



May 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: “The invitation is to begin to contemplate that life is trustable – even when it is messy and painful - and allow it to work its magic underneath your everyday awareness.”

Intention: When I notice I am lost in thought I will cultivate moments when, rather than doing life, I will bring my attention out of my stories and instead connect with life.

Featured Offerings:

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

**An interactive Online Class with Mary beginning
September 22, 2021
See Below for Details**



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

Life is Trustable

Imagine for a moment how your life would change if you trusted that all the chaos happening in our world is for a purpose.

Imagine what it would be like if you even trusted that the challenges and heartbreaks of your own life are *for* you in some way that you can't yet see.

What if life is eminently and deeply trustable, even though at times it can be truly unlikable and scary? Because maybe, just maybe, life knows what it's doing.

To reconnect with deep, cellular trust – to open again to the awesomely creative flow of life – you need to acknowledge something that is difficult for most people. The truth is that life is constantly changing. It is unpredictable, instantly changeable, and at times seemingly arbitrary and capricious. And what do you do with this? If you are honest with yourself, you realize that you try to control it, but this is like trying to herd cats. You almost get your life all together and then everything changes. All of this struggling with life keeps you caught in your mind, trying to make life different than what it is. This causes you to experience life through your thoughts rather than being intimately connected with life the moment it appears out of mystery.

Lift your eyes from this page and for a moment let go of the urge to make life better or different than what it is. Instead, *open to it*. Hear it. The sounds that are arising and passing away are totally brand-new, never heard this exact way before and never to be heard this way again. See it. See the vast array of colors, really see them. See the contrast of shadow and light. Most importantly, see that everything is an expression of the creativity at the heart of life.

Now bring your finger to side of your neck, slightly pressing in under your chin and feel the beat of your heart. Life is beating your heart. Life is giving you the gift of life in a body. Now bring your attention into your body and notice the rising and falling of your breath. It seems like you are doing the breathing. But the greater truth is you are being breathed by life.

To open again to life – to know that the safest thing you'll ever do is let go of your addiction to control and *actually be here for life* – you need to allow the possibility that life is smarter than you. Do you bring forth spring out of winter? Do you organize and orchestrate the 70 trillion cells that make up your body? Do you beat your heart or breathe your breath?

To get a sense of what it is like to open to life rather than always trying to control it, imagine you are on a dance floor and your partner is life. See how you are either pushing life around the dance floor or life is doing the same to you. Can you feel how much struggle is happening in that dance? You are either trying to control life or you feel you are being controlled by it. You have gotten use to struggling with life rather than allowing yourself to be held and supported by life.

Now imagine that you have discovered how to partner with life, and rather than struggle, there is an exquisite flow to the dance, twirling, spinning and dipping in harmony. This is what it feels like when you relax again into the flow of life and open to what life is offering rather than trying to control it.

It may feel like insanity to your mind, but I invite you, just for the next hour or so, to relax into life. Dance with whatever is showing up rather than resisting it. And enjoy it!

To get a sense of this, I offer you a favorite line from an Ojibwa song, “Sometimes I go about pitying myself when all the time I am carried on great wings across the sky.”

We could also say “Sometimes I go about in great fear, when all the time I am carried on great wings across the sky.”

We could also say that sometimes we are caught in loneliness, or self-hate, or doubt, or confusion, or struggle, or even seemingly unending grief. And yet, at the same time, we are carried by great wings across the sky.

The invitation is to cultivate moments when, rather than *doing* life, you bring your attention out of your stories and instead connect with it. You can’t control your way back to an intimate and alive connection with life. But you can let this invitation in, this invitation to begin to contemplate that life is trustable – even when it is messy and painful - and allow it to work its magic underneath your everyday awareness. You can begin to have moments where you simply rest in the great flow of life and truly discover that everything in your life is unfolding exactly the way it needs to.

I end with one of my favorite quotes from [Pema Chödrön](#):

“When we resist change, it’s called suffering. But when we can completely let go and not struggle against it, when we can embrace the groundlessness of our situation and relax into its dynamic quality, that’s called enlightenment.”

Be light,

Mary

To reconnect with deep, cellular trust – to open again to the awesomely creative flow of life – you need to acknowledge something that is difficult for most people. The truth is that life is constantly changing.

Acknowledgements from Our Readers

I am reading What is in the Way is the Way for the second time. Loving the book and will read it again and again. It takes me several readings to sink in and take hold. Thank you, peace and blessings, ~T.

EVENTS

Please follow the links for details

Facebook Live: Thursday, May 27th & June 3rd

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

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

Tuesdays: May 25th & June 1st, 15th, 22nd

[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 in September 22, 2021

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course begins in 2022

WHAT'S IN YOUR WAY IS THE WAY

An interactive Online Class with Mary beginning September 22, 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.

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.

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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