



May, 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:

“Living in questions is one of the most healing tools I have found to come out of the reactive, struggling mind into a mind that is fully engaged with life.”

Intention: When my mind is struggling with life, I will use questions to connect with my immediate experience.

Featured Offering:

Group Calls

Ask questions, share experiences and insights and gather wisdom from other people who are also awakening.

May 14th & 28th all at 5:30 PDT

See Below for details.



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

Living in Questions

Gertrude Stein once said, “The power of questions isn’t in the answers. It is in the questions themselves.” Living in questions is one of the most healing tools I have found to come out of the reactive, struggling mind into a mind that is fully engaged with life.

One way to tap into this healing is by using what I call ‘check-in’ questions that put you into direct relationship with your immediate experience. Check-in questions bring you back into a compassionate connection with whatever is happening in your life. We are so used to living in the busy mind that we have forgotten the phenomenal power of being with what is - right here, right now. Take a moment now to stop reading and close your eyes. Listen to the sounds of life as they appear and disappear all around you and within you. Whenever your mind drifts off, bring it back to the sounds. Do this for just a minute and then come back to reading.

Isn’t it wonderful to simply be here? And isn’t it amazing how easy it is to just drift back into your mind, getting lost in the stories in your head? The important thing to realize is that you are not those stories; you are that which can see the stories. As you learn how to use questions to connect with your immediate experience, you train your mind to be curious rather than reactive and spacious rather than judgmental, so that you can bring your attention out of the stories in your mind and experience life fully in each moment.

I often use these four check-in questions when my mind is struggling with life:

1. “In this moment, what am I experiencing?” helps you cultivate curiosity, so that you can explore what is going on right now in your life, both inside and out. It is this curiosity that allows you to let go of the story about what you are experiencing, and it invites you to look at whatever is happening in your mind that keeps you away from full connection with Life.
2. “For This Moment, Can I Let This Be Here?” moves you beyond reaction into response. It reminds you that if you resist what you are experiencing, you empower it more. The quickest and most powerful way to dissolve your struggles is to let them be. If you can accept your experience, and then be willing to look and listen, the struggling mind loses its power over you.
3. “For This Moment, Can I Touch This with Compassion?” cultivates the warmth of your heart. If you truly want to transform your experience, touch it with the spaciousness and mercy of your heart. As Jack Kornfield’s teacher Nisargadata says, “The mind creates the abyss; the heart crosses it.”
4. “Right Now, What Do I Truly Need?” invites you into a deeper level of listening to your experience and awakens the wellspring of deep knowing that is inside you. This is not a listening with your head, but an internal listening to the wisdom within that knows in any situation what needs to happen to bring balance back into your life.

Learning how to live through questions is a little bit like learning how to ride a bike. You first need to start with a tricycle to see if you like it. Then you try a two-wheeler with training wheels. When the training wheels come off, you wobble a bit at first, but then you discover the absolute

joy of moving through life on a bike. The same is true for living in questions. When they finally become a core way that you maneuver through your life, you will feel the empowerment and joy that come from the willingness to meet your experience with curiosity and compassion rather than being lost in it or running away.

Be light,

Mary

As you learn how to use questions to connect with your immediate experience, you train your mind to be curious rather than reactive and spacious rather than judgmental, so that you can bring your attention out of the stories in your mind and experience life fully in each moment.

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.

FREE summit on Reclaiming Your Body

May 6-12, 2019

We are excited to announce that Mary has been chosen to be a part of this revolutionary summit, along with Dean Ornish, Gay Hendricks and Mark Hyman.

Have you ever wondered why 95% of dieters gain their weight back? The answers may surprise you.

Permanent weight loss comes from doing "inner" work (heart work), addressing the wounds, trauma and emotional triggers that keep you eating in ways that are unhealthy for the awakening you. Create healthy new ways that work for your body at:

[The Reclaim Your Body Summit!](#)

WHY ATTEND?

You'll learn from others who've been overweight and learned how to transform their lives. The experts bring practical wisdom and powerful tactics for healing, losing weight, keeping it off and feeling good in your body.

Your host, Mordechai, found himself 130 pounds overweight. He didn't recognize himself in the mirror. He was a successful entrepreneur, but still felt ashamed and disappointed. He made a decision to do his "inner" work, which helped him lose the excess weight and keep it off.

You're not alone. There are answers. We can heal together, reclaim energy, and let go of the constant struggle.

Join me at [The Reclaim Your Body Summit](#), to register for the free online summit from May 6-12, 2019!

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

Mary and your team... thank you SO much for your posts and for reaching out with these truths
I am so grateful and I am sure there are many like me trying to find a way through trying to live what is true for each of us to find and act on the way that is our truth because we are all human beings kindness consideration love connection. 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](#)

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

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

Course launches again September 25, 2019

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course launches again in January 29, 2019

[Group Call](#) – May 14th & 28th all at 5:30 PDT

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.

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