



March, 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:

“In the willingness to embrace all the parts of our being, we can receive the loving acceptance we are hungry for from the source that really matters, ourselves.”

Intention: When I bark at myself, I will notice and instead greet myself with kindness and the mantra is, “As is. I’m here.”

Featured Offering

What’s In Your Way Is the Way

An interactive Online Class with Mary beginning

April 3, 2019

\$100 off until March 15th!

See Below for details.



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

Wag More, Bark Less:

On my morning walk a few days ago I saw a delightful bumper sticker... “Wag more. Bark less.” After a good chuckle, awareness reminded me that we oftentimes use that idea to override ourselves — to expect ourselves to be different than what we are. “I should be more positive. I should be happier,” our minds often say. While it is a good intention to have, if we don’t learn how to wag more and bark less with ourselves, we miss the point!

We are so used to barking at ourselves. We are trained to deny, override, change or just fall into our inner experiences. When we are angry or sad or scared, we usually get lost in the feeling or try to get away from it as fast as we can. In other words, we leave ourselves when we most need ourselves.

We also have been deeply trained to judge ourselves. We ‘bark’ mean things to ourselves when we are the most vulnerable. If we would talk to our friends like we talk to ourselves, we wouldn’t have any friends! And yet you are the only person that you will wake up with every morning of your life and the only person you will go to sleep with every night. Wouldn’t it make a huge difference in your life if you could touch yourself with kindness, even when you aren’t doing it ‘right’?

In my world, one of the most healing things that can happen to an individual is to learn how to love ourselves AS WE ARE. We are all a mixture of dark and light, and one of the most courageous things a person can do (and one of the most healing for the world) is to embrace the entirety of ourselves in our own hearts.

I learned a lot from Stephen Levine about ‘wagging’ more with myself, especially with his work around forgiveness and loving kindness. This all coalesced into a wonderful little mantra that, for me, immediately brings me beyond judging myself.

The mantra is, “As is. I’m Here.” On the in-breath, you say silently to yourself, “As is.” “As is,” is the place of merciful spaciousness, the willingness to allow ourselves and our lives to be exactly as they are in this moment. It is the art of letting go of struggling with whatever is (our usual mode) and moving into the release that comes from welcoming what is. “I’m here,” (on the out breath) is the willingness to be keenly curious and attentive to what is, giving it the loving attention it needs in order to transform.

These four little words allow us to meet ourselves exactly as we are — the light and the dark, the clear and the confused, the kind and the mean, the acceptable and the unacceptable. It is an invitation beyond the seemingly endless struggle to be what we think we should be. This mantra gives us moments, however fleeting, when everything is okay, no matter how it feels. In the willingness to embrace all the parts of our being, we can receive the loving acceptance we are hungry for from the source that really matters, ourselves.

Be light,

Mary

“As is. I’m Here.” These four little words allow us to meet ourselves exactly as we are — the light and the dark, the clear and the confused, the kind and the mean, the acceptable and the unacceptable.

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

As always, thank you, Mary, for this life-giving reminder to breath in all circumstances. I have been using your breath guidelines, and even for just a few minutes, it is helpful for me and my overall health. Yes, we hold our breaths rather than embracing them as the life giving gift they are for us. Thank you! ~ S.

Events

Please follow the links for details

Tuesdays, New Dates to be Announced

[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](#)

Online course

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

Course launches again April 3, 2019

\$100 off until March 15th

[Group Call](#)

This is a 1-hour group phone call on March 26th at 5:30 P.M. Pacific Time with Mary O'Malley, which 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.

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.

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