



November 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: “I would not find lasting healing in ideas about how my life should be. My job was to learn how to clear a pathway through the stories in my mind so I could make contact with life—right here, right now.”

Intention: When I feel caught up in struggle, I will take time to reconnect with the living moment, either through my breath, nature, or seeing what is right in front of me.

FEATURED OFFERINGS:

FREE live call with Mary on November 14th

[The Joy of Being at Home in Your Life](#)

&

FREE online event Starting November 6th

[Overcoming Toxic Relationships & Gaslighting](#)

SEE BELOW FOR DETAILS

&

Mary's first book *Belonging to Life* will soon be on Audible



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

Finding the Pathway to a Full and Intimate Connection with Life

I want to share with you a story from earlier in my awakening that speaks to how I discovered that the pathway to a full and intimate connection with life was not through trying to control my life. Instead, it was through curiosity and compassion – the ability to engage with what I was experiencing right now.

For the previous ten days I had been at a workshop at Breitenbush Hot Springs in Oregon led by Stephen Levine, a skilled teacher of consciousness and author of many books on how to be truly awake for life. The workshop had opened my awareness in ways that had been blocked since childhood. He taught me how to lovingly watch the workings of my mind so that my attention could become free from struggle and engage with the living moment of life. After many long, confusing and grief-filled years, for the first time since childhood, I was able to reconnect for moments during that retreat with the joy and nourishment of belonging to life.

Back home again, standing in my kitchen, I was beginning to feel the anxiety of nothing to do. The retreat was over, and my children hadn't yet arrived home. Seeking to relieve this anxiety, I found myself going out to the back yard and lying down under the oak tree's protective arms. Suddenly I let go. For the next few moments of my life, I wasn't trying to go anywhere, understand anything, or be anybody. I let go by allowing my life to be exactly as it was. Not needing anything to be different, I was enough. Life was enough.

In a flash, I was here, making contact with the only moment that matters—now. I felt the Earth holding me and the wind caressing my cheek. I could see the veins in the leaves and was deeply

moved by the wonder of it all. I completely opened to life and received the love that radiated from everything. In this opening, I belonged to life, and I belonged to my own life, reconnecting with the rapture of being alive.

I began to sob from the depths of my being. My tears came not only because I had been disconnected for so long, but also because I knew, in the marrow of my bones, that I had just experienced the moment that life appears out of mystery. In that moment, I recognized that I was being breathed, by love, and I was love.

Feeling the radiance that poured forth from every single leaf, rock and blade of grass as an expression of the intelligence at the heart of life, a thread of trust was rewoven. I knew that my understanding of where to find safety, connection and joy beyond anything I had ever known was radically altered. It wasn't out there in somebody else's understanding of me, or in some idea I hadn't yet figured out, or in some healing that hadn't yet happened. It was here. It had been here all along, and it would always be here.

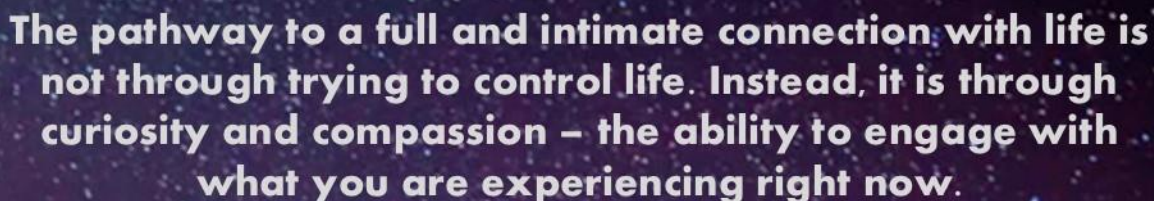
After a few moments, the vibrancy began to fade, and grief began to take over as the many filters in my mind that separated me from the incandescence of the moment began to reassert themselves. Then I remembered that grief was just another filter, and I was able to let it go. And again, I was fully present for life!

When my children came back, bringing with them the myriad duties that come with being a single parent, the clarity, immediacy, safety and joy I experienced under the oak tree faded. My attention was seduced back into the narrow realm of struggle that so often envelopes us. But the essence of that gift stayed with me, fueling my core intention—to come back to life.

I could now see that I would not find lasting healing in ideas about how my life should be. My job was to learn how to clear a pathway through the stories in my mind so I could make contact with life—right here, right now. I needed to let go of these ideas while curiously and compassionately paying attention to what was unfolding in the moment.

Be light,

Mary



The pathway to a full and intimate connection with life is not through trying to control life. Instead, it is through curiosity and compassion – the ability to engage with what you are experiencing right now.

Acknowledgements from Our Readers

Thank you for a wonderful reminder and a great support for how I am dealing with my own life. You are always an inspiration to me, now and for many years in the past. Thank you for sharing your journey, it is precious! Love, ~A.

EVENTS

Please follow the links for details

FREE online event

[Overcoming Toxic Relationships & Gaslighting](#)

Starting November 6th

FREE live call with Mary

[The Joy of Being at Home in Your Life](#)

November 14th at 5:30 PM Pacific Time

Tuesdays: Nov. 14th, 21st & Dec. 12th & 19th

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

10:30-11:30 AM Pacific Time

Thursdays: Nov. 16th, 30th & Dec. 14th, 21st

[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 online course

[What's In Your Way IS the Way online course](#)

Start as soon as you sign up!

FREE LIVE CALL WITH MARY

The Joy of Being at Home in Your Life

Of all of the longings we experience, one of the deepest is a sense of belonging. What does that look like?

- You wake up every morning with a sense you are a necessary and unique part of life.
- You live life as an adventure because you deeply trust whatever comes your way.
- You can easily access a sense of wonder and astonishment about the gift of life.
- And you feel like you belong, no matter what is happening.

Join Mary in exploring your birthright to truly being at home in your life!

FREE live call with Mary on November 14th at 5:30 PM Pacific Time.

[REGISTER HERE](#)

Contact devrah@maryomalley.com for questions.

FREE ONLINE EVENT

Overcoming Toxic Relationships & Gaslighting

If you've experienced Toxic Relationships & Gaslighting I have a life-changing opportunity to share with you. I highly recommend you join me for this FREE online event from AVAIYA University. I am one of many speakers in this event.

Beginning November 6th over 30 therapists, relationship experts and more will help you heal your relationship trauma, break free from toxicity, and experience the respect, love & healthy relationships you deserve! I am honored to be a featured speaker during this 7-day immersion event, talking about Protecting Yourself from Toxic Relationships.

FREE online event beginning November 6th

[REGISTER HERE](#)

PS. Please take note that not all speakers will be in alignment with Mary's work and messaging.

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](#)