



December, 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:
'This too shall pass.'

Intention: When I feel anxious or upset, I will remember that no matter what is happening in my life, inside of me is the calm, nourishing, spaciousness that I really am.

Featured Offering

Being Healed By Our Compulsions

A new Online Class with Mary beginning January 16, 2019

See Below for details.



[Click on the photo above to watch Mary in a video message.](#)

When life gets overwhelming or seemingly out of control, does it sometimes feel like you are living in the midst of a storm? Eckhart Tolle calls these mind attacks and it can

certainly feel like you are floating on a tiny raft in the ocean while hurricane winds blow all around you. Rather than being at the mercy of the storms, you can learn how to stay grounded and open, no matter what is happening, so that the storms of life can pass right on through.

But we have been conditioned into the opposite. We tighten and react, only getting ourselves more caught in the quicksand of struggle. It can be very unsettling when the fierce winds of the mind suck you into their world (fear, despair, judgment, helplessness, sadness, shame, anger etc.). After years of being run around by my mind, I discovered that no matter how wild the storm, a field of ease and peace is always here.

At times, that calm place can seem so far away. Those are the times when we resist what we are experiencing, and in this resistance, the pain is actually intensified. When I can just breathe and allow everything that is uncomfortable to just be here, the intensity calms down and I open into the healing spaciousness that is always here.

To understand this, it is helpful to imagine an ocean in the middle of a wild storm. When you live on the surface of the ocean, you are totally at the mercy of the tides, the winds, and the waves. When you live by identifying with your mind, you become vulnerable to all the storms that your mind creates. But no matter how turbulent the water is, right below the surface of the ocean, it is very calm. Inside of you, no matter what is happening in your life, is the calm, nourishing, spaciousness that you really are.

Life goes through its seasons, and we all experience the winters of our lives when we are deeply challenged. What we forget is that winter, with its wild storms, is necessary for the rebirth of spring. What we forget is that the storms of our lives are not here because we have done something wrong, we are being punished or God feel asleep on the job. They are here in order to birth us out of the world of struggle, just like the contractions a woman experiences as she is giving birth.

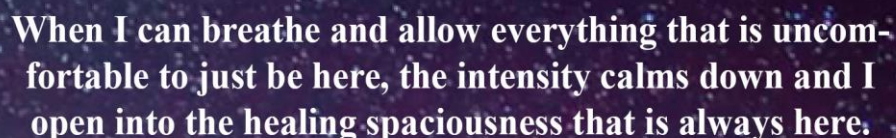
Cynthia Ocelli understood this truth and shared it in this quote:

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.”

In other words, the great storms of life are here to crack open the shell of your conditioned self, so you can be truly alive.

So, I invite you, in the middle of a storm, to remember this great truth, ‘This too shall pass.’ This will allow you to begin to breathe a few long out breaths, just like a woman works with her breath as she is giving birth, for your breath can calm down the reactions that amplify your struggle. The less you resist the storm, the faster it will move through you.

Be light,
Mary



When I can breathe and allow everything that is uncomfortable to just be here, the intensity calms down and I open into the healing spaciousness that is always here.

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+.

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Counseling & 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

[Group Call](#)

This is a 1-hour group phone call on November 27th at 8:30 A.M. Pacific Time with Mary O'Malley that you can join by phone or computer. When you join, you will enter a safe place where you can ask questions, share experiences and insights and gather wisdom from other people who are also committed to awakening. If the timing doesn't work for you, you can email your questions and you will receive a link to the recording of the call. Cost is \$35. If there is enough interest, we will do this next year.

[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 16, 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 come 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

For more information or to register for the Course, click [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.

Acknowledgements from Our Readers

"I'm reading "The Gift of Our Compulsions" now after having read "What's in the Way is the Way." 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. - K

Events

Please follow the links for details

Tuesday, November 27th

[Group Call](#)

8:30-9:30 AM Pacific Time (5:30-6:30 PM GMT+1)

Tuesdays, Dec 4-Jan 1

[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](#)

New Online Course with Mary

[Being Healed By Your Compulsions](#)

Course launches in January 16, 2019

What's In Your Way IS the Way interactive online course

[What's In Your Way IS the Way](#)

Course launches again April 3, 2019

For more information about Awakening, please follow the links below.

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