



July 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:** “Each of us has our own unique flaws, but it's the cracks, which come with the flaws that make our lives interesting and rewarding. Are you willing to practice radical self-acceptance?”

**Intention:** When I find I am being critical of my mistakes, I will remind myself that I am okay just as I am.

**Featured Offerings:**

**[The Magical Forests of Aliveness in Audio:](#) Hear this insightful fairytale in Mary's own voice.**

**[Conquering Codependency & Finding Self-Love](#)**

**July 12, 2021**

**See Below for Details**



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

## Perfectly Imperfect

We all have hidden beliefs that lie nestled in the heart of our struggling minds and the belief that the *mis-takes* we have made in our lives are proof that we are ‘wrong’ causes so much heartache and is a total misperception. Yes, we have all made mistakes, but that doesn’t have to translate into proof that we are ‘wrong’. And yes, we do need to make changes in our lives, but to make them from the belief that we are ‘wrong’ only creates more heartache in our lives. If we can instead see our mistakes and imperfections as a part of being human and recognize that they always come carrying information for our growth, they can become our teachers rather than our jailers. As Stephen Levine likes to say, “If you take a step down the path of life, you go two feet; if you fall on your face, you go six feet! (he was 6 feet tall)” I would like to share with you a parable that speaks directly to this:

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house." The old woman smiled, “Did you notice that there are flowers on your side of the path, but not on the other pot’s side? That’s because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.”

Each of us has our own unique flaws, but it’s the cracks, which come with the flaws that make our lives interesting and rewarding. We need to learn how to be the Chinese woman with ourselves. Are you willing to practice radical self-acceptance? Are you willing to say to yourself, when self-judgment is there, “I am okay just as I am!” and “With all of the mistakes I have made in my life, I have never really made a mistake!” Know that there will be parts of you that will fight this, that will try to prove again that you are not okay. Recognize those voices for what they are, old tapes of self-judgment, so you can unhook from their toxic messages.

If this kind of practice calls to you, there is a wonderful chapter in my first book, *Belonging to Life: The Journey of Awakening*, called “Disarming the Judger.” If you don’t have the book and are not interested in purchasing it, email Devrah at [devrah@maryomalley.com](mailto:devrah@maryomalley.com) and she will be happy to send you the chapter. It is full of ideas and techniques that have allowed me to move from such deep self-hatred that I didn’t want to live, to being a person who can look in the mirror and say, “I love you just the way you are!” As we learn how to see through self-judgment, our attention is then freed to be passionately curious about how our life is unfolding, so we can gather all the treasures that are there – both in the easy and the difficult parts of our lives.

Be light,

Mary

**If we can see our mistakes and imperfections as a part of being human and recognize that they always come carrying information for our growth, they can become our teachers rather than our jailers.**

### Acknowledgements from Our Readers

Thank you, Mary. Your book "What's In The Way Is The Way" came to me at the perfect time. I am so grateful for your work and your consciousness. This blog is again the medicine my soul needs. Thank you for sharing your magical statement. "Without changing anything, notice what is here." Wow! I will work with that. Uncoupling my attention from the compelling need to take action allows the fear to dissolve and presence to be restored. Thank you for opening me to the "healing balm of my attentive heart." ~A.

### EVENTS

Please follow the links for details

#### **Conquering Codependency & Finding Self-Love**

[Register for free here](#)

July 12, 2021

#### **Facebook Live: Dates to be announced**

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

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

#### **Tuesdays: Dates to be announced**

[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

### The Magical Forests of Aliveness Audio Book!

HEAR THIS INSIGHTFUL FAIRYTALE IN MARY'S OWN VOICE.

This wonderful little book is finally available in audio. This tale is about our individual and collective awakening into the experience of being authentically ourselves and fully awake to life. It is an allegory of the journey from the free-flowing aliveness we were born with, into the confines of our minds, and then re-awakening to the experience of that aliveness within us.

- Paperback is also available at [Amazon](#), [Barnes and Noble](#), and can be ordered from your local bookstore. eBook available at [Amazon](#) & [Barnes and Noble](#).
- Audio book is available on Amazon: [CLICK HERE](#)

## CONQUERING CODEPENDENCY & FINDING SELF-LOVE

July 12, 2021

Do you feel unlovable?

A lack of self-love is at the core of many struggles in life, including:

- Codependency
- Being Needy
- Toxic Relationships
- Anxiety
- Perfectionism
- An extreme need for external approval
- People-pleasing
- Fear of abandonment
- A tendency to love people that need rescuing

If you're experiencing any of these struggles, I highly recommend you tune into this **FREE**, AVAIYA University online event:

### [Conquering Codependency & Finding Self-Love](#)

This online event, which **begins July 12th** is brought to you by iKE ALLEN & Ande Anderson, Co-Owners of AVAIYA University (creators & teachers of transformational courses, books, films and online events such as *Breaking Free From Toxic Relationships*, *Quantum Forgiveness*, *Overcoming Chronic Pain*, and many more).

I am honored to be one of the world renowned teachers, therapists, psychologists and more, that will be helping you become aware of and overcome your codependent tendencies and learn to love yourself.

We have collectively helped millions of people, like yourself, live a life free from codependency and filled with self-love & healthy relationships.

And now, it's your turn for us to help you. Are you in?

Mark your calendar and [save your spot right here](#).

You're worth it!

### 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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