



February 2022

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: "What we truly long for is to be awake for life and to experience the joy of being at home within ourselves and within our world. We are hungry for the experience of being."

Intention: I will cultivate mini breaks throughout the day and allow a couple of long, slow out breaths so I can begin to relax into life.

Featured Offerings:

Mary's new online course

Falling in Love with You

Starting March 30, 2022, more details below about this interactive online course.



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

The Astounding Healing of Simply Being

Underneath all of the busyness in our lives, what we truly long for is to just *be*. Even though it is one of the most profound things a human being can do, most of us don't know how to *be*. Our minds are usually planning what is going to happen, rehashing what did happen and struggling with everything else in between. We love to acquire and do, fix and achieve, attain and figure out. There is nothing wrong with all of these except that when they become our primary mode of existence, they cut us off from the astounding healing of simply *being*.

When we relearn how to simply *be*, we begin to discover moments in which our minds, our bodies and our hearts are all in the same place at the same time. These moments hold the power to heal us at our core. The more we cultivate them, the more connected we become. The more connected we become, the more we live from the wellspring within us that holds all the clarity, peace, wisdom, and joy that we long for. We then learn how to *use* our doing, fixing, achieving mind when we need it, allowing it to fade into the background again as we discover the truth and the beauty of life *as it is*, right here and right now.

We have been so far away from our lives, lost in the activity of our minds, that most of us don't know how to do this. In all our doing, acquiring, and becoming, we have forgotten how to simply *be*! We don't know how to be present for ourselves. We don't know how to be present for life. Living in the memories of the past and the fantasies of the future, we make problems out of most everything and rush through our lives trying to get to the solution.

In our disconnection from ourselves and from our lives, many things become a substitute for the joy of *being*. But nothing from the outside can quench our deepest longing. What we truly long for is to be awake for life and to experience the joy of being at home within ourselves and within our world. We are hungry for the experience of *being*.

It is important to understand that cultivating *being* is not about being powerless. It is not about being out-of-control. Even though at first glance *being* seems like passively letting life do with us as it will, it is the exact opposite. It is a passionate engagement with life as it is right now where we truly notice what is going on. We then live from *response* rather than *reaction*.

Cultivating *being* is a very active place where you are passionately alert, listening and learning from every experience you are given. Something happens when we stay this open and listen. We begin to realize that life is speaking to us all the time. It is giving us the clues that will take us out of our reactive mind and back into the joy of being truly connected to life. Remember those connect-the-dot puzzles from childhood where, when we followed the numbers with our pencil, the picture then became clear? That is very similar to the experience of being present for our own lives. As we learn how to listen, really listen, to whatever we are being given, we begin to see the bigger picture. And then our challenges, rather than being proof that we have done something wrong; 'they' have done something wrong; or the powers that be have fallen asleep on the job, become doorways into a deep and trust filled relationship with ourselves and with our lives.

The invitation is to cultivate 'mini being breaks' throughout the day. In these breaks you allow a couple of long, slow out breaths so you can begin to relax into life. Then you ground your attention right here, using your senses. You could listen to the sounds all around you, or feel the hum of your body, or really taste a bite of food. These mini breaks will clear the clouds in your mind and reconnect you - for a few moments here and there - with what you really long for – to simply be!

If this speaks to you, consider joining my Falling in Love with You interactive course. Sign up coming soon. Look for an email to enroll. Scroll down for more information.

Be light,

Mary

When we relearn how to simply be, we begin to discover moments in which our minds, our bodies and our hearts are all in the same place at the same time. These moments hold the power to heal us at our core.

Acknowledgements from Our Readers

Mary's new interactive online course

Falling in Love with You

March 30, 2022 – sign up coming soon!

Tuesdays: February 1st, 8th, & March 1st, 8th

[Telegroup: What's In the Way Is the Way](#)

10:30-11:30 AM Pacific Time

Thursdays: February 3rd, 10th & March 3rd, 10th

[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!

What's In Your Way IS the Way interactive online course with Zoom and Facebook group

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

Course begins again in the fall of 2022

**Mary's New Course:
FALLING IN LOVE WITH YOU
An interactive Online Class with Mary beginning MARCH 30, 2022**

THIS 8-WEEK ONLINE INTERACTIVE COURSE EXPLORES how you became disconnected from your own heart and the pathway back to meeting yourself with compassion and kindness, so you can know the joy of being authentically you.

We are finally waking up to the phenomenal power of self-compassion for it is one of the most potent healing forces known to humankind. To fall in love with you exactly as you are, where true and lasting healing happens, affects not only yourself, but also your friends, loved ones, and the world.

Imagine:

- Being okay with being you. Knowing you are acceptable and lovable exactly as you are.
- Learning that you don't need to change yourself in order to be okay.
- Meeting your pain so that it no longer takes over your life.
- Rediscovering how to reconnect with the safety and joy of being fully alive.

Included in the course:

- 8 weekly lessons with 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

Enrollment coming soon!

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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