



September 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: “You can learn how to see how you struggle and as you begin to bring awareness and spaciousness to your struggling self, you will begin to realize that the meadow is always here.”

Intention: When I am struggling I will look to unhook and be open to relating to what I am experiencing rather than from it. Sadness is here, instead of I am sad.

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.](#)

The Brilliance of Our Own Being

I recently came across one of my favorite poems, *My Brilliant Image*, by the fourteenth century Persian Poet, Hafiz:

*One day the sun admitted,
I am just a shadow.
I wish I could show you
The Infinite Incandescence
That has cast my brilliant image!
I wish I could show you,
When you are lonely or in darkness,
The astonishing Light
Of your own Being!*

The astonishing light of your own being!!

Hafiz is telling us that the astonishing light, the brilliance of our own being, is already with each and every one of us. We are all filled with the great light that permeates everything.

Brian Swimme, Evolutionary Philosopher and Co-Collaborator of the documentary film, *Journey of the Universe*, calls it “allurement”. What we are talking about here is love. Allurement and love mean the same thing. It is allurement that brings the particles and atoms together. It is allurement that brings atoms into communities called molecules. And it is allurement that is bringing us into the awareness of our truth, the astonishing light of our own being.

This is exactly what Eben Alexander, author of *Proof of Heaven*, and Anita Moorjani, author of *Dying to Be Me*, both experienced when illness took them to the edge of life. They discovered that “heaven” is a state, not a place. This astonishing light or “state of heaven” is everything...it is the earth, the plants, the air, the wind, the mountains, the animals, and it is also YOU! Yet, most of us don’t realize it. Like Sleeping Beauty, we pricked our finger on the spindle of the mental world and we have gone to sleep.

I use the meadow metaphor in my book, [*What’s In the Way IS the Way*](#), to illustrate the astonishing light of our being. The meadow is who we really are, and it includes flow, spaciousness, light, love and stillness. But, we haven’t noticed these qualities of the meadow in ourselves. As we move throughout our days, most of us have clouds of struggle around our heads that cut us off from seeing the beautiful meadow of our being.

You don’t need to try to get to the meadow for that is more struggle. But you can learn how to see how you struggle and as you begin to bring awareness and spaciousness to your struggling self, you will begin to realize that the meadow is always here.

Only a moment of seeing the cloud bank of your struggles will thin the clouds so you can reconnect with the meadow. This kind of moment is one of *relating to* what we are experiencing rather than *from it*. I like to call this kind of moment, “Look to Unhook”. Rather than identifying your thoughts and feelings as being all that you are, it is saying something like this, “I am sensing in me something that feels lonely” rather than “I feel lonely” or “I am sensing in me something that is terrified” rather than “I am terrified”.

When we are identified with the thoughts and feelings that move through us all day long, we feel cut off from life. When we can say to ourselves, “I see you,” we are relating *to* the loneliness or darkness of struggle, rather than *from* it. By doing this, we begin to create a relationship with the young parts of us that were conditioned into a world of struggle.

Eventually, we can learn to be with our feelings for longer periods of time, but it is a process. The first step is recognizing what is going on inside of you and then realizing that your states of mind are just stories in your head. Then, by learning to bring curiosity and compassion to the dark, lonely, fearful parts of yourself, you begin to see the light and love that you really are. And, like Sleeping Beauty who was kissed by the prince, you can begin to wake up. The prince of life is waking you up, waking so many of us up.

As the chorus in the Moody Blues song Balance says,

Just open your eyes and realize the way it's always been.
Just open your mind, and you will find the way it's always been.

Let's open our eyes and our hearts and see!

Be light!

Mary

By learning to bring curiosity and compassion to the dark, lonely, fearful parts of yourself, you begin to see the light and love that you really are.

Acknowledgements from Our Readers

I love your openness, it has helped me tremendously. I read portions of your book so often to realign with the belief that life is FOR me. I thank you so much! ~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@maryomalley.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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