



February 2020

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:** “Nothing less than freedom comes when you can let go of being somebody that needs to be different in order to be okay. There is no such thing as ‘getting it all together.’ We are all works in progress until our last breath.”

**Intention:** Rather than setting an intention to change something about my life, my intention is to meet myself in my own heart!

### Featured Offering

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

An interactive Online Class with Mary beginning

April 8th, 2020

See Below for Details



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

## Broadening Our Perspectives

At the beginning of a new year, it is good to broaden our perspectives. So I have a couple of armchairs up on the moon and I invite you to come sit with me for the next few minutes. As we settle in (they are very comfortable chairs!), there before us is our home, a beautiful blue-green jewel of a planet that is dancing through oceans of space. As we zoom our attention in for a closer look, we can see the depth of her exquisite creativity—mountain meadows full of wild flowers, majestic icebergs, eagles soaring, raging storms, cascading waterfalls that can take your breath away, jungles full of colorful parrots, and all kinds of baby creatures playing.

If we look really closely, we will see that most human beings are walking around with cloud banks of thoughts surrounding their heads. Rather than being here for the amazing creativity and beauty of life, they are totally absorbed in their thoughts. They are living ‘mind’ rather than living ‘life’. And if you could hear their thoughts, you would see that they are usually struggling with life.

Now, with your attention, zoom into exactly where you are on this planet. As you look down upon yourself reading this newsletter, you can see and acknowledge that you too have a cloud bank around your head. This addiction to struggle was conditioned inside of you when you were very young, but you don’t have to live your life being run by your conditioning. Imagine your cloud bank thinning. See yourself recognizing that you are not the struggle that fills your head all day long! And see joy begin to dance through your whole being as you open again to life.

Now imagine the possibility that more and more people will see through their cloud banks and connect with life again. This is not only possible but absolutely necessary, for, if we look closely at the Earth from our moon perspective, we can also recognize the suffering on this planet - people killing other people, children dying of starvation, human beings doing unspeakable acts to themselves in the name of self-hatred and others drowning in a sea of despair. This all comes from people lost in the loneliness, shame, hatred, entitlement, anger and fear that are a part of the cloud bank of struggle.

This is why it is so important for you to see through your own cloud bank, for as you do that, you will become a healing presence in the world, even if you are at the grocery store! How do we do that? The only power that is greater than the chaos of the cloud bank is the heart. *And this is the time of the heart.* Nelson Mandela has been one of the most important way-showers of this new stage of evolution. Even though he experienced great suffering, he lived the truth that nothing except the heart—nothing except inclusion rather than exclusion, compassion rather than judgment, connection rather than disconnection, kindness rather than indifference—will heal our beleaguered planet.

*And the most important person to touch with your heart is you!* You are a unique and exquisite creation of life. There has never been anyone like you and there never will be again. You not only have many wonderful qualities, but you are also nutty as a fruitcake! There is a wonderful Zen quote in my book, *Belonging to Life*: “Freedom comes when you are without anxiety about non-perfection.” Take a moment and let that in. Nothing less than freedom comes when you can let go of being somebody that needs to be different in order to be okay. There is no such thing as ‘getting it all together.’ We are all works in progress until our last breath.

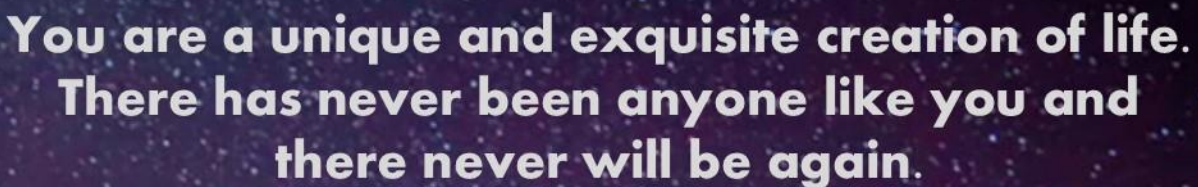
What would it be like for this year if, rather than setting an intention to change something about your life, your intention was to meet yourself in your own heart! This means letting go of resisting, judging, hating and fearing all the parts of you that you don’t like. This could be your anxiety, your

meanness, your shame, your physical pain, your insecurity, your aging, your greed, your compulsion (or maybe all of them!). One of the most startling realizations I came across on the path back to myself and back to life is that there is absolutely nothing inside of me to be ashamed of or afraid of. And this is true for you, too. Or as Jeff Foster once said, “Fall in love with this perfectly divine, very human mess that you are!”

If you are willing to let go of warring with your experience and instead meet it with your heart, know that this will not only bring forth the greatest healing you have ever known, but this healing will also touch your family, the people at work, your fellow shoppers, and even the people driving down the freeway with you. For someone who has discovered how to be guided by the healing presence of the heart becomes a healing force on this planet, helping everybody they meet to see through their cloud banks so they, too, can join the exquisite dance of life.

Be light,

Mary



**You are a unique and exquisite creation of life.  
There has never been anyone like you and  
there never will be again.**

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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+.

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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.

## WHAT'S IN YOUR WAY IS THE WAY

### An interactive Online Class with Mary beginning April 8, 2020

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 written, 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

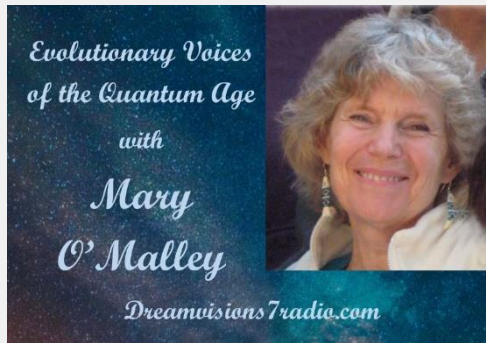
Facebook group

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

Love all your work Mary. You are one of my favorite teachers! ~V.

### Events

Please follow the links for details

**Tuesdays: February 18th, 25th & March 3rd, 10th**

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

10:30-11:30 AM Pacific Time

**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

**It's not too late to join!!**

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

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

Course launches April 8, 2020

**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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