



December 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:** “As we learn how to recognize “whose here” (inside of us) at any given moment of our life, the usually vulnerable and rejected parts of ourselves feel recognized and acknowledged. Then, rather than causing upset in our lives, they become beloved and essential parts of the community that we are.”

**Intention:** When an unwanted emotion shows up, instead of pushing it away or shunning it, I will welcome and acknowledge it as an essential part of my experience of life.

**Featured Offerings:**

*Mary's interactive online course*

[Falling in Love with You](#)

Starting February 1, 2023. More details below about this interactive online course.

**And**

[What's in Your Way is the Way self-paced](#)

For just \$197. See details below



[Click on the photo above to watch Mary in a video message.](#)

### **Love Sorrow**

I am sharing with you a wonderful gift for this holiday time, a poem from Mary Oliver. Everybody I have shared it with has been deeply touched and many have teared up, for this poem speaks the truth of the heart. All the way through it is the knowing that we are made up of many different parts and most of them run us from underneath our everyday awareness. As we learn how to recognize “whose here” (inside of us) at any given moment of our life, the usually vulnerable and rejected parts of ourselves feel recognized and acknowledged. Then, rather than causing upset in our lives, they become beloved and essential parts of the community that we are.

The title of the poem is Love Sorrow. But you can substitute for sorrow any part of you – anger, fear, jealousy, hatred, grief, self-judger, depression. And as Mary says, “Remember, she is just a child.” The roots of these most unloved parts of ourselves go straight back into our childhood. And, as she ends the poem with, “little by little she (the unloved part) relaxes; she looks about her; she begins to grow.” In other words, as these parts are included in our hearts, we become the alive innocence that is our natural state!

Love sorrow. She is yours now, and you must  
take care of what has been  
given. Brush her hair, help her  
into her little coat, hold her hand,  
especially when crossing a street.

For, think, what if you should lose her? Then you would be  
sorrow yourself; her drawn face, her sleeplessness  
would be yours.

Take care, touch her forehead that she feel herself  
not so utterly alone. And smile, that she does not  
altogether forget the world before the lesson.

Have patience in abundance. And do not  
ever lie or ever leave her even for a moment  
by herself, which is to say, possibly, again,  
abandoned. She is strange, mute, difficult,  
sometimes unmanageable but, remember, she is a child.  
And amazing things can happen.

And you may see, as the two of you go  
walking together in the morning light, how  
little by little she relaxes; she looks about her;  
she begins to grow.

May we each hold the intent to truly see and listen to every part of ourselves so as we integrate, we  
become a healing presence for everyone in our lives.

Be light,

Mary

**The roots of our most unloved parts of ourselves go straight  
back into our childhood. When we welcome these parts in our  
hearts, we become the alive innocence that is our natural  
state!**

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### Acknowledgements from Our Readers

"Mary, I want to thank you from the bottom of my heart.

Your gift to the world is so unique; you are able to communicate the Truth so beautifully simple  
AND you know what you are talking about. You have lived through hell on Earth and transformed  
into a true Healing Presence in the world. Your personal healing is spreading in ever-widening  
circles in the world. From an individual and personal level your path makes it easy for me to see  
myself in you. And knowing that you understand the Spells in my life is so comforting and  
healing.

The World is in deep need for what you have to offer. We are so many people who put ourselves  
through hell by not trusting life. And it's the greatest gift of all to experience a woman who truly  
understand hell and who walked the path of awakening. ~T.

### EVENTS

Please follow the links for details

**Mary's new interactive online course**

[Falling in Love with You](#)

Course begins on February 1, 2023

**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! **Until Dec. 15th \$197 with coupon code: wiywsp4\$197**

**Tuesdays: January 24th, 31st & February 21st, 28th**

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

10:30-11:30 AM Pacific Time

**Thursdays: January 26th & February 2nd, 23rd & March 2nd**

[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!

**Mary's New Course:**  
**FALLING IN LOVE WITH YOU**  
**An interactive Online Class with Mary beginning February 1, 2023**

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

[\*\*Enroll Here\*\*](#)

Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for questions.

## WHAT'S IN YOUR WAY IS THE WAY

### A Self-Paced Online Class

AN ONLINE 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 sections with written, 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

Until December 15th, the course will be offered at the low price of \$197. At checkout, please use coupon code: **wiywsp4\$197**

This is a wonderful gift to give to yourself and your loved ones.

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

This course is available on a sliding scale. Contact [devrah@maryomalley.com](mailto: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](http://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](mailto: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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