



November 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 doorway back into an abiding and ease-filled connection with ourselves and with life is through accepting ourselves as we are. Acceptance is so powerful that it can heal bodies, heal relationships, and even heal nations.”

Intention: When I find myself judging me, I will meet myself with understanding and mercy.

Featured Offerings:

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

An interactive Online Class with Mary beginning

January 13, 2021

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Coming soon, Mary's new book:

Falling in Love with You

See Below for Details



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

Loving Self-Acceptance

Why, when loving acceptance of ourselves is our birthright, do most of us live our lives separate from its healing presence? One of the main reasons is that the way we have been trained to regard ourselves is the exact opposite of love. Love is accepting and honoring. It is allowing and understanding. It sees what is there without any need to change it, and its power to heal is phenomenal. Rather than dividing, it unites, bringing things together in harmony, whether it is our families, the world, or parts of ourselves.

In childhood we are taught to read and write, ride a bicycle and do our chores, but we are not taught how to be okay with ourselves as we are. So we become ongoing projects to ourselves, focusing on what needs to be different rather than accepting ourselves in our hearts. There is nothing wrong with wanting to improve aspects of ourselves. But for most of us it becomes our primary mode of existence, causing us to miss the *enoughness* that we are right now! It also makes our lives very challenging. Without knowing how to meet ourselves with understanding and mercy, we wound ourselves, and eventually the wounds weave a layer of scar tissue around our hearts.

This urge to want to be different is always there as a subtle unease deep within, keeping us caught in a vicious circle of trying and failing. The more we expect ourselves to be different than we are, the more we judge how we are doing. The more we judge, the thicker the scar tissue becomes around our hearts. And the more disconnected we become from understanding and mercy, the more we expect ourselves to be different from what we are.

As self-judgment runs rampant through our minds and hearts, it can solidify into shame. Self-judgment says, "I did it wrong." Shame says, "I am wrong." To live a shame-based life is a rejection of ourselves by ourselves. To be filled with shame is to wake up every morning to a person we don't like, and that person is ourselves!

The key to healing the core of our shame is mercy. Mercy means "to refrain from harming; to relieve suffering." Mercy brings the understanding that the most unacceptable parts of ourselves are the most wounded. It also reveals that there is not one part of ourselves that is not deserving of being met in a compassionate and loving way.

It is possible to open our hearts again, learning how to meet ourselves in understanding and mercy. This is one of the core treasures that our self-judgment, self-punishment and numbing behaviors bring. They won't let go until we see that it is acceptance that heals. The doorway back into an abiding and ease-filled connection with ourselves and with life is through accepting ourselves as we are. Acceptance is so powerful that it can heal bodies, heal relationships, and even heal nations.

Stay tuned for Mary's new book **Falling in Love with You, Nuggets of wisdom for a heartfelt life**. It will be available for purchase soon!

Be light,

Mary

Love is accepting and honoring. It is allowing and understanding. It sees what is there without any need to change it, and its power to heal is phenomenal.

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.

Falling in Love with You

Nuggets of wisdom for a heartfelt life

WE ARE SO EXCITED TO SHARE THAT MARY'S NEW BOOK WILL BE RELEASED SOON!

Book blurb: One of the core assignments you have been given by life is to fall deeply and completely in love with you exactly as you are. And yet you have been on a long, long journey away from the

wisdom of your heart, away from meeting yourself with the healing balm of insight and compassion. So have we all!

Join Mary in exploring these nuggets of wisdom, which highlight that you are completely unique and an absolutely necessary part of life. These quotes will also reveal how you were conditioned to close your heart to yourself and finally they will reveal the path of coming home to your heart, so you can live from nourishing wisdom and insight. Allowing the messages from the book into your heart will help heal you, and all those you interact with including our planet. We need your heart!

Praise for the book:

“Here, in a collection of conveniently brief but wonderfully illuminating insights are eye-opening, mind-opening, heart-opening morsels to feed the part of all of us that has, more than once, starved for permission to think well of ourselves. All we have ever needed was some encouragement along the way. This is it. Now we can give even more magnificently to others, as we embrace a full awareness of the wonder of who we are.” ~ Neale Donald Walsch, author of Conversations with God

Stay tuned for the launch date, and specials for the holidays as this would be a very special gift to give.

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 November 12th & 19th

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

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

WHAT'S IN YOUR WAY IS THE WAY

An interactive Online Class with Mary beginning January 13, 2021

AN 8-WEEK ONLINE INTERACTIVE COURSE FOR REDISCOVERING THE JOY OF BEING FULLY PRESENT FOR LIFE

What is the awakened life?

The Awakened Life is a life full of presence. It is about using your thoughts to connect with life as it is rather than trying to hide from it or control it.

Take a moment... Lift your eyes from what you are reading, allow a long, slow out breath and let your life in.

Imagine:

- if you truly trusted yourself and your life – all of it?
- if your challenges, rather than being endless problems to be solved, became doorways into the healing you long for?
- if you discovered that the peace you long for is always with you right here, right now?
- if you woke up each morning with a zest for where the adventure is going to take you today?

Included in the course:

8 weekly lessons with written, 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

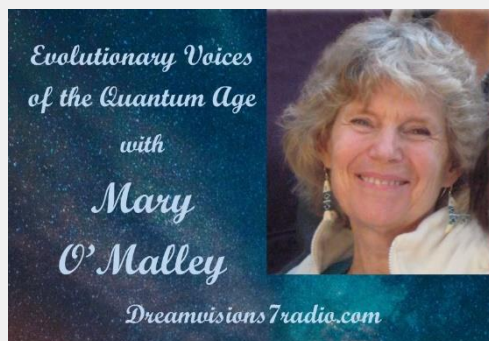
Lifetime access to the audio and video files and PDFs

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 enjoy Mary's energy and passion and she is a delightful, engaging teacher. ~C.

Events

Please follow the links for details

Facebook Live: Thursday, November 12th & 19th

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

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

Tuesdays: Dec 1st, 8th, 22nd, 29th

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

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

Tuesday, December 8th

[Live Webinar: Falling in Love with You - exactly as you are](#)

5:30 pm PST

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](#)

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

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

Course launches again on January 13, 2021

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course begins on March 31, 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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