



November 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: "Rather than being overwhelmed, crushed, abandoned, or punished by life, you can show up and even welcome your challenges for there is always a gift embedded in them."

Intention: When challenged, I will trust whatever life is offering me, most especially the difficult, so I can discover the phenomenal healing power of welcoming.

Featured Offering

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

January 29, 2020

See Below for Details



Click on the photo above to watch Mary in a video message.

The Magic of Welcoming

Life can certainly be challenging sometimes! This happens not only with our health, but also with our finances, our relationships, our jobs and even the next-door neighbor's dog! And what do we do with these challenges? We usually struggle with them. One of the ways out of the world of struggle is to know that life is trustable. It isn't always likable, but it is giving you the exact set of experiences you need in order to wake up out of the world of struggle and back into an intimate, alive, and welcoming relationship with life.

It is three months after my second surgery this year – a hip placement surgery – and my leg is still not working well. I can't drive, and I can't access two the most nourishing things in my life – gardening and taking walks. My mind truly does not like this. But I deeply trust it.

What do I mean by that? There is a wonderful quote from Cynthia Occelli that speaks directly to the healing that is always embedded in the big challenges of our lives:

“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.”

We are the seed that Cynthia is talking about. For most of us, the essence of who we really are is encapsulated in the shell of our conditioned mind, until life comes along with a big challenge and the shell opens up and the seed of our essence can grow into the fullness of its potential.

If you are not being challenged right now, you will, for in this world of impermanence, challenges are a part of life. It is a bit shocking to realize that everybody you love will die before you or you will die before them! How can you allow this startling truth (along with all the other big challenges that life will bring you) to heal you rather than shatter you? Rather than being overwhelmed, crushed, abandoned, or punished by life, you can show up and even welcome your challenges for there is always a gift embedded in them.

Eckhart Tolle speaks directly to this when he says:

“To welcome whatever arises in this moment is the ultimate spiritual practice. If you practice just this one thing you won't need to read any more books or learn any other meditation techniques. To welcome whatever arises in this moment outside or inside of you brings freedom. The conditioned mind will tell you don't do this for it believes that by resisting, it will become free. The opposite is true. By resisting you become even more stuck. When you no longer believe what the mind is saying, you realize the quickest way for transformation to happen is to welcome *what is*. In that moment life is free to move through you. The conditioned mind is no longer obstructing life.”

Has this time been easy for me? Absolutely not. Have I had moments where it feels like it is all too much to bear? Absolutely. But as I welcome all this pain, is my heart more open to myself and all of life during this intense time? Yes! And am I more present for even the little things, with an awareness of the preciousness of it all? Intensely so! The seed of my separate, conditioned self is being cracked open and life can flourish inside of me in wonder, awe and trust.

Whether you recognize it or not, in all your longing for things, people and experiences, what you

truly long for is to be able to show up for life, exactly as it is, so that you can come back to the joy of being fully alive. So may you trust whatever life is offering you, most especially the difficult, so you can discover the phenomenal healing power of welcoming.

Be light,

Mary

Whether you recognize it or not, in all your longing for things, people and experiences, what you truly long for is to be able to show up for life, exactly as it is, so that you can come back to the joy of being fully alive.

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.

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 your 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.

Being Healed By Our Compulsions

An interactive Online Class with Mary beginning January 29, 2020

AN 8-WEEK ONLINE INTERACTIVE COURSE FOR EXPLORING A REVOLUTIONARY WAY TO HEAL AND BE HEALED BY YOUR COMPULSIONS.

What is this new way?

This new way explores how to engage with your compulsions rather than endlessly trying to manage them.

It is about listening rather than controlling, opening rather than closing and relating to your compulsion rather than being lost in it.

This new way understands that your compulsion, rather than something that is wrong with you is an ally on the journey back to a deep and trust filled relationship with yourself and with your life.

Imagine:

- The relief of no longer having to struggle with your compulsion.
- The liberation that comes from moving beyond the idea that your compulsion is a defect - something bad or wrong that you must control or get rid of.
- The release that come from understanding that you are not a failure for being unable to control them.
- Rather than a problem to be solved, your compulsion becomes a guide back into the ease and joy that is your birthright.
- Understanding that It is never your compulsions you are longing for, but a nourishing relationship with yourself and your life. 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

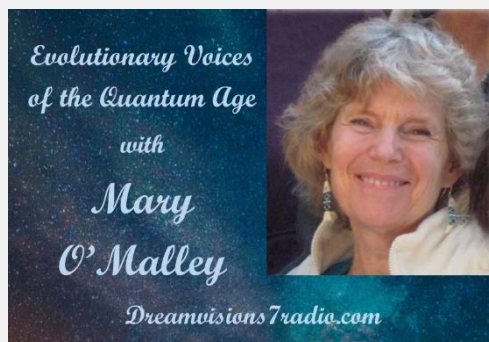
Facebook group

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.

To listen to Mary's show, click on the link above, which will take you to her page on Dreamvisions Radio. Then, if you want to download and listen to any of her previous shows at any time, click on the Previous Episodes On Demand button by her picture at the top and it will bring up the previous shows in Archives. Click on the title of the

show and it will download so you can listen. At the bottom of the previous episodes on demand page, is a link Older Entries, which will bring you to older shows.

If you want to listen live, scroll down to where you see the button that says LISTEN LIVE Click Here. (The show is aired on Thursdays at 8 AM and 8 PM ET (5 AM & 5 PM PT) and Saturdays at 2 am ET (11 PM PT)

Acknowledgements from Our Readers

I just read this whole teaching by Mary. Very beautiful with deep resonance. Also reminds me of Jeff Foster's teaching. Compassionate in the true sense of the word.~D.

Events

Please follow the links for details

Tuesdays, November 26th & December 3rd, 10th, 17th

[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](#)

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course launches again in January 29, 2020

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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