



April, 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:

“Life is set up, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for life!”

Intention: Awakening is about getting to know all the various parts of my storyteller. I will open to seeing its fears, judgments and despairs, so I don't have to take it personally.

Featured Offering

What's In Your Way Is the Way

An interactive Online Class with Mary beginning

April 3, 2019

It's not too late to sign up!

See Below for details.



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

Unhooking from Your Storyteller

I would love to share with you a few moments of pure unconsciousness I had the other day. There are a number of reasons why I would like to tell this tale, but I get ahead of myself. Let us go to the scene of this visitation I had of fear and anger that are a huge part of our storytellers - the voice in our head that is talking all day long!

I slipped into the pool at my gym for my half hour swim at 8:28 AM. On this day there was a water aerobics class that began at 9:00, just enough time for me to complete my swim. At around 8:55 a number of people had jumped into the first lane and were chatting before the class. I was in the second lane and a man was in the third. At 8:56 I started my last lap which takes about a minute. After I had made the final turn, I noticed, just a few strokes before I ran into her, a woman who had come under the floating lane barriers and was standing right in the middle of my lane. These lanes are big enough for 2 people to do laps, so easily she could have stood at the side of the lane to let me pass. But because she was in the middle, there was barely enough room to squeeze by her and as I did, she hit me with her arm.

Can you imagine what my storyteller was doing? It was affronted. Anger came roaring through me, accompanied with the feeling of being right and making her wrong! The stories in my head were saying: "The class starts at 9! This is my lane until 9. How dare she!" As I got into the shower, awareness kicked in and saw what the storyteller was doing. Rather than falling into it or being ashamed of it, I asked it to tell me about what it was experiencing. The story would calm down as I listened but would arise again 2 more times while I was in the shower. Each time I listened to it, it calmed down a bit more and my heart opened up again.

I could see that this is how wars are started and I didn't want to allow that level of unconsciousness to take me over! I could also recognize that many times in my life I had played the role of the woman in my lane – and felt great compassion for that part of me. And finally, my heart opened to the woman. I don't know what caused her to act as she did, but I didn't have to put her out of my heart!

There are 3 reason why I wanted to share this with you:

First: We have this strange idea that peace will come when we get rid of the parts we don't like and hold onto the ones we do! That only brings continual struggle inside. Instead, awakening is about getting to know all the various parts of our storyteller. The more you can see its fears, judgments and despairs, the more you don't take it personally. And when something very deep has been triggered, its visit will become much shorter and rather than getting you caught in more struggle, will instead bring you back to the wondrous healing of your own heart (both for yourself and for others!).

Second: In this world that is so aligned with the good/bad, right/wrong view of the world that is at the heart of each of our storytellers, there is nothing inside of you to be ashamed of! We all have these parts. We are just very good at pretending that we don't – both to ourselves and to

others! And these parts deserve kindness just like you do when you have had a difficult day.

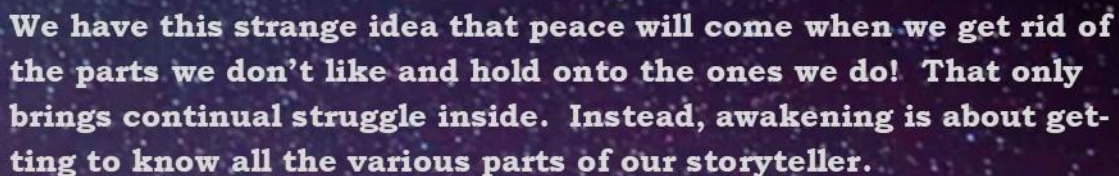
Third: The core flavor of my childhood was invasion and so my storyteller was built with a huge amount of fear about being overtaken by life. I have, over the years, brought my attention to this part, to the extent that it is very quiet most of the time. But there evidently was still some vestige of this old fear. So life put me in a situation to bring it up, not to disturb me, or punish me, but so I could see it more clearly without identifying with it and bring it into the healing of my heart.

If you haven't read my new book, [What's in the Way IS the Way](#) there is a wonderful saying that reminds us that even the challenges of our life are *for* us: Life is set up, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for life! What this is saying is that we don't have to fight with those times when we get caught in reaction. We also don't have to judge ourselves or make others responsible for our experience. Instead, we can use those times as an opportunity to see more clearly all the parts of our fear-based storyteller so that it will finally be tucked into our heart. Then our minds can be used for the wonderful tools they are rather than being lost in reaction a good deal of the time.

So the next time you are caught in reaction, become curious about what your storyteller is doing. Life is giving you these situations so you can see more clearly and thus unhook more cleanly from the storyteller's world of judgment and fear.

Be light,

Mary



We have this strange idea that peace will come when we get rid of the parts we don't like and hold onto the ones we do! That only brings continual struggle inside. Instead, awakening is about getting to know all the various parts of our storyteller.

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](#).

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 am so glad that the world is hearing your wisdom and gifts. As Tami says, you truly are a Mystic of awakening, and I feel extremely blessed to have had your guidance in this crazy, methodical, madness of a life :). ~A

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

It's not too late to sign up!

[Group Call](#) – **New Dates to be Announced**

This is a 1-hour group phone call 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.

[Contact Awakening](#) [About Awakening](#) [Our Offerings](#) [Online Course](#)