



June 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: “We begin by holding the intention to heal the war inside of ourselves through moments of letting go of our identification with our angry, vengeful, scared, self-pitying thoughts.”

Intention: When I am find myself feeling hatred for another or myself, I will remember that I am love and that love is our true nature and is the one thing that can heal our world.

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.

Why Keep Hate Out of Our Hearts

On the morning of Osama Bin Laden's death, my heart ached when I saw the big bold headlines of the New York papers. One said, "Vengeance at Last." Another said, "May He Rot in Hell." As I reflected on this event and the reactions to it, I remembered the following statement by Martin Luther King:

"I mourn the loss of thousands of precious lives, but I will not rejoice in the death of one, not even an enemy. Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

There is a story told by Wayne Muller that highlights the shift of perception that Dr. King is inviting us into:

Maha Ghosananda, a respected Cambodian monk went into the refugee camps where thousands of Cambodians had fled the terrible holocaust conducted by Pol Pot. Every family had lost children, spouses, and parents to the ravages of genocide, and their homes and temples had been destroyed. Maha announced to the refugees that there would be a Buddhist ceremony the next day, and all who wished to come would be welcome.

Some wondered what Maha Ghosanada would say. He began repeating a verse from the Dhammapada, a sacred Buddhist scripture.

Hatred never ceases by hatred;
But by love alone is healed.
This is an ancient and eternal law.

Over and over again Maha chanted this verse. These were people who had as much cause to hate as anyone on earth. Yet as he sat there, repeating this verse over and over, one by one, thousands of voices joined together in unison: "Hatred never ceases by hatred: but by love alone is healed. This is an ancient and eternal law." Out of the mouths of people who had been wounded, oppressed, made homeless, aggrieved, and crushed by the pain of war, came a prayer proclaiming the ancient truth about love, a truth that was greater than all the sorrows they had seen and felt.

So now we have deep judgment and hatred of Putin. Will hating him make a difference? No. It is being at war with him, adding to the kind of mind that thinks war makes sense. To change your perception of him to a person who is deeply in need of the healing balm of kindness can make a difference, asking, 'What happened to him that he could be so immune to the suffering he is creating?' As the Dhammapada says, "By love alone all is healed."

May we know that what will bring peace to our world is a shift in perception that moves beyond hatred and vengeance. This may seem like an enormous task in the face of how much unconsciousness there still is in the world. But we can begin by holding the intention to heal the war inside of ourselves through moments of letting go of our identification with our angry, vengeful, scared, self-pitying thoughts. As we remember that we are all in this together and that all of us are a mixture of dark and light, we not only become a part of the healing of our world, but we begin to live from the field of Love that IS life – the field of Love that is who we all truly are.

I leave you with verse from one of my favorite Rumi poems, *Inner Wakefulness*.

Humankind is being led along an evolving course
through this migration of intelligences,
and though we seem to be sleeping,
there is an inner wakefulness that directs the dream,
and that will eventually startle us back
to the truth of who we are.

Be light!

Mary

As we remember we are in this together and we are all a mixture of dark and light, we become a part of the healing of our world, and begin to live from the field of Love that IS life – the field of Love that is who we all truly are.

Acknowledgements from Our Readers

Thank you, Mary. As usual, after reading your beautiful posts, I exhaled. ~J.

EVENTS

Please follow the links for details

Tuesdays: June 7th, 14th & July 5th, 12th

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

10:30-11:30 AM Pacific Time

Thursdays: June 9th, 16th & July 7th, 14th

[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@maryomalley.com for more information. Sliding scale available.

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.

[Contact Awakening](#)

[About Awakening](#)

[Our Offerings](#)

[Online Course](#)