



August 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:** “Challenges are here to heal us to our core. As you discover how bring your aware heart to all the parts of you that resist challenges, the gifts begin to reveal themselves.”

**Intention:** When I am challenged by life, I will look for the hidden gifts embedded in those challenges.

### Featured Offering

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

September 23, 2020 – Sliding Scale available



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

**Life as a Rough and Tumble Sport**

Are you in one of those times when life seems to be a rough and tumble sport? Maybe you have to go to work in a place where it is possible to contract the virus (teachers, nurses, doctors, custodians, bus drivers, etc.), maybe your business is barely surviving in this time of Covid 19, maybe a love one is dying alone in a hospital or assisted living; maybe you are brokenhearted around all of the divisiveness and inequality that is happening in the world.

How do we keep opening to what life is offering when it is so very challenging?

The first thing is to know that life will always open and close. It will bring us nourishing connections with ourselves, our loved ones and with life and, just as winter is a necessary part of the flow of nature, life will also bring us wild winter storms and freezing cold days. It takes a while before we realize that to spend our lives trying to get to the good stuff and to get rid of what we think is bad causes us to be blindsided when the challenges do come.

It is a huge step in our awakening when we realize that challenges aren't here because we took a left turn when we should have taken a right; or we are being punished by God; or they are proof that there is something wrong with us. *They are here to heal us to our core.* Or, 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.

When you discover that the challenges of your life are *for you*, something amazing begins to happen – you see that they *always* come bearing gifts. As you discover how bring your aware heart to all the parts of you that resist challenges, the gifts begin to reveal themselves.

All of what I have said is brought together in Rashani's beloved poem:

There is a brokenness out of which comes the unbroken,  
a shatteredness out of which blooms the unshatterable.  
There is a sorrow beyond all grief which leads to joy  
and a fragility out of whose depths emerges strength.

There is a hollow space  
too vast for words  
through which we pass with each loss,  
out of whose darkness  
we are sanctioned into being.

There is a cry deeper than all sound  
whose serrated edges cut the heart  
as we break open to the place inside  
which is unbreakable and whole,  
while learning to sing.

I have kept this poem close during this time and these words have allowed me to meet the fragile parts within me that can still be amazed that life includes heartache, pain and death. It also reminds me to meet my aching heart with my own heart. And most importantly, it reminds me that

even though suffering, resistance, and shatteredness are here, this is all happening in a greater space. It is the space in which all of our challenges are taking us – the place where we rediscover ‘how to sing’ – not only when life is wonderful, but also when it is very challenging. For, as I love to say, “Happiness is getting what you want – and that can happen at times in life – but joy is the ability to be with what is, even if it rocks you to your core!”

Be light,

Mary

**Life will always open and close. It will bring us nourishing connections with ourselves, our loved ones and with life and, just as winter is a necessary part of the flow of nature, life will also bring us wild winter storms and freezing cold days.**

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.

## 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 August 13th, 20th, & 27th

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?

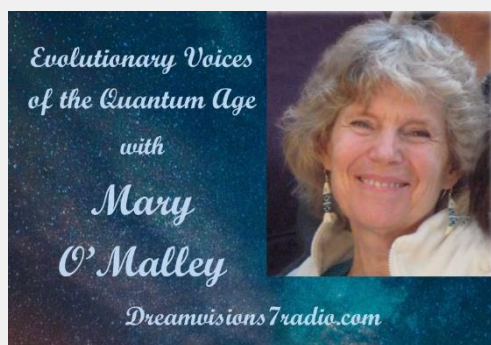
### Included in the course:

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](mailto:devrah@maryomalley.com) for more information.**

### 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 adore your writing and teachings. I have read two of your books and often forward these emails to friends and family. Your thoughts through writing are so rare and honest! I thought of you during your last surgery and so grateful now, to have scrolled down to find I could send a comment. Thank you so much for all you are! ~N.

### Events Please follow the links for details

**Facebook Live: Thursday, August 13th, 20th, & 27th**

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

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

**Tuesdays: Sept 1st, 22nd, 29th, & Oct 6th**

[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 begins on 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 13, 2021

**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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