



March 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: "Life is set up - to bring up - what has been bound up - so it can open up - to be freed up - so you can show up for Life!"

Intention: When my emotions rise up, instead of trying to get rid of them, I will sit with them with compassion and kindness.

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.

Meeting Dread in My Heart

Life wants us to be fully alive, so it puts us in situations to bring up the parts that were frozen inside us when we were very young. These parts need us to be with them so they can let go, but we have been trained to leave ourselves when we most need ourselves. As I say in my book, *What's In the Way IS the Way*, "Life is set up - to bring up - what has been bound up - so it can open up - to be freed up - so you can show up for Life!" Well, life set me up this past weekend!

Over the years, I have met fear, shame, dread and despair in my heart and most of the time now they pass right on through. On this day, however, a situation arose that brought up some deep feelings of dread, and my initial reaction was to tighten down around it. For me, dread is the feeling that something really bad is going to happen and I am not only to blame, but I am bad and wrong to my core. In my teens and early twenties, I tried to numb this very uncomfortable feeling through food. Then when I went away to college, I discovered how to numb it with alcohol and drugs. But this only made it go away for short periods of time and I paid a heavy price. Finally, I was so desperate that, at the age of 23, I gained 97 pounds in a year and when that didn't numb the feeling, I tried three times to kill myself.

Since then I have discovered how to be with dread rather than falling into it or trying to make it go away, and this feeling has been quiet inside of me for a long time. But when it arose this weekend, it felt like being hit by a tsunami wave of dread. The presenting problem was that I had asked the young man who helps me with my yardwork to cut some branches behind my house that were hanging over the alley causing the garbage trucks to hit them. The trees belong to my neighbor, but I thought I would be a good neighbor and take care of it for her. I was very careful to point out to the young man that he should only cut the branches that were hanging over the alley.

Needless to say, directions are sometimes not clearly understood, and he ended up cutting the branches all the way back onto my neighbor's property. I immediately received an infuriated call from her. Her voice was very loud as she angrily told me that the trees had been cut back too far, her privacy was gone, and now she could see my next-door neighbor's house across the alley. She went on for what seemed like an eternity expressing her upset. Then she said that she was going to take back the "privilege" of allowing me to plant my flowers along her side of the alleyway. I felt terrible about what had happened, and I could understand why she was upset. I attempted to apologize but her anger was so great she just needed to be heard.

When I finally got off the phone, there was a fiery ball of dread in my belly, and it was very uncomfortable. But rather than being overtaken by it, I saw it as an opportunity to meet this feeling, the one that I had tried to eat away, drink away and then, when that didn't work, get away from it by trying suicide. So, I sat down to be with the dread. At first, I was only able to be with it for a few seconds, before my attention would bounce right back up into the story of being bad and wrong. Gently I would bring my attention back to the dread and as I opened my heart to it, it slowly began to calm down and I could be with the inner voices that felt like they were trying to crucify me.

Even though there was space inside of me around the dread, this feeling kept on popping up over the next few days, giving me the opportunity to meet it over and over again in my heart. I then wrote my neighbor an apology note. I said that I certainly could understand how she might be feeling, as I would probably have felt the same way if someone had cut the trees around my garden sanctuary. Later that day, she called to thank me for the card and said that she would talk to me this weekend about what I was doing wrong in the alleyway.

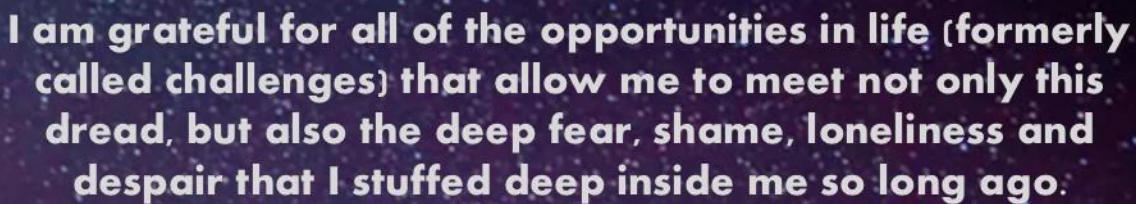
This act of kindness that didn't turn out the way I had intended was absolutely perfect because it allowed me to bring deep levels of dread into my heart. But life wasn't done yet. I had to talk to talk with her face to face. When I would remember this, my stomach would knot up a bit. But that scared part is no longer alone inside of me. It has taken awhile, but I can now bring deep heart to the part of me that is scared of speaking my truth, a part that truly believes she is bad and wrong to the core. I am grateful for all of the opportunities in life (formerly called challenges) that allow me to meet not only this dread, but also the deep fear, shame, loneliness and despair that I stuffed deep inside me so long ago.

I understand now that this set up is for my highest good and for my neighbor's benefit too. It is yet another invitation to bring every single part of me home to my heart. And when my neighbor comes over to talk with me, I am holding the intention to be compassionate and clear with both her and the scared one inside of me.

If this type of growth and awareness speaks to you, please check out my interactive online course, [What's In Your Way IS the Way](#), starting April 8th. See below for details.

Be light,

Mary



I am grateful for all of the opportunities in life (formerly called challenges) that allow me to meet not only this dread, but also the deep fear, shame, loneliness and despair that I stuffed deep inside me so long ago.

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 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

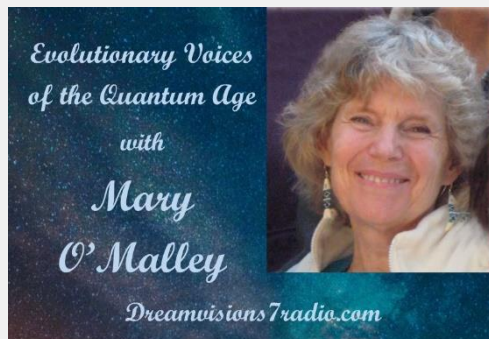
Facebook group

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

After dealing with disordered eating myself for over 30 years, your method is piercing straight through to my heart unlike anything else I've ever been exposed to. Thank you for sharing your work with the world! Warmly, J.

Events

Please follow the links for details

FREE - March 2nd - March 23 Online

[The Renewed You Online Summit](#)

FREE summit which will give you powerful tools and techniques such as how to:

- Discover your purpose and How You Are Meant for More
- Discover how to manage Hormone Levels with Food
- Activate your DNA thru Back-bending Techniques
- Discover How to move from Mindset To Brainset To Freedom
- How to use Meditation and Hypnosis to manage your mind

FREE - March 18th, 5:30 pm Pacific Time

[Live Webinar: What's in Your Way IS the Way](#)

Mary will guide you through:

- Trusting yourself and your life – all of it!
- Discovering the peace you long for
- Waking up each morning with a zest for life

Tuesdays: April 7th, 14th, 21st, 28th

[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](#)

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

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course launches again in September 23, 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.

[Contact Awakening](#)

[About Awakening](#)

[Our Offerings](#)

[Online Course](#)