



August 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: "True healing is about turning towards and making space for whatever is showing up in our lives. It is about befriending, keeping company with, allowing, honoring, respecting, acknowledging, and developing a relationship with all these parts that we don't like."

Intention: When my mind goes into its suffering mode, I will notice what is here right now and I will touch it with my heart.

Featured Offerings:

FREE Live Call

[Can We Trust the Chaos of Our Time?](#)

See below for more details.



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

Embracing the Holy Messes in Your Life with Kindness

I have had a plaque on my fireplace for a long time by artist Kelly Rae Roberts which says, “Kindness Changes Everything.” A friend of mine recently sent me another one of Kelly Rae’s inspirational quotes, “Embrace the imperfections, the chaos, the holy mess of your beautiful life.” I love both of these sayings because they are all about the heart. While most people try to get rid of the uncomfortable stuff in their lives, true healing is about allowing our imperfections and chaos to float into our hearts. How do we do this? By embracing it all with kindness.

Carl Jung, the famous Swiss psychiatrist and psychotherapist, was the first person that basically said a human being is a community. Within this community, we have parts that we like, and then we have the parts that we don’t like. The parts we don’t like I call spells, such as fear, despair, anger, sadness, and grief. And in our community, the unlikable parts are at war with one another, or we are at war with them. We try to hold onto the parts we think are okay and push away the parts we don’t like. And this is true suffering. Let’s say you don’t like a body part, such as your thumb. Maybe you don’t like the size or shape of your thumb. Would cutting it off make you happier? Of course not, and you certainly would be able to do a lot less. This is what we do in life. We cut this out and that out, trying to get to a better state, but it is an endless game.

True healing is about turning towards and making space for whatever is showing up in our lives. It is about befriending, keeping company with, allowing, honoring, respecting, acknowledging, and developing a relationship with all of these parts that we don’t like or what Kelly Rae calls “our holy mess.” It is about noticing what is here right now when the mind goes into its suffering mode and when everything tightens down in our bodies. When this happens to me, I touch it with my heart by first asking, “Okay, what is it that you don’t want to explore in this moment?” and then I say to the scared one inside of me, “Oh this is what life is offering. This is what is passing through right now. No need to push you away, you belong here.”

I have a new mantra that helps me bring kindness into my heart, “Striving...Arriving.” I say “Striving” on the in-breath and then on a long, slow, out-breath, I say “Arriving.” Striving is the mind that is busy liking, disliking, and trying to turn life into a problem. It has spent its whole life trying to manage this and that, and it is always fixing, changing, numbing or rearranging everything it doesn’t like. I don’t judge this busy mind or try to make it bad or wrong for striving because this is what it learned to do when it was very young. We have given our minds a task that they were never meant to do, and that is being in charge of life. The mind is not in charge. Yet most people don’t truly experience life because they are too busy trying to control it. Whatever it is that digests our food, that keeps the planets spinning, that heals the cuts on our skin, that breathes us is in charge of life, not the mind.

The second part of the mantra, “Arriving,” is about being open to life. It is about coming home. Arriving is what we long for. How do we arrive? By getting to know the fear-based mind and showing it kindness and compassion. My practice of “Arriving” is about really acknowledging the waves of sadness, grief, pain, and anger that are passing through. I do this by talking to my scared one, or rubbing my heart, or just acknowledging that my scared one is here by saying, “I see you.” By giving her the attention and love she so desperately needs, I have fallen more in love with this crazy, neurotic, easily-overwhelmed, separate mess of a self than I ever have been. Sometimes I

even call her “Kindness.” When I touch her with my heart, she just lets go and relaxes back into life.

What would happen if, when your mind gets activated and your body is tight, you really knew that it is safe to let go into the process? The next time you feel this way, make some time to become quiet and start to get to know your sacred mess, your beautiful mess, your holy mess. Then, let go and let life. Notice how you feel afterward.

Be light,

Mary

While most people try to get rid of the uncomfortable stuff in their lives, true healing is about allowing our imperfections and chaos to float into our hearts, by embracing it all with kindness.

Acknowledgements from Our Readers

“Thank you. You are a wonderful teacher and a great support to those who still struggle. Always redirecting us back to our loving compassionate centre.” ~J.

EVENTS

Please follow the links for details

FREE live call with Mary

[Can We Trust the Chaos of Our Time?](#)

September at 5:30 PM Pacific Time

Tuesdays: TBA

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

10:30-11:30 AM Pacific Time

Thursdays: TBA

[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](#)

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!

Being Healed by Our Compulsions self-paced online course

[Being Healed by Our Compulsions online course](#)

Start as soon as you sign up!

Falling in Love with You self-paced online course

[Falling in Love with You](#)

Start as soon as you sign up!

Free Night with Mary

Can We Trust the Chaos of Our Time?

Absolutely. It may not be likable, and it may even be scary, but it is immensely trustable. As I intimately explore in my book *What's in the Way IS the Way*, even this time of chaos can be empowering rather than disempowering. Join Mary in exploring how the challenges of our time, rather than stressing you, can inspire you.

FREE live call with Mary on September 19th at 5:30 PM Pacific Time.

[REGISTER 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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