



July, 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: "With your curious mind and open heart, you feel the currents of life and respond to anything that comes your way."

Intention: I will soften my belly, open my heart, and use my mind to be curious about life rather than always trying to make it be different than it is.

Featured Offering:

Three FREE Opportunities to Connect with Mary

The Power of Partnering with Horses for Healing virtual conference

July 8-10th

The Art and Science of Food and Body Coaching Online Summit

July 22-26

Free Webinar on September 4th at 5:30 PM Pacific Daylight Time

See Below for details.



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

The River of Life

Imagine walking through the woods lost in thought, when suddenly you begin to hear the faint sounds of running water. The sound touches you deeply like a beautiful piece of music. It calls to you. Then imagine coming out of the trees and finding yourself standing on the banks of a river that is cascading over moss covered boulders. If you are like me, the image of that nourishes you to your core.

Why does moving water touch us so deeply? It may be because water flows! To watch a river is to see a glimpse into what life is really like – a great river of dancing energy that has been flowing and creating for almost 14 billion years.

Rivers call to us because they remind us of this flow of life, and we are all homesick for its all-powerful embrace. We have lost our trust in life and spend a lot of our time trying to control it, hanging on to branches along the banks of the river that is our life. And because we get more battered doing that, we oftentimes just get out of the river, sit on the bank, and become half-alive.

Both these strategies for controlling life - trying to make it be a particular way and then disconnecting when all of our attempts to control it don't bring us the peace we long for - are how most people navigate their lives. And these strategies only bring us suffering because they are a form of resistance, and resistance tightens our minds, our bodies and our hearts, which causes us pain.

One of the greatest truths of life is that it ultimately hurts us more to resist life than to consciously show up for its flow. We all long to trust life so that our main focus isn't in trying to change it, but *to open to it*. The way to experience this is to soften our bellies, open our hearts, and use our minds to be curious about life rather than always trying to make it be different than what it is.

I wake up every morning and say to life, "Where do you want to take me?" My life is an adventure that I am slowly and surely learning to show up for. Can you feel the joy of that? Can you hear how that takes you out of struggling with life and invites you to engage with it as it is rather than trying to make it be a particular way?

At the same time, can you feel how it scares your conditioned self because it feels like showing up for life means you have no power and no choice? But that is just the fear-based mind that doesn't understand that the greatest power you will ever discover doesn't come from managing life. *It comes from engaging with life, right here, right now*. I assure you - having been somebody who not only got out of the river, but also dug a big hole in the ground and crawled into it – that the safest thing you will ever do is reenter the river again.

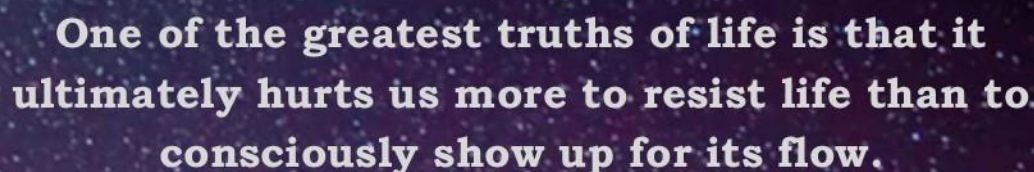
Yes, the river has rapids, and whirlpools and waterfalls, but as you awaken to life, you begin to have an entirely new relationship with your daily river – you begin to pay attention. Attention is like putting a life vest on your heart (being willing to be as kind and compassionate with yourself as possible) and stepping into the river of life, keeping your feet pointed downstream (as they recommend if you fall overboard on a river rafting trip) so you can see what life is doing right now.

Very quickly it becomes clear that the river is always changing, but it is nothing to be afraid of – in fact it can be fun! With your curious mind and open heart, you feel the currents of life and respond to anything that comes your way. You become able to listen to yourself and know what you need to do, say or be in any part of your life.

Yes, it can be scary at first to open into the unknown. But once you recognize the illusion that attempting to control life brings far more suffering than showing up for it, you will begin to be curious about what the next bend in the river will bring. If this speaks to you, when you wake up in the morning, open your heart to the sense of adventure life is offering you (even when life is moving you through whirlpools and stage five rapids!).

Be light,

Mary



One of the greatest truths of life is that it ultimately hurts us more to resist life than to consciously show up for its flow.

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.

Three FREE Opportunities to Connect with Mary

Join me and 17 other amazing presenters for the [2019 The Power of Partnering with Horses for Healing virtual conference!](#) You'll learn from myself and some the top Industry Leaders, Therapists, Dreamers, and Horse Professionals in the equine assisted activities and therapies field what lessons they have learned over their careers on how to unbridle healing and growth for all on July 8-10th. It's free and online so you can learn without the travel cost! Click on the title link for more details and to register.

I'm excited to announce that I'm a featured expert in the upcoming [Art and Science of Food and Body Coaching Online Summit](#) on July 22-26. We'll explore how working with food, body, and health concerns can enhance all kinds of therapeutic approaches and get into some practical tips and ideas that you can use in your own work with clients – or to experience transformation in your own life. Click on the title link for more details and to register.

Free LIVE Webinar [The Joy of Being Present for Life](#) on September 4th at 5:30 PM PDT
Mary will guide you through:

- Discovering the gifts you'll receive when you learn how to be life rather than do life
- Learning the difference between being present and trying to be present
- Opening up to being present for life even when life is challenging

Click on the title link to register.

What's In Your Way IS the Way An interactive Online Class with Mary beginning September 25, 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?

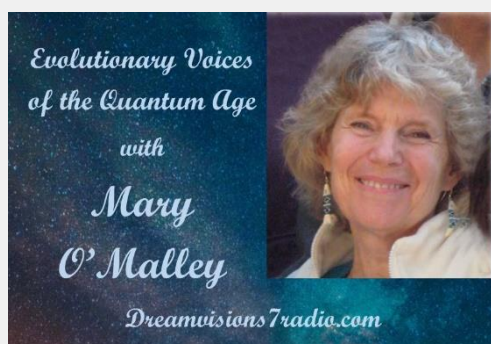
Included in the course:

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](#).

Currently marked down \$100!

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 can't thank you enough.
Your newsletter and messages of love are such a balm for my soul.
I'm going through a tough period (who isn't?) and I really treasure you.
Thank you. ~K.

Events

Please follow the links for details

July 8th – 10th

[2019 The Power of Partnering with Horses for Healing virtual conference!](#)

July 22nd – July 26th

[Art and Science of Food and Body Coaching Online Summit](#)

Tuesdays, July 23rd, 30th, August 6th, 13th

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

September 4th at 5:30 PM PDT

Free LIVE Webinar [The Joy of Being Present for Life](#)

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

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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