



June, 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 supporting us, communicating with us and taking us step by step into our awakening.”

**Intention:** When life sends me challenges, I will endeavor to be curious and recognize that I'm exactly where I need to be.

**Featured Offering:**

**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.

**Tuesdays: June 18th, 25th & July 2nd, 9th**

**10:30 am – 11:30 am PDT**

**See Below for details.**



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

### **Life, the Flawless, Methodical Madness**

I love to call life the flawless, methodical madness. On first glance it does look like madness. All you have to do is watch the evening news to wonder what in the heck is going on. But the more the mind quiets and the heart opens, you begin to notice something going on here that is way beyond our ability to control or even comprehend. Underneath the dualistic dance of good/bad, right/wrong, easy/difficult, joyous/sorrowful, life is waking up to life in its infinite variety. More and more people are being moved out of unconsciousness into consciousness – the ability to see and be with whatever is happening right here right now.

I see it as flawless because it is evident in my life and in the lives of the people I have worked with for the past 34 years that we are each given exactly what we need in order to awaken – the kinds of bodies we have, our minds, emotional natures, parents, next door neighbors, bosses and co-workers, dogs, lovers, children. When we understand life in this way, we are no longer the victim. In fact, we become fascinated by how our lives are unfolding, and in that curiosity, we begin to see the treasures that are always there in every situation. For there are no ordinary experiences!

An example of flawlessness comes from a friend of mine who received a phone call saying that the job interview she had hoped would bring her an income (so she could make her mortgage payment) was permanently cancelled. As she ended the call, she dropped the phone in her lap in despair as tears began to flow. Through her tears she heard a noise and realized she had accidentally turned the phone on in the middle of her emotional storm. She turned it off, but a few seconds later the phone rang and much to her amazement, it was a friend she hadn't talk to in over a year. This woman asked her, "Did you just call me?" It took my friend a second to realize that a long time ago she had put this woman on speed dial and must have hit her number. When this woman asked her how she was doing, she shared her fear and heartache. Much to her amazement, the woman responded by saying that she had just taken her house off the market and she had a separate apartment in her basement that my friend could live in for as long as she wanted to! My friend also immediately found a renter for her own home, so her mortgage payment was covered.

The amazing thing is that we are amazed by this. It is happening all the time, but we are so busy in our minds we don't see it. Life is supporting us, communicating with us and taking us step by step into our awakening. This flawlessness also includes our suffering. What would happen if we trusted our suffering? What would life be like if, rather than resisting it, we were curious about it, learning how to gather the treasures that always lie hidden in the midst of our challenges.

This was certainly true in my life. Life gave me many challenges that oftentimes threw me into realms of great darkness. As I contracted over and over again into fear, anger, self judgment, irritation, overwhelm and despair, I slowly learned how to really look at what I was experiencing. I discovered that who I truly am is that which can see all the stories in my head rather than getting caught up in the stories themselves. This helped me to understand that the struggling self we all carry is such a small part of what is going on – that there is a vast, creative, peaceful space in which all of the stories in our heads are floating in, and that is who we truly are.

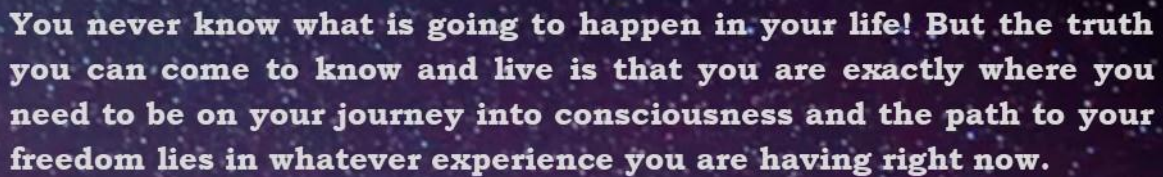
I also call it methodical, for life will take us through very specific steps on the journey from unconsciousness to consciousness. You never know what is going to happen in your life! But the truth you can come to know and live is that you are exactly where you need to be on your journey

into consciousness and the path to your freedom lies in whatever experience you are having right now. Don't fight it. Instead, be curious and discover that life wants you to awaken even more than you do.

How the steps show up varies from person to person. You may be taught through financial or health issues, difficult relationships, rush hour traffic or all the above. But step by step, as you learn how to listen to your life, you will see that there are no accidents, that you are not doing your life wrong, and that life is for you. Step by step life is bringing you home.

Be light,

Mary



**You never know what is going to happen in your life! But the truth you can come to know and live is that you are exactly where you need to be on your journey into consciousness and the path to your freedom lies in whatever experience you are having right now.**

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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](http://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.

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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, call Mary at 425-889-5937 or send her an email at [awaken@maryomalley.com](mailto: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.

### Tele(Phone)Group

Tuesdays from 10:30 am - 11:30 am PDT

**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.

### [Register for Mary's Telegroup!](#)

After you register, you will receive an email with all the instructions on how to join the calls by phone.

Tuesdays: June 18th, 25th & July 2nd, 9th from 10:30 am - 11:30 am PDT

Check Mary's website for future dates.

### 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

So my heartfelt gratitude to Mary for helping me see my struggles, my constant trying to fix me better and how to use curiosity & acceptance to show me how to live fully and with joy - a new concept for me. With much love & gratitude ~L.

### Events

Please follow the links for details

**Tuesdays, June 18th, 25th & July 2nd, 9th**

[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](#) – 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 one call and \$60 for two.

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

**If you have any questions or need assistance, please contact: [devrah@maryomalley.com](mailto: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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