



July 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: "As our minds become quiet and present for life and our hearts open to whatever is, we begin to naturally embody ourselves again. Our center drops out of our head and into our body."

Intention: Rather than trying to control another person or circumstance, I will focus on opening and connecting.

Featured Offering

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

September 23, 2020

&

[The Global Isolation Solution Telesummit](#)

Starts July 6th

See Below for Details



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

Open to Life

I was running errands the other day in such joy. My mind was fully here, my heart was open, and I was grounded in my body. Everybody I saw was met in the spaciousness of my attentive mind and my open heart. There was no story in my head that put a veil between my awareness and the immediate experience of life. So I was *open* to Life – delightfully, compassionately and with great interest, here for life the moment it appeared out of mystery.

This is our home – the experience of *being* fully open to life, right here, right now. We all knew this when we were very young and then, over time, pulled ourselves up and out of our bodies, getting lost in our minds. And the kind of mind we have gotten lost into loves to struggle with life, looking at everything from the perspective of good/bad, right wrong, whether it is ourselves, others or the state of the world. The by product of that kind of mind can be seen in the heartache evident on the evening news, and in the subtle unease that can be so much of our lives. But that is not our destiny. To be fully human is to be fully alive, trusting and opening into the great adventure called life. Rather than controlling we connect. Rather than dividing we unite simply by the quality of our consciousness. That was what was happening as I was running errands.

More and more of us are now being awakened by life. Rather than living in a mind that is always trying to ‘do’ life, struggling with everything from the length of a stoplight to our financial state, the awake mind recognizes that life is much smarter than it and the safest thing it will ever do is to *trust* life, learning how to engage with it, right here, right now no matter what is happening. The awake mind also recognizes itself as a tiny but essential part of a vast and mysterious process. As you sit here reading this newsletter you are being held by a planet that is dancing through vast oceans of space. And surrounding you, there are more stars than there are grains of sand on every beach of the Earth. Expand your awareness and let that in! There is no such thing as an ordinary moment in your life!

The kind of heart that is fully here for life sees that we are all in this together. Whether we are a terrorist or a saint, or a combination of both, the heart recognizes that each of us is living the life that Life wants us to live. I know that flies in the face of one of the core beliefs of our controlling self...that people are good or bad (or we are doing it right or wrong) but for just a moment, feel the possibility of not putting anybody or any part of you out of your heart and see if you can feel how that takes away a core fuel of your struggling self. The wondrous thing is that the quickest way to transform negative energy is to meet it with an open heart!

As our minds become quiet and present for life and our hearts open to whatever is, we begin to naturally embody ourselves again. Our center drops out of our head and into our body. Our shallow breathing opens again, engaging down into our belly. And we discover again the field of joy and radiance that is our body. Take a moment and give your body your attention. Whether you can feel it or not, all the sensations of your body are happening within a field of bliss that is your natural state. And that radiance can be accessed no matter where you are, no matter what is happening, even great illness.

The amazing thing is that we have never lost our natural capacity for *being* that includes an awake

mind, an open heart and a truly radiant body. It just got covered over by this game of struggle that is happening in our heads. Our job is not to try to get 'back' to our natural state, that is just more struggle. Our job is to get to know our struggling self enough so that we can *see through it*. It is just like a fog that blocks the sun. Every time we give our full and compassionate attention to one of the stories that makes up our struggling self, more of the fog lets go, revealing the radiant, joy filled 'sun' of our true nature.

Be light,

Mary

The wondrous thing is that the quickest way to transform negative energy is to meet it with an open heart! The kind of heart that is fully here for life sees that we are all in this together.

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.

FACEBOOK LIVE

COME JOIN MARY'S FREE TALKS ON FACEBOOK!

Times are changing and are challenging for many of us.

Join Mary on Thursdays for her live conversation on her [Facebook page](#).

- Hear her supportive messages about how to stay present during these challenging times.
- Join in the chat conversations happening as Mary's speaks.
- Ask your questions in real time.

Come meet with us on July 2, 9, 16, & 23

Make sure to like Mary's Page and get notifications. Mary may also pop on spontaneously.

To like her page, [CLICK HERE](#).

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](#).

This course is available on a sliding scale. Contact devrah@maryomalley.com for more information.

The Global Isolation Solution Telesummit

Starts July 6, 2020

It's been a time of upheaval, unexpected change, and a whole lot of deep soul-searching. Many things have been stripped away or altered into something vastly different from what we were planning for.

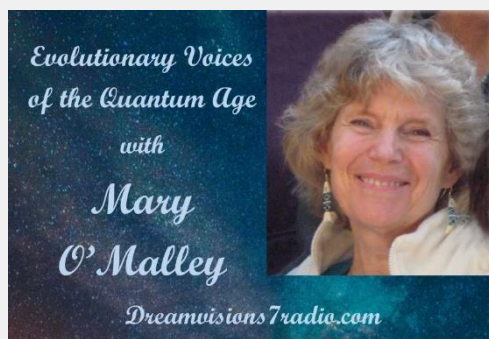
How do we seize this opportunity to make the changes we want to make? How do we find the right tools to move the needle in the direction we want it to go?

The Free Global Isolation Solution BREAKS ALL THE RULES by solving so many problems all in one place, and that's why I decided to be part of it.

- Has your weight crept to an all-time high and you know you're now at risk for getting sick?
- Maybe your fitness fell so far by the wayside that even the thought of starting back up again has you paralyzed on the couch.
- Is your business at a standstill because you don't know where to turn next?
- Is it time for you to do the work so your relationships can evolve to a new level?

This is everything you've been thinking and talking about doing, and the time is now. If you're with me in this and you're ready to take, click this link to be part of the Global Isolation Solution and get real answers to the problems we are all facing.

To Register [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

You continue to be a most beautiful presence & light in my life since reading your book, The Gifts of Our Compulsion, years ago. Bless you, Mary 💜 ~M.

Events

Please follow the links for details

Facebook Live: Thursday, July 2, 9, 16, & 23

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

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

Starts July 6, 2020

[The Global Isolation Solution Telesummit](#)

Free online when you register.

Tuesday, July 28th

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

5:30 PM Pacific Time

Tuesdays: July 21, 28th & August 18th, 25th

[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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