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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](http://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.

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## 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](mailto: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.

### Being Healed By Our Compulsions A New Online Class with Mary Beginning January, 2019

This will be an **8 week course** for exploring a revolutionary way to heal AND be healed by your compulsions

#### **What is this new way?**

This new way explores how to engage with your compulsions rather than endlessly trying to manage them.

It is about listening rather than controlling, opening rather than closing and *relating to* your compulsion rather than being lost in it.

This new way understands that your compulsion, rather than something that is wrong with you is an ally on the journey back to a deep and trust filled relationship with yourself and with your life.

#### **Imagine:**

The relief of no longer having to struggle with your compulsion.

The liberation that comes from moving beyond the idea that your compulsion is a defect - something bad or wrong that you must control or get rid of.

The release that comes from understanding that you are not a failure for being unable to control them.

Rather than a problem to be solved, your compulsion becomes a guide back into the ease and joy that is your birthright.

Understanding that it is never your compulsions you are longing for, but a nourishing relationship with yourself and your life.

#### **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

Facebook group

Lifetime access to the audio and video files and PDFs

To register for the Course follow [this link](#).

### 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'm reading "The Gift of Our Compulsions" now after having read "What's in the Way is the Way" and I just came to where you were talking about the joys and the gifts of our being in touch with ourselves, and you said that "we then become life celebrating life and everyone benefits from our knowing and glowing. "

I have pondered whether wanting to have this effect and being more confident as someone who "knows" is narcissistic, but nonetheless it is what I was drawn to and so hearing you say it in the book helps me to see that there's nothing selfish or narcissistic about it. I can trust what resonates with me and let flow from me what will.

As I read this book, I am so grateful that my life has become connected to you through your teachings and that I'm able to share these teachings from my being with my clients.

### Events

Please follow the links for details

**Tuesdays, Oct 23-Nov 13**

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

**Tuesdays, Nov 13 & 27**

[Group Call](#)

8:30-9:30 AM Pacific Time

**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**

[Healing and Being Healed By Our Compulsions](#)

Course begins in January for 8 weeks. \$397

**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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