



June 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:** "The realization that we have already been forgiven by life is a beautiful way to live. So much of awakening is learning to relax into the process, even if it is different from our mind's idea of what we should be doing. As we learn to trust that life is living through us, we become more and more willing to just relax into the process and forgive ourselves."

**Intention:** When memories fill me with shame or guilt, I will remind myself what life was teaching me, take it to heart and forgive myself.

**Featured Offerings:**

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

**Falling in Love with You**

Currently 25% off. More details below.



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

## How to Forgive Ourselves

What would happen if we were to realize that everything in life is just a part of the natural unfolding, and that everything is forgivable? What would it be like if we forgave ourselves for everything? I have been reading the book, *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed, and I want to share this excerpt about forgiveness from the book:

*“What if I forgave myself? I thought. What if I forgave myself even though I'd done something I shouldn't have? What if I was a liar and a cheat and there was no excuse for what I'd done other than because it was what I wanted and needed to do? What if I was sorry, but if I could go back in time, I wouldn't do anything differently than I had done? What if I'd actually wanted to fuck every one of those men? What if heroin taught me something? What if yes was the right answer instead of no? What if what made me do all those things everyone thought I shouldn't have done was what also had got me here? What if I was never redeemed? What if I already was?”*

The realization that we have already been forgiven by life is a beautiful way to live. So much of awakening is learning to relax into the process, even if it is different from our mind's idea of what we should be doing. As we learn to trust that life is living through us, we become more and more willing to just relax into the process and forgive ourselves. So, when a challenge shows up, I say, “Oh this is what life is offering. Everything belongs here. No need to make it any different than it is.”

As life unfolds, know that every moment is a precious moment in your life. When you are sitting on the toilet, it is a precious moment. When you are waiting in line at the grocery store, it is a precious moment. Even if you just received a diagnosis of cancer, it is a precious moment. See if you can meet the moment without any story. The mind is a useful tool for maneuvering through our lives, but it is also a storyteller. It was never meant to be in charge, but we have given it the impossible task of being in control of life. Most of us hold on tightly, trying to make life be as we think it should be, resisting what we don't want because we are caught up in the illusion of control. Yet, forgiving ourselves, and relaxing into life is an invitation to let go. There is something wonderful that happens when you soften out of the world of control enough to see that life is taking care of you every step of the way.

Think of a time when you beat yourself up because your mind believed you had done something wrong. Now try forgiving yourself for that imagined transgression and tell yourself that it was just life unfolding, and everything you have ever done or not done has brought you to this moment, even the unskillful, boring, and exhilarating moments. How does that feel?

Be light,

Mary

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

### Acknowledgements from Our Readers

"Dear Mary, Thank you for this beautiful article! I copied your words, "How can I give today?" and plan to ask myself this often. Generosity brings joy and, best of all, connection. I appreciate you and all you give me through your articles, courses, and books." ~L.

### EVENTS

Please follow the links for details

**Falling in Love with You self-paced online course - JUNE SPECIAL: 25% OFF**

[Falling in Love with You](#)

Start as soon as you sign up!

**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

**JUNE SPECIAL: 25% OFF**

**[REGISTER HERE](#)**

For more information click [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)**

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