



June 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: “The more we can be with ourselves, the more it opens our hearts. And that is really what we have been longing for all along – the ability to live from our own hearts.”

Intention: When I have a reaction, I will become much more curious rather than controlling and much more compassionate rather than judgmental.

Featured Offering

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

September 23, 2020

See Below for Details



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

Three Phases of Healing

What is one of the core ways we can heal ourselves and heal our planet? By getting to know our own patterns of reaction. Whenever we are faced with a challenge, whether it is a cut on our finger or a raging boss, we all react in our own unique ways. Some of the standard modes of reaction are the stoic, the pleaser, the worrier, the rager, the freezer, the rescuer, the victim, the judger and the self-absorbed one. We all put these together into our own unique style.

Our patterns of reaction bring so much heartache into our lives. My primary mode of reaction was to freeze, and like all patterns of reaction it would tighten me, isolate me and cut me off from the flow of love that is life. It got stronger the older I became and much more entrenched when I tried to make it stop. Then I learned how to see it and see it with understanding and mercy. Only then was I able to move beyond freezing and learn how to respond to life rather than always living in reaction.

This process of seeing, loving and letting go of our patterns of reaction happens in three phases.

First phase: We are caught. We either can't see our patterns or, if we do, we have little willingness to do anything about them. We also don't recognize the consequences that come from living out of our repetitive reactions. When we decide we don't want to live this way anymore, we usually declare war on the pattern, trying to muscle it to the ground. This works for only a short period of time because we haven't done the work needed to *dissolve* the pattern. When the pattern comes back again, we then get caught into self-judgment (I did it again) and despair (I will never get out of this). We begin to move into the second phase when we see the price we pay for taking care of ourselves in our old ways isn't worth it, and we understand that trying to muscle it to the ground doesn't work.

Second phase: As it begins to make sense to us that living out of our old patterns isn't how we want to live, we begin to become curious about what is going on and feel the possibility of living another way. At the beginning of this phase, when our patterns of reaction are triggered, we will get lost in them most of the time. But slowly, we become more curious and more merciful with ourselves. Even when we get completely lost, there comes a time where we can let go of judgment and despair and simply look at how we are reacting. This may be right in the middle of the pattern, a few minutes afterwards, or a few days afterwards. We become much more curious rather than controlling and much more compassionate rather than judgmental. We finally come to the place where we can actually stand with the un-comfortableness of not following our pattern. This almost feels like detox, and it is good to have the support of other people as we learn how to be with our experience rather than running away from it. The more we can be with ourselves, the more it opens our hearts. And that is really what we have been longing for all along – the ability to live from our own hearts.

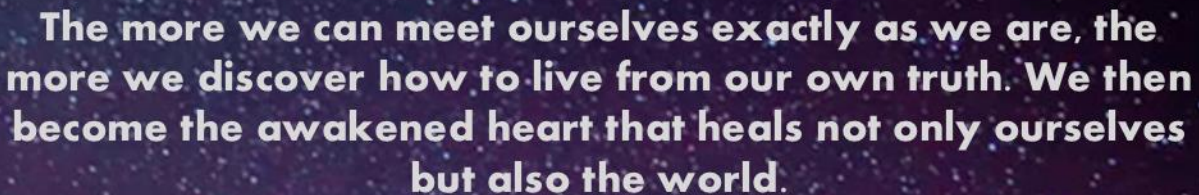
Third phase: As our ability to see and let go of our old patterns increases, we begin to enter the third phase. This is where our primary relationship with ourselves is one of compassion and curiosity. We still may get caught in our patterns but only for short periods of time, and rather than bringing up judgment or despair, they become an invitation to open back into life. The more we can meet ourselves exactly as we are, the more we discover how to live from our own truth. We can now let go of the idea that a good life is one where everything is under control. Instead we

learn how to ride the ups and downs of our lives, trusting ourselves, trusting our lives. We then become the awakened heart that heals not only ourselves but also the world.

There isn't a clear delineation with these phases. On any particular day you will probably touch into all three phases. But the more you can be curious and merciful with yourself, the more you will naturally gravitate toward the third phase – the place of truly becoming yourself. This is the greatest gift you can give to life.

Be light,

Mary



The more we can meet ourselves exactly as we are, the more we discover how to live from our own truth. We then become the awakened heart that heals not only ourselves but also the world.

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 September 23, 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

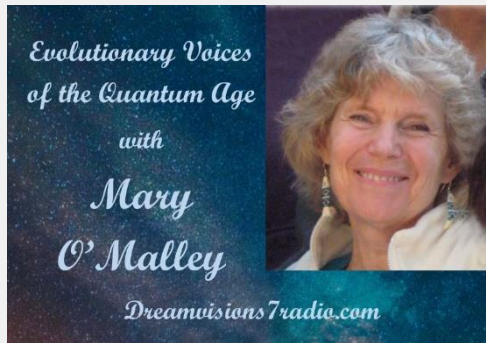
Lifetime access to the audio and video files and PDFs

For more information or to register for the Course, click [HERE](#).

Stay tuned for special discounts!

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 truly feel that over the last 2 years, your book and bi-monthly newsletter have been invaluable in bringing me the Gifts of being gentle on myself as I continue to unfold and be totally present to this Wonderful, Creative Life that greets me with a song in my heart each morning! What a blessing you continue to be for me!! ~J.

Events

Please follow the links for details

Thursday, June 4th

[Facebook Page: Mary O'Malley's Awakening Offerings](#)

10:00 AM Pacific Time - Make sure to like the page

Tuesday, July 28th

[Free Webinar: Becoming Smarter Than Our Struggles](#)

5:30 PM Pacific Time

Tuesdays: June 16th, 23rd & July 14th, 21st

[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

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

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

Course launches again in January 2021

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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