



February, 2019

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 greatest truth is that our main brain is our heart and that in our essence we are Love."

Intention: When I'm feeling frustrated, I will pause and hold the intention to have an open heart, and to move through life in kindness, towards myself and others.

Featured Offering

What's In Your Way Is the Way

An interactive Online Class with Mary beginning

April 3, 2019

See Below for details.



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

The Difference Between Goals and Intentions:

Webster's Dictionary defines intention as "a determination to act in a certain way." That sounds suspiciously like a goal to me and goals so often require much effort and so little return! In my world, intentions are all about feeling the energy that is present, rather than thinking about what you want to happen in the future. An intention is not about something *you have to do*. It is about allowing yourself to feel what is calling to you.

Let's imagine that you have a longing to sail around the world. You have set all sorts of goals and it is just not happening. With intention, you instead imagine sailing around the world and then allow yourself *to feel what kind of feeling states this brings up inside of you* – maybe it is freedom, spaciousness or adventure. Then your intention is to generate those feelings inside of you. You may or may not sail around the world, but you are claiming the feeling states that you thought sailing would bring you!

Now let's imagine that you want to set a goal for having a mate in your life. Rather than writing down all the steps you need to take in order for that to happen and then trying to make it happen (way too much effort), instead, set an intention of experiencing the feeling of being loved, appreciated and accepted. And allow your intention to remind you to let love, appreciation and acceptance in right now!

There is an even more powerful way to work with intentions. It is to hold the space for Truth to live itself through you. The greatest truth is that our main brain is our heart and that in our essence we are Love. When we recognize this, we hold the intention to have an open heart, or to move through life in kindness, or to trust whatever life is bringing us, or to welcome whatever life is offering, or to feel gratitude for the myriad gifts we are given every day and maybe even forgive ourselves and others.

Changing goals into intentions can also look like:

- If you want more money in your life, hold the intention for gratitude.
- If you want less weight in your body, hold the space of falling in love with your body as it is (this is one of the most powerful ways for the body to let go of its extra weight!)
- If you want to experience the belief that you really matter to the people in your life, hold the intention for kindness.
- If you want to know less struggle in your life, hold the space for welcoming whatever comes into your life, both on the inside and the outside.

Who you are is a field of creativity and you don't need to make anything happen. You can hold the space and *allow life* to bring you exactly what you need for your healing and fulfillment! It may be different than what you thought you wanted, but trust that life knows what it is doing!

Be light,

Mary

My intentions are all about feeling the energy that is present, rather than thinking about what I want to happen in the future.

If you want to explore more about this work, please visit my [website](#), [Blog](#) and [Radio Show](#).

On the website homepage, you can click on Listen, Watch & Read to take you to a number of wonderful ways to access what Mary offers – her blog, radio show, newsletter, books and CDs.

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 & 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, 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

An interactive Online Class with Mary beginning April 3, 2019

AN 8-WEEK ONLINE INTERACTIVE COURSE FOR REDISCOVERING THE JOY OF BEING FULLY PRESENT FOR LIFE

What is the awakened life?

The Awakened Life is a life full of presence. It is about using your thoughts to connect with life as it is rather than trying to hide from it or control it.

Take a moment... Lift your eyes from what you are reading, allow a long, slow out breath and let your life in.

Imagine:

- 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

Facebook group

Lifetime access to the audio and video files and PDFs

For more information or to register for the Course, click [HERE](#).

\$100 off until March 15th!

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

Thank you so much for your delightful book full of insights (The Gift of Our Compulsions) and wonderfully wise advice which rings so true. - J

Events

Please follow the links for details

Tuesdays, New Dates to be Announced

[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](#)

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

\$100 off until March 15th

Capitalize on Your Creativity:

I'm part of an online summit called, "Capitalize On Your Creativity." My interview will be available on Feb. 15th, and there are many great videos to see between February 4th - 25th. We will share proven techniques on how to clear your fear and capture your genius in order to create a distinctive, one-of-a-kind signature work that will allow you to stand out in your market and create the life you are aching to live!

This FREE online interview series is for:

- Anyone who has a big idea and wants to turn it into a business
- Anyone who is ready for creative tools and strategies to take their business to the next level
- Anyone who is transitioning from a corporate to an entrepreneurial lifestyle
- Anyone who is a coach, speaker or expert who wants to become a recognized thought leader in their industry
- Anyone who wants to turn "creative constipation" into "creative inspiration"
- Anyone who is ready to use their creative inspirations to step into a bolder and more visible version of themselves both professionally and personally

If you want to get the brilliant tools, strategies and insights on how to unleash your spectacular creative genius and how to purposefully and effectively bring your ideas to life, this event is for you!

To Register [CLICK HERE!](#)

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

If you have any questions or need assistance please contact: devrah@maryomalley.com

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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