



February 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: “When the fog of your conditioned self begins to thin from the sunlight of your open heart, you begin to see life again. You truly feel it, touch it, taste it, trust it and know it.”

Intention: When I find myself struggling or reacting, I will remember the mantras, “What is” and “this too” and remind myself that the invitation is not to fight it, so what I am experiencing can float in the vast spaciousness of my own heart.

Featured Offerings:

Mary's interactive online course

[Falling in Love with You](#)

Starting February 1, 2023. **It's not too late to Join!**

More details below...



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

Healing with an Open Heart

The willingness to meet whatever is showing up in our lives takes courage. Did you know that the root for the word courage means “of the heart”? It takes an open heart and deep compassion to see all of the conditioned stories in our heads that keep us separate from life. It takes courage to see them, love them and, under that gaze of compassion, allow them to evaporate like the summer fog when it is touched by the morning sun.

I have been experiencing a lot of challenges with my health and my home, which has brought up feelings inside of me that I haven’t been able to fully meet with my heart. At times, after living in a very uncomfortable body for years and mostly sleep-deprived nights, what comes up from the depth of me are stories of despair, frustration, anger, overwhelm and fear. But I know they are asking to be met in the spaciousness of my heart.

Yes, at times, I fall into those feelings. And yes, at times, I run away from them. But when I resist or indulge them in any way, all it leads to is suffering, while meeting them in my heart brings joy. So my heart is becoming more engaged, and most of this time I can recognize what grace this is.

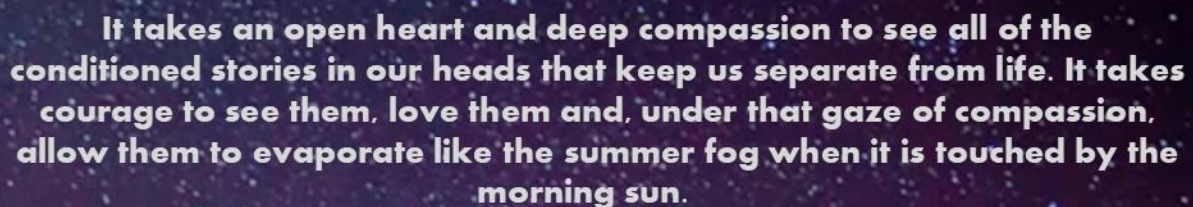
The following quote from Eleanor Roosevelt speaks directly to this:

“Every time you meet a situation, though you think at the time it is an impossibility and you go through the tortures of the damned, once you have met it and lived through it, you find that forever after you are freer than you were before.”

There is also a line from one of Rainier Marie Rilke’s poems that says, “Oh, we wasters of sorrow.” Well, I am not wasting this healing opportunity! Sometimes I really don’t like it, but I keep on returning to two little mantras from my first book, *Belonging To Life*: “What is” and “this too.” “What is” is the invitation to use my mind to be curious about what is happening, rather than reacting to it. And “this too” is the invitation to allow it to be here – for it is! It is also the invitation not to fight it, so what I am experiencing can float in the vast spaciousness of my own heart. How could I not be grateful for this depth of healing!

When the fog of your conditioned self begins to thin from the sunlight of your open heart, you begin to see life again. You truly feel it, touch it, taste it, trust it and **know** it. This is when the “prodigal son” comes home. This is experienced as a softening of all of that tightness you, which you have carried around your whole life. It is an opening, an allowing life in, with both its joys and its sorrows. It is learning how to not second-guess life so you can show up for it instead. It is recognition of the fleetingness of life – nothing lasts - and thus an honoring of the preciousness of everything. And even deeper than all of that, it is the joy of dancing with life from your heart rather than from your conditioned mind.

Be light,
Mary



It takes an open heart and deep compassion to see all of the conditioned stories in our heads that keep us separate from life. It takes courage to see them, love them and, under that gaze of compassion, allow them to evaporate like the summer fog when it is touched by the morning sun.

Acknowledgements from Our Readers

" I will never be able to thank you enough for inspiring me to be courageous. Your words encourage me to turn inwards and heal the parts of me that are longing for love & connection." ~S.

EVENTS

Please follow the links for details

Mary's new interactive online course

[Falling in Love with You](#)

Course begins on February 1, 2023 – **It's not too late to join!**

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

IT'S NOT TOO LATE TO JOIN!

[Enroll Here](#)

We are offering 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.

[Contact Awakening](#)

[About Awakening](#)

[Our Offerings](#)

[Online Course](#)