



May 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: “At the heart of the universe is the longing for life to express itself in all its magnificence. And you are a part of that.”

Intention: When I am feeling low, I will remember and focus on becoming a community unto myself, loving this great and wondrous being of light that I am. I will then share my light with my community.

Featured Offerings:

[Being Healed by Our Compulsions self-paced](#)

More details below about this online course.



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

Be Light!

Right now, in this moment, you are in contact with the most powerful field of creativity and joy that you will ever know – and that is you. What do I mean by that? At the heart of the universe is the longing for life to express itself in all its magnificence. And you are a part of that. In order to understand this, we have to go back 14 billion years to the first communities ever seen in this universe - hydrogen atoms. Now an atom is an amazing creation. If you blew up one to the size of a ball field, the nucleus would be a grain of sand at the very center and the electrons would be dancing around the edges. So the interesting question to ask is “What fills up all that space?” The leading-edge physicists of our time would say that it is filled with light! This light is alive and intelligent, and it is both the particles and the space that make up an atom.

But this light-filled community of an atom was only the beginning. Life longed to express itself in ever more creative and complex communities. So it then drew itself together into the next community called molecules, then cells, and finally multi-cell beings. The amazing thing is that all these communities are formed out of those little balls of light called atoms.

In this wondrous unfolding over eons of time, life came to a place where it wanted to express itself as you. You are made out of around 50 – 70 trillion communities called cells. And each of these are made up of 100 trillion little balls of light called atoms. So you are nothing less than a being of light!! If we were able to harness all the light in one human being, it could turn on the numerous flood lights that it takes to light a major league baseball field and keep them lit for three hours!

The way we make contact with this light is by following the inclination of the universe – by developing community. First you become a community unto yourself, loving this great and wondrous being of light that you are. This includes even your dark side, for without it, your beauty would not exist. Think of day without night and summer without winter – it wouldn’t work. So you are absolutely perfect in your imperfection!!!

Now expand this sense of community out into nature, realizing that even though you see rocks, trees, animals and birds, they actually are made out of the same little communities of light called atoms. When we look at life from these eyes, we discover that absolutely everything has been brought forth from light, is permeated by light, and IS light!

The next step is to extend your community out to your loved ones, realizing that they too are beings of light and have been brought forth by mystery because life needed to express itself as them. From this foundation, open your community to include all human beings – even the ones you have the most difficulty with. They are a unique and necessary expression of life, as well.

As we become the community that we truly are – inside ourselves and in our world – we begin to resonate with life, living from radiance and reverence. In other words, we become this light that we truly are. So live this day with eyes that see light everywhere. Feel the warmth in your body – that comes from light! Feel the warmth of your heart and know you are recognizing the truth of light. See the miracle of nature and see that it is all made out of radiant light. And then allow your whole being to open to the light that you are and be filled with joy.

Be light!

Mary

As we become the community that we truly are – inside ourselves and in our world – we begin to resonate with life, living from radiance and reverence. We become the light that we truly are.

Acknowledgements from Our Readers

Dearest Mary, Your words take me so tenderly by the hand and walk with me through the wilderness of mis-takes and limiting patterns . . . and out in the wonderful open and loving space that we are 🌸 I'm attending your online course "The gift of our compulsions" - and also just read the last pages from the book 🙏 Both such a beautiful gift 🦋 🙏

Thank you from my heart ❤️ 🌸

Love ~I.

EVENTS

Please follow the links for details

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](#)

Mary's new interactive online course

[Falling in Love with You](#)

Course begins again in the Fall 2022

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

BEING HEALED BY OUR COMPULSIONS SELF-PACED **An Online Class beginning as soon as you register!**

AN 8-WEEK ONLINE COURSE FOR EXPLORING A REVOLUTIONARY WAY TO HEAL AND BE HEALED BY YOUR COMPULSIONS.

What is this new way?

-This new way explores how to engage with your compulsions rather than endlessly trying to manage them.

-It is about listening rather than controlling, opening rather than closing and relating to your compulsion rather than being lost in it.

-This new way understands that your compulsion, rather than something that is wrong with you is an ally on the journey back to a deep and trust filled relationship with yourself and with your life.

Imagine:

- The relief of no longer having to struggle with your compulsion.
- The liberation that comes from moving beyond the idea that your compulsion is a defect - something bad or wrong that you must control or get rid of.
- The release that come from understanding that you are not a failure for being unable to control them.
- Rather than a problem to be solved, your compulsion becomes a guide back into the ease and joy that is your birthright.
- Understanding that It is never your compulsions you are longing for, but a nourishing relationship with yourself and your life. with a zest for where the adventure is going to take you today?

Included in the course:

- 8 weekly lessons with 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

[Enroll Here](#)

For more information click [HERE](#).

For questions or specials, please contact devrah@marvomalley.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@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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