



April 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 puts us in situations to bring up old feelings, not to disturb us, or punish us, but so we can see more clearly without identifying with them and then bring those feelings into the healing of our hearts."

**Intention:** The next time I get caught in reaction, I will become curious about what my storyteller is talking about.

### **Featured Offering**

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

An interactive Online Class with Mary beginning

April 8th, 2020

**In this time of great change and chaos, we are offering the course to you for whatever you can afford.**

**See Below for Details**



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

## Opening Our Hearts

I would love to share with you a few moments of pure unconsciousness I had a while ago. Since so many of us are having our reactive mind super fed by all the changes that are happening right now, I felt this was a great story to share for it shows us how to not get caught in our reactive minds. There are a number of other reasons why I would like to tell this tale, but I get ahead of myself. Let us go to the scene of this visitation I had of fear and anger that are a huge part of our storytellers - the voice in our head that is talking all day long!

I slipped into the pool at my gym for my half hour swim at 8:28 AM. On this day there was a water aerobics class that began at 9:00, just enough time for me to complete my swim. At around 8:55 a number of people had jumped into the first lane and were chatting before the class. I was in the second lane and a man was in the third. At 8:56 I started my last lap, which takes about a minute. After I had made the final turn, I noticed, just a few strokes before I ran into her, a woman who had come under the floating lane barriers and was standing right in the middle of my lane. These lanes are big enough for 2 people to do laps, so easily she could have stood at the side of the lane to let me pass. But because she was in the middle, there was barely enough room to squeeze by her and as I did, she hit me with her arm.

Can you imagine what my storyteller was doing? It was affronted. Anger came roaring through me, accompanied with the feeling of being right and making her wrong! The stories in my head were saying: "The class starts at 9! This is my lane until 9. How dare she!" As I got into the shower, awareness kicked in and saw what the storyteller was doing. Rather than falling into it or being ashamed of it, I asked it to tell me what it was experiencing. The story would calm down as I listened but would arise again 2 more times while I was in the shower. Each time I listened to it, it calmed down a bit more and my heart opened up again.

I could see that this is how wars are started and I didn't want to allow that level of unconsciousness to take me over! I could also recognize that many times in my life I had played the role of the woman in my lane – and felt great compassion for that part of me. And finally, my heart opened to the woman. I don't know what caused her to act as she did, but I didn't have to put her out of my heart!

There are 3 reason why I wanted to share this with you:

First: We have this strange idea that peace will come when we get rid of the parts we don't like and hold onto the ones we do! That only brings continual struggle inside. Instead, awakening is about getting to know all the various parts of our storyteller. The more you can see its fears, judgments and despairs, the more you don't take it personally. And when something very deep has been triggered, its visit will become much shorter and rather than getting you caught in more struggle, will instead bring you back to the wondrous healing of your own heart (both for yourself and for others!).

Second: In this world that is so aligned with the good/bad, right/wrong view of the world, which is at the heart of each of our storytellers, there is nothing inside of you to be ashamed of! We all have these parts. We are just very good at pretending that we don't – both to ourselves and to others! And these parts deserve kindness just like you do when you have had a difficult day.

Third: The core flavor of my childhood was invasion and so my storyteller was built with a huge amount of fear about being overtaken by life. I have, over the years, brought my attention to this part, to the extent that it is very quiet most of the time. But there, evidently, was still some vestige of this old fear. So life put me in a situation to bring it up, not to disturb me, or punish me, but so I could see it more clearly without identifying with it and bring it into the healing of my heart.

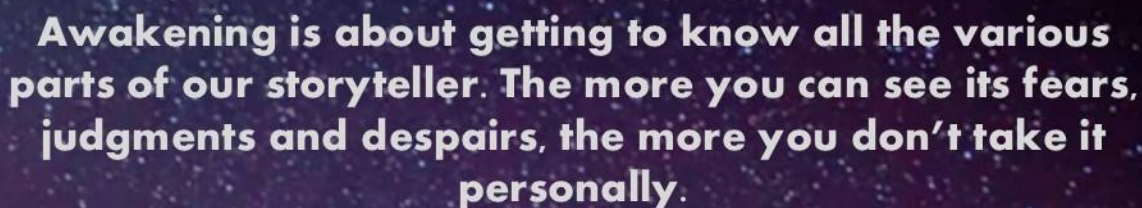
If you haven't read my book, [What's in the Way IS the Way](#), there is a wonderful saying that reminds us that even the challenges of our life are *for* us: Life is set up, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for life! What this is saying is that we don't have to fight with those times when we get caught in reaction. We also don't have to judge ourselves or make others responsible for our experience. Instead, we can use those times as an opportunity to see more clearly all the parts of our fear-based storyteller so that they will finally be tucked into our heart. Then our minds can be used for the wonderful tools they are rather than being lost in reaction a good deal of the time.

So the next time you are caught in reaction, become curious about what your storyteller is doing. Life is giving you these situations so you can see more clearly and thus unhook more cleanly from the storyteller's world of judgment and fear.

If you are looking for support to come back home to your heart, please consider joining the [What's In Your Way IS the Way interactive online course](#), which starts on April 8<sup>th</sup> and will not be offered again until 2021. Because of the current state of things in our world, **we are offering a sliding scale so everyone who wants to join the course, can.** Let's help support each other, during this time, to open our hearts and not let our reactions overtake us. If this speaks to you, please contact Devrah at [devrah@maryomalley.com](mailto:devrah@maryomalley.com) and she will happily assist you.

Be light,

Mary



**Awakening is about getting to know all the various parts of our storyteller. The more you can see its fears, judgments and despairs, the more you don't take it personally.**

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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+.

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 April 8, 2020

**In this time of great change and chaos, we are offering the course to you for whatever you can afford.**

**This is the last time this course will be offered in 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

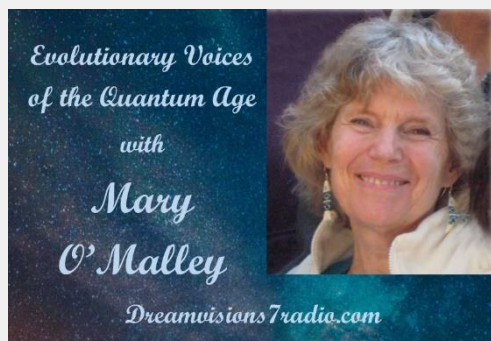
Lifetime access to the audio and video files and PDFs

We are offering a sliding scale for the course. Please contact Devrah at [devrah@maryomalley.com](mailto:devrah@maryomalley.com) if you are interested.

**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 had to reply to tell you how much I enjoyed your radio show and how much you've helped me over the past few years. What's In the Way Is the Way was the second book I read when I started my awakening process and your words have really stuck with me. I can't thank you enough. I almost killed myself with my fear in January this year (drinking too much water because my kidneys have reduced function and I was terrified they would fail) and that was really a turning point for me. I'm so grateful for that experience and this new Corona virus one—things are really falling into place and clicking for me now. I laugh and tell my husband I'm "in the zone" when I'm fully present and living from my heart. Anyway, that was a rambling way to say thank you from the bottom of my heart for everything

you do to make this world a better place, one scared and confused human at a time. ~D.

## Events

Please follow the links for details

**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

**Tuesdays: May 5th, 12th, 19th, 26th**

[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 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](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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