



September 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:** “As we discover a more compassionate relationship with both our strengths and our weaknesses, the storms of struggle will calm down enough for us to hear our inner voices of wisdom, leading us along the path to the healing for which we long.”

**Intention:** When I find myself giving me a hard time, I will gift myself the mercy of realizing that at every step of the way, I have done the best I knew how to do.

#### **Featured Offering**

**What's In Your Way Is the Way**

**An interactive Online Class with Mary beginning**

**September 25, 2019**

**\$150 off until September 5<sup>th</sup>!**

**See Below for details.**



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

### **Exploring the Light and the Shadow in Yourself**

Before we can begin to be curious about what we are experiencing and bring it the healing of compassion, which is the doorway to our freedom, we need to allow for the possibility that our challenges are not here because we have done something wrong.

The belief that we are wrong is so deeply entrenched in our psyches that at first it may be difficult to recognize that our challenges are here because they are tailor-made to bring us to awakening. I am not saying that we haven't done unskillful things in our lives—we all have. But we have a choice in how we relate to our unskillfulness. To judge ourselves keeps us caught in an ongoing prison of struggle. To bring understanding and compassion opens us to the freedom of connection and joy.

In order to make this shift, we need to understand that everyone makes mistakes, and everyone judges themselves for doing so. I have worked with people for over 30 years and have never met anyone, including internationally known teachers, who haven't had to work with the feeling that they have done things wrong, and thus *are* wrong. The more I awaken, the more I realize the truth in the Grateful Dead song *Scarlet Begonias*, "I have seldom been right, but I have never been wrong." Or, as I like to say it, "With all of the mistakes you have made, you have never made a mistake."

How can this be true? In Lynn Andrews' Medicine Woman series, Agnes Whistling Elk says, "Everything begins with a circle of motion. Without the positive and negative poles, there would be no movement and no creation. Without your shadow side, your beauty would not exist!"

For years I couldn't allow this truth to penetrate. I couldn't accept that I was made of both darkness and light, strengths and weaknesses. I believed that I had done wrong, and thus I was wrong. It also seemed to me that everybody else had it together and I did not. It was like an oozing wound inside of me that kept being re-opened by my judgment and shame. When I finally saw that I was wounding myself where I was the most wounded, I began the slow opening of my tender but bruised heart.

For just this moment, allow yourself the mercy of realizing that at every step of the way, you have done the best you knew how to do. Let go of "I should have done better," and let the healing of compassion come to you. We are all wounded in some way or another. And when these wounds are brought close to the surface through the ups and downs of life, we all react in unskillful ways.

The way out of this morass is to let go of blame. As we discover a more compassionate relationship with both our strengths and our weaknesses, the storms of struggle will calm down enough for us to hear our inner voices of wisdom, leading us along the path to the healing for which we long.

Be light,

Mary

**The belief that we are wrong is so deeply entrenched in our psyches that at first it may be difficult to recognize that our challenges are here because they are tailor-made to bring us to awakening.**

If you want to explore more about this work, please visit my [website](#). On the homepage, you can click on Listen, Watch & Read to take you to a number of wonderful ways to access what Mary offers – [blog](#), [Radio Show](#), [newsletters](#), [books](#) and [CDs](#).

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*.

You can also visit the What's In the Way IS the Way website where you can read the endorsements for this wonderful book [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.

### 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.

### **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](#).**

**\$150 off until September 5th with code: summer2**

### 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

Thank you for another beautiful, wise post! Your writings bring me the truth and how to heal myself. I am so grateful! ~L.

### Events

**Please follow the links for details**

**Tuesdays, September 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, & October 1<sup>st</sup>**

[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](#)

**Monday, September 17th 3:00 PM Pacific Time**

**Listen to Mary's interview on Quantum Conversations with Lauren Galey**

Register here for this Free Series: <https://www.acoustichealth.com/quantum-conversations-2/>

**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

**\$150 off until September 5th with code: summer2**

**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](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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