



October 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 you discover how to meet yourself with kindness, you not only are healed, but you become a healing presence in the world.”

**Intention:** When I am feeling challenged, I will cultivate spaciousness and kindness for myself and instead of seeing my vulnerabilities as weakness, I will recognize my humanness.

#### **Featured Offering**

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

**It's not too late to join!** – Sliding Scale available

[The Happy Child with Special Needs Summit](#)

An online interview series to transform your life and your relationship with your child

Free through October 18th



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

### **Self-Kindness**

These days, there are lots of books, articles, videos, and blog posts about how to be kind to others. What we often forget is that the person most in need of our kindness is ourselves. When we can meet ourselves in our own hearts, true kindness comes automatically. It is not something we have to learn. Yet, most of us do not know how to be kind to ourselves because we were conditioned to put ourselves out of our own hearts when we were very young.

I had a wonderful opportunity to bring kindness and spaciousness to myself a couple of months ago. After an exhausting day, a friend drove me home and I asked her to stop at the post office so I could pick up some change of address forms for my son. I told her it would only take me a minute to run in quickly and grab a stack of forms, but when I entered the post office, I did not see the change of address forms anywhere. I had the choice to go and stand in line (there were 12 people waiting), which would mean making my friend wait, or I could go up to the counter and quietly ask the clerk to tell me where the address forms are located. I chose the second option. The clerk said there were not any forms in the lobby, but that she would get me some as soon as she was done.

When the clerk finished up with her customer, she went into the back room and was gone for what seemed like eternity. It must have been at least three or four minutes, and during that time, the storyteller in my mind was saying, “Everybody is upset with me because I cut in line; I am being a bother asking the clerk to find me address forms; I should have just waited in line like everybody else.” Very quickly I became aware of the voice in my head and suddenly my heart opened. I could see clearly this part of

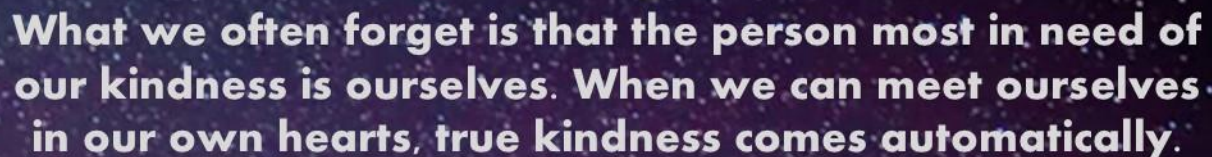
me that had felt like a bother when I was young and I said to her, “It’s okay. You didn’t do anything wrong. You are just trying to do the best you can after a very intense and exhausting day.” As I gave her the space and kindness she so desperately needed, she calmed down and finally the clerk brought the address forms and I was on my way.

When I got home, I thought about a passage entitled ‘Our New Spirituality’ by Jeff Foster, author of The Deepest Acceptance, that was posted on his Facebook page. It is a long, beautiful passage, but one part in particular came to mind as I reflected on my day: “In my humble view, the most 'awake' ones are the ones who have cultivated a deep warm compassion within, a profound self-kindness, and who radiate that delicious empathy into the world. One foot in awareness, the other foot dancing and playing in the glorious mess of relative existence; courageous enough to receive both ecstasy and agony with the same kind of humility.”

Bringing spaciousness and kindness to ourselves is not easy, especially amidst the great challenges of our lives. We so often tend to judge ourselves for our vulnerabilities and see them as a weakness rather than simply our humanness. Life is really, really hard sometimes and during these challenging times, so often we abandon ourselves when we most need ourselves. It takes courage to be kind to yourself when fear, confusion, shame, pain, and deep despair arise. But as you discover how to meet yourself with kindness, you not only are healed, but you become a healing presence in the world. For as you learn how to live from your heart, discovering how to treasure yourself exactly as you are, you then radiate kindness into the world.

Be light,

Mary



**What we often forget is that the person most in need of our kindness is ourselves. When we can meet ourselves in our own hearts, true kindness comes automatically.**

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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.

## 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 October 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

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

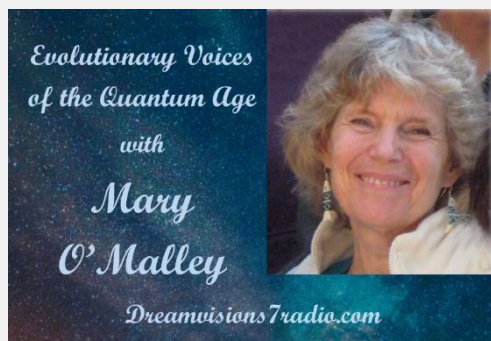
**It's not too late to join!**

**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

Having completed the two on-line courses of Awakening this year it is time to express my gratitude for your teaching which has been life saving from overwhelming despair, fear and binging and this gives me hope that there's even more life to be discovered that I'm as yet blind to. So it is with deep respect that I receive your teaching and I hope that I by and by might pass some of this life on to people around me. ~E

### Events

Please follow the links for details

**Facebook Live: Thursday, October 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

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

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

**The Happy Child with Special Needs Free Summit**

[The Happy Child with Special Needs](#)

Online now until Oct. 18th

**Tuesdays: Nov. 10th, 17th, & Dec. 1st, 8th**

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time - Waiting list available

**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

**It's not too late to join!**

**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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