



August 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: “In my experience, life is a slowly evolving process. We don’t understand things in one fell swoop. We get a piece here and there and these pieces build upon themselves.”

Intention: When I find myself in a difficult situation, I will remind myself that if I bow to the difficulty, I will be able to receive the gifts embedded within.

Featured Offerings:

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

See below for details



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

Trusting the Process

I was listening to one of my favorite teachers speak about what I alluded to in my book, *What's in the Way IS the Way*, when I said, "Life is set up, to bring up, what is bound up, so it can open up, to be freed up, so I can show up for life."

He was saying that life is always in the process of waking us up out of the dream of struggle by helping us see our conditioned self, rather than believing it to be who we are. His whole talk was all about life itself being our greatest ally. This is in the same vein of what Eckhart Tolle is pointing to when he says, "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."

This teacher then went on to state something that felt like scraping nails on a chalkboard. "When we are not willing to see what life is trying to show us, it will keep ramping up the intensity until we are willing to see what we need to see."

For me, truth always opens us where non-truth tightens and closes us. And this thought tightened me. A subtle message in that quote is "I didn't do it good enough or right enough so now life is giving me this bigger challenge." In other words, when my big challenges come, they come because I was resistant to see what life was trying to show me previously. All that does is feed the judging mind and gets us caught in trying to 'do' awakening better.

This is the same take our conditioned mind has on karma...bad things are happening to you because you have done bad things. But maybe, just maybe, what we are talking about is a myopic view of life.

In my experience, life is a slowly evolving process. We don't understand things in one fell swoop. We get a piece here and a piece there and these pieces build upon themselves. A good way to describe this is a child needs to learn how to add and subtract before he can eventually learn the skills that will allow him to do algebra. He is not bad or wrong for not understanding algebra when he is eight years old. That is just where he is in the process.

In my bathroom is a quote that came to me at the beginning of my awakening: "Know and silently respect the perfection of everyone and everything, in every situation, especially when it is not at all apparent." The truth this quote points to has been a guiding light as I slowly discovered how to use my mind for the wonderful tool it is but not be lost in its world. It is basically saying, life is smarter than you. You don't have difficulties because you didn't do things 'right'. Difficulties are your teachers and when you can bow to them, you will receive the gifts that are always embedded in them.

I am not asking you to believe what I am offering you. When we first start hearing this truth, our mind will always resist. It has spent its whole life believing it is in charge and if it does it 'right', then everything will be okay. Instead, I am inviting you to just open to the possibility that your life is for you. As you allow this truth to permeate your whole being, life will open you in ways you can hardly imagine.

When you discover how to trust that your life is for you, no matter what is showing up, you discover that everything you long for is already here – love, support, wisdom, joy. And then you become one with the magical adventure that is your life!

Be light,

Mary

I am inviting you to just open to the possibility that your life is for you. As you allow this truth to permeate your whole being, life will open you in ways you can hardly imagine.

Acknowledgements from Our Readers

Thank you, once again, dear Mary. This is so relevant to my everyday life, and I am so inspired to start this instant and every day becoming more aware of these truths that you share with us. ~K.

EVENTS

Please follow the links for details

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 begins again in 2022

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course begins again 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](#)**

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@marvomalley.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.

[Contact Awakening](#)

[About Awakening](#)

[Our Offerings](#)

[Online Course](#)