



May 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:** "We can use challenging times of great fear to connect with something that is always with us, something that reminds us we are not alone, and it is absolutely safe to be present for life exactly how it's showing up."

**Intention:** When I experience something that feels like my mind is checking out or losing control, I will remember that life is giving me exactly what I need to awaken to life.

#### **Featured Offerings:**

**[Register for this Free Live Call with Mary](#)**

Finding Peace, No Matter What is Happening, May 16th at 5:30 PM PDT. See below for more details.

***Mary's course is now self-paced:***

**[Falling in Love with You](#)**

A special price and more details below.



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

### **It's a Break-through, Not a Break-down**

A friend of mine is struggling with life right now. He often feels disoriented, confused, and has trouble remembering things. He said recently, "Mary, I think I am losing my mind." He got himself checked out by his primary care provider, which, of course, is very important, but so far, all his medical tests are just fine. So, what is going on?

I believe that my friend is being invited to relate to fear in a new way. He thinks he is having a breakdown, but I call it a breakthrough. It is one of the biggest challenges we can experience in life, the fear of losing our minds. It creates all sorts of fear-based stories that look real, but fear rarely sees the truth. No matter how this unfolds, his job is to keep on remembering that this is just fear and life knows what it is doing.

For all of us, life loves us enough to give us the exact set of experiences we need in order to become free from fear, including the experience of confusion, disorientation, and memory loss. I know this is not easy. It is actually very difficult for most of us because we think our mind is our safe place. This belief has cut us off from the truth that we are not in control. Life is in control of life! When we experience something that feels like our mind is checking out or losing control, we have a very hard time accepting it.

It is very healing to recognize that we are all going to completely lose control at some point. Our bodies are going to break down. Our minds will become more easily confused and we are all going to die. Rather than being afraid of this, we can use these times of great fear to connect with something that is always with us, something that reminds us it is absolutely safe to show up for exactly how life is showing up and we are not alone.

The wonderful Tibetan Lama and founder of Naropa University, Chögyam Trungpa Rinpoche gets to the heart of what we are exploring here when he says:

If there were no confusion, there would be no wisdom....

Chaos is workable...not regressive.

Respect whatever happens, chaos should be regarded as extremely good news.

Respect the upsurge of energy that is emotions, no matter what form. Nothing is rejected as bad or grasped as good.

We grapple only because we feel they will overwhelm the basic posture we have deemed ourselves to be.

Go towards the emotion, then there is no resistance. Let yourself be in the emotion, go through it, give-in to it, experience it. Then there is rhythm.

Transmutation involves going through such fear.

He is telling us to respect whatever happens, even the confusion. Waking up to life involves going through the fear and seeing our confusion more clearly. When the mind is in the place that says, "I

control life,” we are cut off from life. This is why Stephen Levine, author, poet and spiritual teacher, says “May you be so lucky to come across something you can’t control.” This is where we find true and lasting healing.

So cultivate moments where you trust your journey, all of it. Know that confusion and disorientation are a necessary part of your spiritual awakening. Be gentle and say to it, “This is what life is offering me today. No need to figure it out. It’s all okay.”

What would your life be like if you trusted it all, even deep fear and confusion?

Be light,  
Mary



**What would your life be like if you trusted it  
all, even deep fear and confusion?**

#### Acknowledgements from Our Readers

"Oh, Mary, I value so much your comments on what is going on in your life and how you are dealing with it. It is such a practical example for us all. Thank you!" ~M.

#### EVENTS

Please follow the links for details

**Mary's course as self-paced for \$100 off!**

[Falling in Love with You](#)

Start as soon as you pay!

**Free live call with Mary on May 16th at 5:30 PM PDT.**

[Finding Peace, No Matter What is Happening](#)

**Tuesdays: May 16th, 23rd & June 13th, 20th**

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

10:30-11:30 AM Pacific Time

**Thursdays: May 18th, 25th & June 15th, 22nd**

[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 Course NOW as Self-paced: FALLING IN LOVE WITH YOU

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 lessons with 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

**For the month of May, this course is \$100 off! No coupon needed.**

**[REGISTER HERE](#)**

For more information click **[HERE](#)**.

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

## Finding Peace, No Matter What is Happening

We are all deeply challenged by life right now. We have become so used to so much stress that we hardly notice the unease inside of us and the price we pay for it. Join Mary in exploring how to find a center of calm, ease, and wisdom within you, no matter what you are experiencing.

Free live call with Mary on May 16th at 5:30 PM PDT.

**[REGISTER HERE](#)**

Contact **[devrah@maryomalley.com](mailto: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](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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