



April 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: “Turning toward what we are experiencing with curiosity and compassion opens us to the possibility of true healing and the joy of being fully alive.”

Intention: When I find myself in discomfort or reacting, I will meet myself with gentleness, being present for what is happening inside of me.

Featured Offerings:

Mary's new online course

[Falling in Love with You](#)

It's not too late to join! More details below about this interactive online course.



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

Pure Alchemy!

One of the core things we are exploring together is the art of truly experiencing whatever we are experiencing, which is pure alchemy! You may respond, “I do that.” But most of us don’t. Most of us *think about* what we are experiencing rather than actually being in the experience. To paraphrase the famous John Lennon quote, “Life is what is happening while we are busy making other plans.”

For example, let’s say you have a headache. If you watch your thoughts closely, you will see that they are focused on resisting and getting rid of the headache. I have learned, however, that turning away from what we are experiencing is the breeding ground for suffering because our resistance keeps us caught in an endless struggle with what is. Turning toward what we are experiencing with curiosity and compassion, on the other hand, opens us to the possibility of true healing and the joy of being fully alive.

Why do we turn away from our experience when one of our deepest longings is to be fully alive? Why do we react to what is showing up rather than responding to it – whether it is a headache, or a raging storm within us? There are two reasons. The first is because the last time we were fully present for ourselves was when we were very young, and at that time we had none of our filters in place, so the storms of deep feelings raced through our minds, our bodies and our hearts. For survival we had to shut down. So that very young part of us believes that if we open up again and are present for our experience, it will hurt. Of course, it will, but to not meet them creates much more suffering in our lives, and we have more options than we did when we were young. Abe Lincoln said, “If you want to get rid of an enemy, make him your friend!” When our hurts are met with gentleness and honesty, they are transformed by the light of our compassionate attention, freeing our attention to be fully present for life.

The second reason we are conditioned to distancing ourselves from our experience is that we are ashamed of many of the things that go on inside of us. Having made friends with what goes on inside of me and having had the privilege of working with people for over 30 years, I have discovered that there is nothing that goes on inside of us to be ashamed of. We’re all nutty as fruitcakes! And we are all lost in the same basic strategies and tactics for trying to survive the wounds we have experienced. We have all made “mis-takes” and we all experience anger, selfishness, revenge, self-pity and victim-hood – to name a few. The key is how we respond to these energies inside of us.

What has worked like magic in my life and in the lives of the people I counsel is to turn toward our experience rather than away, even if it is just for a few moments. To meet ourselves as we are with gentleness and honesty frees up the contractions of our old patterns. True joy comes when our minds, our bodies and our hearts are all in the same place at the same time – not only when life is joyous, but also when it is difficult. The more we can be present for whatever comes our way, the safer it becomes to open to life. We then discover that everything we long for and everything we truly are, *is* right here, right now.

As more and more of us learn how to be present for ourselves as we are, we heal the war inside of ourselves and thus become a part of the healing of the planet. Explore these ideas and more in my

new interactive online course, [Falling in Love with You](#), which began on March 30th. **It's not too late to join.** [Enroll here.](#)

Be light,

Mary

**When our hurts are met with gentleness and honesty,
they are transformed by the light of our compassionate
attention, freeing our attention to be fully present for
life.**

Acknowledgements from Our Readers

Dear Mary, your words, your truths continually comfort and support me. I am so grateful for your love and wisdom. ~K.

EVENTS

Please follow the links for details

Mary's new interactive online course

[Falling in Love with You](#)

Course begins on March 30, 2022 – **It's not too late to join!**

Tuesdays: April 26th, & May 3rd, 24th, 31st

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

10:30-11:30 AM Pacific Time

Thursdays: March 31st, & April 7th, 28th, & May 5th

[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](#)

Being Healed by Our Compulsions self-paced online course

[Being Healed by Our Compulsions online course](#)

Start as soon as you sign up!

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 2023

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

It's not too late to join! [Enroll Here](#)

For more information click [HERE](#).

Contact devrah@marvomalley.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.

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.

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[Online Course](#)