



January 2021

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:** “While our minds have ideas of how life should be, a deeper part of us knows that whatever is happening in our lives is for us and we don’t need to get caught in reaction.”

**Intention:** When life is offering up a challenge, I will pull myself out of the reactive mind and bring it back to curiosity, spaciousness and kindness that open the door to deep healing.

**Featured Offerings:**

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

An interactive Online Class with Mary beginning  
January 13, 2021



**Click on the photo above to watch Mary in a video message.**

**This is What Life is Offering**

We have all been taught to react to life rather than respond. We have been deeply conditioned to believe we are in control, trying to “do” life rather than connecting with it. The reacting, controlling

and resisting we do all day long keeps us identified with struggles in our mind, cutting us off from an alive, trust filled connection with life.

There are four statements that remind me to open to life rather than staying lost in the world of struggle. These statements, especially when life is offering up a challenge, can pull you out of the reactive mind and bring you back to curiosity, spaciousness and kindness that open the door to deep healing.

- This is what life is offering
- It is just a wave passing through
- No need to push it away
- It belongs here

These four statements remind you that you are not a victim to life. The first one, “This is what life is offering” allows you to remember that life is in charge of life. It turns you around from the reactive self to the conscious self that is open and curious about what this moment is presenting.

You actually do trust life a lot. You trust that it will breathe you, digest your food, and bring a new day. But we have all lost sight of how to trust the ongoing unfolding of our lives, both the joys and the sorrows. The essence of this first statement is encapsulated in Eckhart Tolle’s powerful quote: *“Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment.”*

The second reminds you that absolutely nothing lasts forever, even the difficult parts of life – just a wave passing through...a wave of thought, feeling sensation.

The third invites you to let go of your conditioned resistance and instead, stay open to what life is offering.

And the fourth brings you back to trust.

These statements have been with me a lot since the cancer diagnosis. The mind feels it is a victim to the cancer and all the uncomfortable feelings/sensations that go along with it. But these statements remind me that cancer is now my teacher and I can choose to be a victim or show up for it and, as Eckhart says, the cancer is here because it is helpful for the evolution of my consciousness. When I fall into the victim, I suffer. When I remember that the cancer is my teacher, I become fascinated and find myself responding rather than reacting.

While our minds have ideas of how life should be, a deeper part of us knows that whatever is happening in our lives is *for us* and we don’t need to get caught in reaction. It is not always easy to respond rather than react, and you will get caught over and over again, but that’s okay. You can remind yourself to come back to the present moment by saying whichever of the four statements touches you at that moment or by saying the whole thing. Allow them to be a reminder that the deepest longing you carry is to be fully here for Life.

Be light,

Mary

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### Acknowledgements from Our Readers

Love all of your work Mary. You are one of my favorite teachers!~V.

### Events

Please follow the links for details

#### **Online Summit: January 11th – 17th**

[Living Your Dream Life Summit](#)

Register for Free

#### **Facebook Live: Thursday, January 14th & 31st**

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

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

#### **Tuesdays: January 12th, 19th & February 2nd, 9th**

[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](#)

#### **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

### 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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