



January 2023

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: "Life wants us to become conscious human beings even more than we do and is giving us, both individually and collectively the experiences we need to move into our maturity."

Intention: When I find myself struggling or reacting, I will take a deep breath, remind myself that life is for me, and move with the knowledge that I can respond to what is showing up.

Featured Offerings:

Mary's interactive online course

[Falling in Love with You](#)

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



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

The Real Masterpiece

As we are opening into another year, and are more inclined to take an overview of our life, I ask you to live in the question, “What would it be like if I could trust my life – all of it – what has happened in the past, what is happening right now, and what is to unfold in the future? And what would it be like if I could watch the evening news and have a part of me know that all this confusion is taking us someplace?” It is possible to trust on this level. In fact, it is not only possible, it is the most powerful way for human beings to move through life. Trust isn’t about always liking what is happening. And it isn’t about lying down on the side of the road and letting life run you over. Instead, trust is full engagement with life as it is right now.

To trust life allows you to dance with it - passionately, lovingly and joyously; To trust life allows you to let go of all of the *should’s*, *have to’s*, *can’ts* and *wont’s* so that you can connect with the newness of every moment; To trust life is to learn how to respond rather than react so your actions don’t add to confusion and heartache. They instead become a place of healing. And to trust life allows you to tap into the great river of creativity that has been unfolding for millions of years, for everything that is authentically new and of lasting value comes from this ability to be fully engaged with life no matter what is going on.

What we are exploring here is how we can live our lives from a place that empowers us. Shifting our perspective from reaction to trust changes our experience and thus changes our lives. In this time of crisis, both on the world stage and inside of many of our lives, we can either react, creating more confusion, or we can learn how to respond, knowing that life is **for us**. Life wants us to become conscious human beings even more than we do and is giving us, both individually and collectively the experiences we need to move into our maturity.

Together we are on the cusp of possibility such as we have never seen before. Yes, this is a time of breakdown – the breaking down of our old views – our old ways. **And** this is a time of breakthrough – into more and more conscious, loving, aware human beings. As in all births, it is painful and messy at times. But this birth is taking us to a place that is beyond the dualistic mind. This old kind of mind moves mainly from comparison and judgment. It says, “I am right” and “you are wrong.” Or “I am wrong, and you are right.” It can become so ridiculous that it says, “I am better than you because of the color of my skin.” Or “I am not as good as you because I am a woman” or “I am poor,” or “I am illiterate.” This kind of mind has brought forth so much suffering on this planet. It creates war inside of ourselves, in our relationships, and all over the world.

This shift that is happening for human beings is not about getting rid of the dualistic mind – the good/bad, right/wrong mind. It is a useful tool for maneuvering through life. But when it is in the driver’s seat, it keeps us caught in struggling with life. We don’t need to get rid of it, but we do need to learn how to use it rather than having it take over our lives.

We are being asked to mature into the kind of mind that trusts the breakdowns and the breakthroughs, a mind that connects rather than controls, a mind that understands rather than judges, a mind that can see we are all in this together. This kind of mind isn’t at the mercy of life. Instead, it makes choices and decisions from an empowered place, from a place that trusts life.

As my New Year’s gift to you, I leave you with a quote from Leonard Cohen:

“Sometimes when you no longer see yourself as the hero of your own drama expecting victory after victory and you understand deeply that this is not paradise. We’ve somehow embraced the notion that this veil of tears is perfectible, that you can get it all straight. I found that it became a lot easier when I no longer expected to win. You abandon YOUR masterpiece, and you sink into the real masterpiece.”

So I invite you, in the midst of your new year’s resolutions, to hold the intent of engaging with life exactly as it is so you can show up for the “real masterpiece” ...Life!

Be light,
Mary

To trust life allows you to dance with it - passionately, lovingly and joyously. To trust life allows you to let go of all of the should's, have to's, can'ts and won'ts so that you can connect with the newness of every moment.

Acknowledgements from Our Readers

"Over the past two years, Mary has been my guide on the road back to my heart. It's a long and slow journey, with many twists and turns along the way, but I wouldn't be where I am today without her gentle and persistent encouragement. Her own lived experience is a torch along the way. I'm deeply grateful for her presence." ~J.

EVENTS

Please follow the links for details

Mary's new interactive online course

[Falling in Love with You](#)

Course begins on February 1, 2023

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!

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!

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 for questions.

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

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