



December 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: "I understand that I'm always and at any given opportunity in the right place at the right time. And I understand that all that is happening is right."

Intention: If I find myself longing for a different life, I will recognize that everything around me is a request to grow.

Featured Offerings:

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

An interactive Online Class with Mary beginning
January 13, 2021

[Live Webinar](#)

Falling in Love with You, exactly as you are
December 8th 5:30 pm PST

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.](#)

When I Started Loving Myself

In honor of the launch of my new book, *Falling in love With You*, I share with you absolutely astounding poem which Charlie Chaplin wrote on his 70th birthday. May you be as nourished by it as I am.

When I Started Loving Myself

When I started loving myself I understood that I'm always and at any given opportunity in the right place at the right time. And I understood that all that happens is right – from then on I could be calm. Today I know: It's called TRUST.

When I started to love myself I understood how much it can offend somebody when I tried to force my desires on this person, even though I knew the time is not right and the person was not ready for it, and even though this person was me. Today I know: It's called LETTING GO.

When I started loving myself I could recognize that emotional pain and grief are just warnings for me to not live against my own truth. Today I know: It's called AUTHENTICALLY BEING.

When I started loving myself I stopped longing for another life and could see that everything around me was a request to grow. Today I know: It's called MATURITY.

When I started loving myself I stopped depriving myself of my free time and stopped sketching further magnificent projects for the future. Today I only do what's fun and joy for me, what I love and what makes my heart laugh, in my own way and in my tempo. Today I know: it's called HONESTY.

When I started loving myself I escaped from all what wasn't healthy for me, from dishes, people, things, situations and from everything pulling me down and away from myself. In the beginning I called it the "healthy egoism", but today I know: it's called SELF-LOVE.

When I started loving myself I stopped wanting to be always right thus I've been less wrong. Today I've recognized: it's called HUMBLINESS.

When I started loving myself I refused to live further in the past and worry about my future. Now I live only at this moment where EVERYTHING takes place, like this I live every day and I call it CONSCIOUSNESS.

When I started loving myself I recognized, that my thinking can make me miserable and sick. When I requested for my heart forces, my mind got an important partner. Today I call this connection HEART WISDOM.

We do not need to fear further discussions, conflicts and problems with ourselves and others since even stars sometimes bang on each other and create new worlds. Today I know: THIS IS LIFE!

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My new book *Falling in Love with You: Nuggets of wisdom for a heartfelt life* paperback is now available on our [website](#) and [Amazon paperback](#) & [ebook](#).

This is a wonderful little book for a holiday gift for everyone you love and care about. **A holiday special: buy three Falling in Love with You paperbacks from my website and get a fourth one for free.** It will automatically be included in your package.

Be light,

Mary

**When I started loving myself I stopped longing for another life and could see that everything around me was a request to grow. Today I know: It's called MATURITY.  
~ Charlie Chaplin**

### Acknowledgements from Our Readers

You are such a radiant being of light, Mary! I can never adequately thank you for the transformation you have fostered in my life and that of so many others, except by paying it forward by introducing everyone I know to your work.

And by continuing the work so that I can contribute to a better world.

And by learning that kindness, like charity, begins at home. :)

Sending prayers and love for your healing journey. Can't wait to see you again in January.

With love, affection and enormous gratitude, ~A.

### Events

Please follow the links for details

**Facebook Live: Thursday, December 3<sup>rd</sup> & 10<sup>th</sup>**

[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 8<sup>th</sup>**

[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

## **Falling in Love with You**

### *Nuggets of wisdom for a heartfelt life*

**WE ARE SO EXCITED TO SHARE THAT MARY'S NEW BOOK IS AVAILABLE NOW!**

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!

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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

Now available on my [website](#) and [Amazon paperback](#) & [ebook](#).

This is a wonderful little book for a holiday gift for everyone you love and care about. A holiday special: buy three Falling in Love with You paperbacks from my website and get a fourth one for free. It will automatically be included in your package.

## **FREE LIVE WEBINAR**

**COME JOIN MARY'S FREE WEBINAR: Falling in Love with You, exactly as you are**

Mary will guide you through:

- Seeing that loving ourselves is one of the most challenging but also the most rewarding assignments life gives us.
- How to move beyond the struggle that says you have to be different than who you are in order to be okay.
- How to see and love everything that stands in the way of living from your heart so you can be fully present for life.

Email questions to [Devrah](#) in advance and Mary will answer them on the call.

**Join us on December 8th at 5:30 pm PST.**

**To register, [CLICK HERE](#).**

*\*The webinar will be recorded and available to you if you register.*

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

## **FOR MORE INFORMATION**

[Counseling](#) - In person & by phone (currently by phone or Zoom)

[Awakening Group](#) - In person group (currently held on Zoom)

[Tele\(PHONE\)Group](#) - Telephone group

To visit Mary's [website](#), [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).

**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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