



September 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: "As my mind quieted, the astounding beauty and mystery of life became clearer and clearer, allowing me to directly experience life for long periods of time – not thinking about it, but actually being with it in each moment."

Intention: When I notice I am tight, I will pause and notice something that is already here, before I think about it – a tree, my breath, the taste of my coffee.

Featured Offerings:

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

There is a new option...

Now offered as a self-paced online course

Scroll down for more information



[Click on the photo above to watch Mary in a video message.](#)

The Power of Simply Being

I get the sense that if life asks me to write another book, its title will be, “Falling in Love with Life!”

I recently spent a lot of time in my garden, especially by the pond. (If you want to visit this magical garden, click [HERE](#).) And as the days unfolded, I opened into a deepening love affair with life.

As my mind quieted, the astounding beauty and mystery of life became clearer and clearer, allowing me to directly experience life for long periods of time – not thinking about it, but actually being with it in each moment. To be this open to life is what we all long for. It is what we are homesick for.

Opening into the power of simply being, it becomes easier to recognize the preciousness of this moment and to realize that it is totally new – that every sensation, every thought, every sound has never shown up quite this way before. It is also easier to see that life is infinitely more than what it looks like on the surface. To see nature all around me – to really see it and to also recognize that everything is simply an outer expression of an infinite, creative intelligence – moved me in ways that are too deep for words.

It is very important, however, to recognize that opening to life isn’t just about opening to all the beauty and the joy. It is also being open with pain and sorrow. There were periods of time sitting in the garden that grief moved through me around my cancer and my body’s exhaustion, waking up some pretty deep states inside of me.

There were also times of fear about my body, which is experiencing a lot of pain. When I saw my knee-jerk reaction to tighten down around the pain, the fear and the grief, I could see that this cut me off from the joy I was experiencing just a few moments before. So over and over I opened to the discomforts as they passed through me and rediscovered again and again that, as I relaxed around them, they became doorways back into an intimate, open connection with life. This is why I love the title of my book so much – [What’s in the Way IS the Way](#). When we can stay open to the difficult, it is always a doorway back into life.

To get a deeper sense of what I am sharing, I invite you to join my course [What’s In Your Way IS the Way](#). We are offering a new version of the online course, which is self-paced and with a lower price. For more information, scroll down to see all the details. I also invite you to give yourself the gift during your day to simply pause and notice something that is already here before you think about it – a tree, your breath, the taste of your coffee. Be as fully with it as you can rather than thinking about it. As you do, step by step, drop by drop, you can awaken out of the dream of struggle and come back to a nourishing, joyful connection with life.

Be light,

Mary

Opening into the power of simply being, it becomes easier to recognize the preciousness of this moment and to realize that it is totally new – that every sensation, every thought, every sound has never shown up quite this way before.

Acknowledgements from Our Readers

Thank you for sharing and thank you for the bright light and ray of hope you are in the world. Thank you for being you. ~ J.

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

Thursdays: Dates to be announced

[Zoom Group: Guidance for Person Awakening](#)

10:30 AM - 12:00 PM Pacific Time

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 self-paced online course

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

Start as soon as you sign up

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course begins again in January 2022

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

WHAT'S IN YOUR WAY IS THE WAY

A Self-Paced Online Class

AN ONLINE 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 sections with written, audio and video files

Invitations each week to help you bring what the course offers into your daily life

PDF handouts of all lessons and invitations

Lifetime access to the audio and video files and PDFs

For the month of September, the course will be offered at the low price of \$257. At checkout, please use coupon code: **WIYWsp\$90off**

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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