



June 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 amazing thing is that we are surprised by the understanding that life is for us, especially when it is not at all apparent. Life is supporting you, communicating with you and taking step by step into your awakening.”

**Intention:** When I find myself resisting life, I will become curious about the treasures that lie hidden in my challenges.

**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.**

**Flawless, Methodical Madness**

I love to describe life as ‘flawless, methodical madness.’ On first glance, it does look like madness. All you have to do is watch the evening news to wonder what in the heck is going on. But the more your mind quiets and your heart opens, you begin to notice something going on here that is way beyond your ability to control or even comprehend. Underneath the dualistic dance of good/bad, right/wrong, easy/difficult, happy/sad that our minds go through all day long, people are waking up to life in its infinite variety and astounding beauty. More and more of us are being moved out of seeing life through the stories in our heads and actually being here the moment the creative flow appears out of mystery.

I see it as flawless because it is evident in my life and in the lives of the people I have worked with for the past 36 years that we are each given exactly what we need in order to awaken – the kinds of bodies we have, our minds, emotional natures, parents, next door neighbors, bosses and co-workers, dogs, lovers, children. When you understand life in this way, you are no longer the victim. In fact, you become fascinated by how your life is unfolding, and in that curiosity, you begin to see the treasures that are always there in every situation. For there are no ordinary experiences!

An example of flawlessness comes from a friend of mine who received a phone call saying that the job interview she had hoped would bring her an income (so she could make her mortgage payment) was permanently cancelled. As she ended the call, she dropped the phone in her lap in despair as tears began to flow. Through her tears she heard a noise and realized she had accidentally turned the phone on in the middle of her emotional storm. She turned it off, but a few seconds later the phone rang and much to her amazement, it was a friend she hadn’t talk to in over a year. This woman asked her, “Did you just call me?” It took my friend a second to realize that at some point she had put this woman on speed dial and must have accidentally hit her number. When this woman asked her how she was doing, my friend shared what was going on, along with her fear and heartache. Much to her amazement, the woman responded by saying that she had just taken her house off the market and she had a separate apartment in her basement that my friend could live in for as long as she wanted to! My friend also immediately found a renter for her own home, so her mortgage payment was covered.

The amazing thing is that we are surprised by the understanding that life is for us, especially when it is not at all apparent. It is happening all the time, but we are so busy in our minds we don’t see it. Life is supporting you, communicating with you and taking you step by step into your awakening. This flawlessness also includes your suffering. What would happen if you trusted your suffering? What would your life be like if, rather than resisting it, you were curious about it, learning how to gather the treasures that always lie hidden in the midst of your challenges?

This was certainly true in my life. Life gave me many challenges that oftentimes threw me into realms of great darkness. As I contracted over and over again into fear, anger, self-judgment, irritation, overwhelm and despair, I learned how to really look at what I was experiencing. I discovered that who I truly am is that which can see all the stories in my head rather than getting caught up in the stories themselves. This helped me to understand that the struggling self we all carry is such a small part of what is going on – that there is a vast, creative, peaceful space in which all our stories are floating, and that spaciousness is who we truly are.

I also call it methodical, for life will take you through very specific steps on the journey from unconsciousness to consciousness. How the steps show up varies from person to person. You may be taught through financial or health issues, compulsions, difficult relationships, or all the above. But step by step, as you learn how to listen to your life, you will see that there are no accidents, that you are not doing your life wrong, and that life is for you. Moment by moment it is bringing you home.

You never know what is going to happen in your life. But the truth you can come to know and live is that you are exactly where you need to be on your journey into awakening from the dream of your mind and the path to your freedom lies in whatever experience you are having right now. Don't fight it. Instead, be curious and discover that life wants you to awaken even more than you do.

Be light,

Mary

**Step by step, as you learn how to listen to your life, you will see that there are no accidents, that you are not doing your life wrong, and that life is for you. Moment by moment it is bringing you home.**

#### Acknowledgements from Our Readers

I love your perspective, it is wildly liberating. I'm so grateful to have found your books...thank you! ~ J.

#### EVENTS

Please follow the links for details

#### **Facebook Live: Thursday, 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, July 6th, & 13th**

[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](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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