



March 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:** "As I deepened in my ability to simply be present for myself in an accepting way, my spells became quieter and my ability to truly be open to life became greater."

**Intention:** When I find myself caught by a spell, I will become curious about what I am experiencing rather than trying to change it.

**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.](#)

**Breaking the Spells**

I am having a love affair with a word, a word that has come to life for me in a new way and describes so well what is happening for most of us. That word is 'spell.' It is clear to me that we all came into life wide open, without a thought in our heads. Slowly, in those first years of our lives, we began to take on 'spells.' We could also call them 'conditioned beliefs,' but I feel 'spell' is far more appropriate as a spell is something that is laid over the top of us, it is not true, and it can be lifted.

When the evil fairy put a spell on Sleeping Beauty, it was finally lifted by the kiss of a prince. What if we understood that, just like Sleeping Beauty, we too took on spells and then fell asleep to life? And instead of walking through our lives half alive, we can become our own prince. We can see our conditioned beliefs as spells that we don't need to believe anymore. As they lose their power over us, we can come back fully to life!

Some of the biggest spells we all seem to take on are: 'I am separate from life;' 'Life is not safe;' 'It must be in controll;' 'I must do it right, but I am not doing it right;' 'I am wrong;' 'I am unlovable;' 'I am all alone.' All these spells come from the idea that we need to 'do' life rather than 'be' life, and they generate so much suffering.

My core spells were 'Life is not safe' and 'I am doing it all wrong.' These spells took me to a place where I no longer wanted to live. I believed them fully. Everybody that tried to help me - all the therapist, psychologists, psychiatrists and hospitals - only confirmed the belief that I was defective to my core because I couldn't 'do' all of the techniques they were telling me to do.

Then, when I was 27, I was taught to be curious about what I was experiencing rather than trying to change it. The possibility of lifting these spells became true for me - not by trying to fix them or even get rid of them, but by bringing my attention and my immediate experience together. It wasn't until I met Stephen Levine that I truly learned how not to be seduced by spells. He showed me how to be curious *and* compassionate – how to meet myself - all of me - in the vast and healing regions of my own heart. Our hearts – our ability to meet ourselves with curiosity and compassion – is the kiss of the prince that we have been waiting for.

As I deepened in my ability to simply be present for myself in an accepting way, my spells became quieter and my ability to truly be open to life became greater. Now, every once in a while, an old spell will come for a visit, but it will usually last for only a few minutes. Instead of reacting to my immediate experience I turn toward it and say 'hello.' Stephen called it keeping company with the most vulnerable parts of ourselves. Pema Chodren calls it 'befriending.' The Beatles say this same thing so beautifully in the song *Let It Be*. And Eckhart Tolle says, "Say 'yes' to whatever you are experiencing." All are alluding to the truth that real healing comes when we move beyond reacting to and resisting our experience and instead bring it curiosity and acceptance.

We are finally recognizing that when we resist what we are experiencing, we empower it, and when we give it space, it ceases to have power over us. Not only that but hidden inside of those states you have resisted your whole life is the healing you long for. As I was able to truly be present for my fear, I opened into deep trust. And as I was able to be present for my extreme self-judgment, I received the gift of compassion.

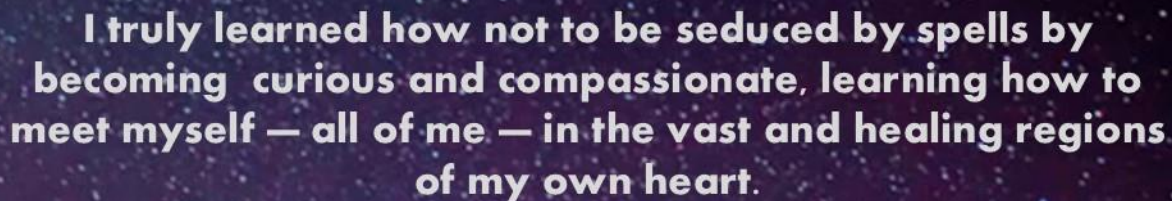
The invitation is to start slowly. Simply be curious about whatever you are experiencing around you. Close your eyes and hear the wide variety of sounds that happen as you sit drinking your morning cup of coffee. During your morning shower, smell the soap and listen to the music of the water. Taste, really taste the first few bites of a meal. Don't be dismayed at how difficult this can be. All the stories in your head will try to grab your attention over and over again. When you notice you are thinking *about life* rather than being fully here with it, simply bring your attention back.

These moments train the mind to be curious about what *is* right now. As you develop the muscle of your curiosity, you can learn how to take this curiosity into the places inside of you that you have run away from your whole life. The more present you are for your spells the more they are lifted, and you can again know the joy of being truly alive!

If you want to learn more about unhooking from your spells so you can know again the joy of being fully alive, I invite you to join me for my new interactive online course, [Falling in Love with You](#), beginning March 30<sup>th</sup>. If you would like to know more check out the link for the course and watch my [Masterclass Video](#).

Be light,

Mary



**I truly learned how not to be seduced by spells by becoming curious and compassionate, learning how to meet myself — all of me — in the vast and healing regions of my own heart.**

### Acknowledgements from Our Readers

Over the past two years, Mary has been my guide on the road back to my heart. It's a long and slow journey, with many twists and turns along the way, but I wouldn't be where I am today without her gentle and persistent encouragement. Her own lived experience is a torch along the way. I'm deeply grateful for her presence. ~J.

### EVENTS

Please follow the links for details

**Mary's new interactive online course**

[Falling in Love with You](#)

Course begins on March 30, 2022

**Tuesdays: March 1st, 8th, 29th & April 5th**

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

10:30-11:30 AM Pacific Time

**Thursdays: March 3rd, 10th 31st & April 7th**

[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

**[Enroll Here](#)**

Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for questions.

**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@marvomalley.com](mailto: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](#)