



July 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: “Feel yourself letting struggle go, softening your grip on life and simply being with it as it is appearing, over and over again throughout this day.”

Intention: When I am find myself struggling or distracted, I will hold the intention to stay open and attentive.

Featured Offerings:

[What's in Your Way IS the Way](#)

**An interactive Online Class with Mary beginning
September 14, 2022
See Below for Details**



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

Our Amazing Life

As you read this newsletter, I invite you to pause for a moment and open up to the amazing truth that you are sitting on a planet that is spinning around in the middle of absolutely nowhere, a nowhere that goes on forever! Let that in. Then open to the truth that you are zipping along at the speed of 65,000 MPH surrounded by more stars than there are grains of sand on every beach of the earth! Allow this realization to shift your focus out of your everyday mind and to recognize you are a part of an amazingly huge, truly awesome unfolding called life. And it is a lot bigger and a lot smarter than us.

But what do we do with this thing called life? Most of us narrow it down to struggle. We wake up in the morning ready to grumble, judge, control and resist life. Because we are run by fear, we try to make life happen in a way that brings us the illusion of being in control. We worry about five extra pounds or the scratch on our car (forgetting that we are dancing through oceans of space). In relationships, we defend our positions, making other people, political parties and religions wrong. We fight over imaginary borders, throwing our world into chaos. In the youth of our species, we are like adolescents with a lot of power to bully one another. If you doubt this, just watch the news right now. Over and over again it gives the message that the best way to make what they want to happen is to tear other people down. It is scary, isn't it, but it doesn't have to be this way.

We can grow up out of the kind of mind that is afraid of life – the kind of mind that judges, compares and endlessly tries to make life be a certain way – and discover another way of being with life, engaging with it exactly as it is appearing rather than trying to make it be a particular way. This may bring up fingerlings of fear inside because it has been a long time since most of us have trusted life enough to show up for it - but it is only scary to the fear-based mind, which is a very small part of who we are. Pema Chodren, the deeply wise Buddhist nun and world-renowned author, describes enlightenment as the willingness to relax into life!

What would it be like if - just for today - rather than struggling with life, you were willing to stay open to whatever is showing up in your life and in your world? You lived this way when you were very young, and you can learn how to live this way again. The key is being present for life rather than trying to control it. Being fully present in this moment is paradise. And it is trustable! Life knows how to keep the planets spinning as they do, heal the cut on your skin and bring forth everything you see out of stardust!

So, for just this moment, stay open to the flow of life. All the millions of moments of your life have brought you to this moment where you are reading this newsletter and it is the only moment that matters. Now hold the intention to stay open and attentive today. It won't necessarily be easy. Your fear-based mind will, over and over again, move you back into control and upset about every conceivable thing. But feel yourself letting that go, softening your grip on life and simply being with it as it is appearing, over and over again throughout this day.

This will make a huge difference in your life. The furrow in your brow will relax. The tightness in

your shoulders will let go. It will allow you to really see people today, really hear them whether it is your cranky next-door neighbor, your rebellious daughter or your complaining mate. Because you are now listening to life, it will allow you to see that your life is for you. It is not a series of random events you must control in order to be happy. It is an amazing adventure that is always inviting you back into the living moment, helping you to see all of the fears you took on that keep you separate from the joy of truly connecting with life.

Now imagine what our world would be like if more people really showed up and listened. I believe that life is an unfolding process and we human beings are growing beyond our adolescence and into our maturity. Will we make it? I don't know. But we can make a difference. Every moment we bring our attention back to life, we are a part of the healing of our world.

Be light!
Mary

Life is an amazing adventure that is always inviting you back into the living moment, helping you to see all of the fears you took on that keep you separate from the joy of truly connecting with life.

Acknowledgements from Our Readers

Beautiful Mary. So clearly you encourage us to lean in & to embrace what is... incrementally, step by step, one shift at a time... we learn to move from resisting to allowing, from shunning to embracing! 🦋 ~J.

EVENTS

Please follow the links for details

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 September 14, 2022

Tuesdays: September 20th, 27th & October 18th, 25th

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

10:30-11:30 AM Pacific Time

Thursdays: September 22nd, 29th & October 20th, 27th

[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

An interactive Online Class with Mary beginning September 14, 2022

AN 8-WEEK ONLINE INTERACTIVE COURSE FOR REDISCOVERING THE JOY OF BEING FULLY PRESENT FOR LIFE

What is the awakened life?

The Awakened Life is a life full of presence. It is about using your thoughts to connect with life as it is rather than trying to hide from it or control it.

Take a moment... Lift your eyes from what you are reading, allow a long, slow out breath and let your life in.

Imagine:

- if you truly trusted yourself and your life – all of it?
- if your challenges, rather than being endless problems to be solved, became doorways into the healing you long for?
- if you discovered that the peace you long for is always with you right here, right now?
- if you woke up each morning with a zest for where the adventure is going to take you today?

Included in the course:

8 weekly lessons with written, 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

For more information or to register for the Course, click [HERE](#).

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@maryomallev.com

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