



September 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:** “Welcoming what is cuts through our addiction of trying to make our lives different than what they are.”

**Intention:** When I hear the judger in my head, I will write down what it says. In those moments, I will relate to my judger instead of from it.

**Featured Offerings:**

**FREE Live Call**

*Can We Trust the Chaos of Our Time?*

**&**

**A Self-Paced Online Class**

*What's in Your Way IS the Way*

See below for more details.



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

## Welcoming Yourself Exactly as You Are

*Welcoming* means accepting yourself exactly as you are and also accepting life exactly as it unfolds. It is the ability to allow all of it, including all the parts of yourself and your life that you don't like, and letting it all flow without getting hooked into the stories created by your mind. Welcoming cuts through our addiction of trying to make our lives different than what they are. Easier said than done, right?

I know it's not always easy to welcome and accept life, especially your challenges, because you have been conditioned to continuously judge yourself and others. This is the inner voice you took on when you were young. The judger inside of you is such a harsh critic and can be so cruel, and yet it is just a scared part of you. It is a protective mechanism that was formed when you were a child, and it takes care of a child's view of the world. Your judger may tell you that you have to be perfect, and it is not okay to make mistakes. But the judger never sees the whole truth.

Learning to welcome the judger is like learning a new language. If you go to live in a new country and you try to speak the language, you struggle to find words. But, in time, you eventually start speaking and eventually thinking in the new language. One way to get to know your judger is to write down what it is saying – things like “I am too fat” or “I have nothing to offer” or “Everyone else does it better than it do.” As you begin to see the judger for what it really is, it will begin to lose its power over you, and you can recognize it right away. And eventually, you will be able to say to it, “Thank you for sharing!” In that moment, you are relating *to* the judger instead of *from* it.

The next time your judger tells you that you are bad or wrong or that you made a mistake, I invite you to welcome it. Thank your judger for trying to take care of you and tell it everything is okay, and you are okay exactly as you are. Then notice how this makes you feel.

Be light,

Mary

**Welcoming means accepting yourself exactly as you are and also accepting life exactly as it unfolds, including all the parts that you don't like, and letting it all flow without getting hooked into the stories created by your mind.**

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Acknowledgements from Our Readers

“Dear Mary, Your words/books have brought me through some dark days. You are the light of my life. Thank you!!” ~K.

## EVENTS

Please follow the links for details

### **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! - **\$100 off for September**

### **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](#)

### **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!

## WHAT'S IN YOUR WAY IS THE WAY Self-Paced

AN 8-WEEK SELF-PACED COURSE FOR REDISCOVERING THE JOY OF BEING FULLY PRESENT FOR LIFE

### **What is the awakened life?**

The Awakened Life is a life full of presence. It is about using your thoughts to connect with life as it is rather than trying to hide from it or control it.

Take a moment... Lift your eyes from what you are reading, allow a long, slow out breath and let your life in.

### **Imagine:**

- if you truly trusted yourself and your life – all of it?
- if your challenges, rather than being endless problems to be solved, became doorways into the healing you long for?
- if you discovered that the peace you long for is always with you right here, right now?
- if you woke up each morning with a zest for where the adventure is going to take you today?

### **Included in the course:**

- 8 weeks of lessons with written, 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 invitation
- Lifetime access to the audio and video files and PDFs

**\$100 off** for the month of September bring the price to **\$247** (no coupon needed)

**[REGISTER HERE](#)**

For more information [CLICK HERE](#).

Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for more information.

## 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](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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