



September 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: "Opening into the power of simply being, it becomes easier to recognize the preciousness of this moment and to realize that it is totally new – that every sensation, every thought, every sound has never shown up quite this way before."

Intention: As I am opening to life, I will welcome into my awareness the beauty and joy but also the sorrow and pain.

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.

A Love Affair with Life

This summer I gave myself a two-week *staycation* during which I spent a lot of time in my garden, especially by the pond. (If you want to visit this magical garden, [CLICK HERE](#).) And as the days unfolded, I opened into a deepening love affair with life.

As my mind quieted, the astounding beauty and mystery of life became clearer and clearer, allowing me to directly experience life for long periods of time – not thinking about it, but actually being with it in each moment. To be this open to life is what we all long for. It is what we are homesick for.

Opening into the power of simply being, it becomes easier to recognize the preciousness of this moment and to realize that it is totally new – that every sensation, every thought, every sound has never shown up quite this way before. It is also easier to see that life is infinitely more than what it looks like on the surface. To see nature all around me – to really see it and to also recognize that everything is simply an outer expression of an infinite, creative intelligence – moved me in ways that are too deep for words.

It is very important, however, to recognize that opening to life isn't just about opening to all of the beauty and the joy. It is also being that open with pain and sorrow. There were periods of time during those two weeks that grief was moving through me around a relationship that has the capacity to wake up some pretty deep states inside of me.

There were also times of fear about my body which is experiencing a lot of pain. When I saw my knee-jerk reaction to tighten down around the pain, the fear and the grief, I could see that this cut me off from the joy I was experiencing just a few moments before. So over and over I opened to the discomforts as they passed through me and rediscovered again and again that, as I relaxed around them, they became doorways back into an intimate, open connection with life. This is why I love the title of my book so much – *What's in the Way IS the Way*. When we can stay open to the difficult, it is always a doorway back into life.

To get a deeper sense of what I am sharing, I invite you to watch some of the videos I put on [YouTube](#), and to download my [radio shows](#) (there are over 60 shows you can download). I also invite you to give yourself the gift, during your day, to simply pause and notice something here before you – a tree, your breath, the taste of your coffee. Be as fully with it as you can rather than thinking about it. As you do, step by step, drop by drop, you can awaken out of the dream of struggle and come back to a nourishing, joyful connection with life.

Be light,

Mary

As my mind quieted, the astounding beauty and mystery of life became clearer and clearer, allowing me to directly experience life for long periods of time – not thinking about it, but actually being with it in each moment.

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.

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.
- Or email questions to [Devrah](#) in advance and Mary will answer them.

Come meet with us on September 3rd & 24th

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:

- Discovering that your core compulsions is to struggle, and all your other compulsions are an attempt to numb out from the heartache of living in struggle.
- 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

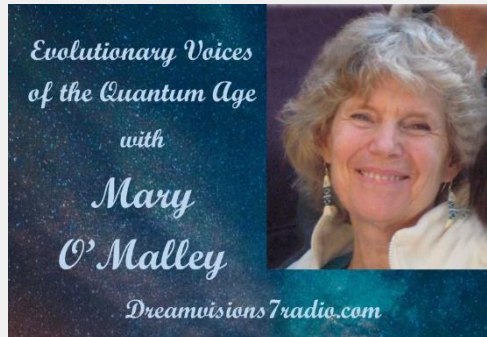
PDF handouts of all lessons and invitations
Facebook group
Lifetime access to the audio and video files and PDFs

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.

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 joined Mary's Thursday morning group a couple of years ago. One of the things that has impressed me the most is the length of time this group has been meeting and connecting! (I'm one of the newbies). It is a grounding place - a place to come home to and be reminded of this journey we're all on. It's a place to explore what shows up and where we get caught. It's a place to remember we're all connected and life is for us. I am grateful every Thursday that I get to reinforce my growth and open my heart. Thank - you. ~B.

Events

Please follow the links for details

Facebook Live: Thursday, September 3rd & 24th

[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

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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