



February 2024

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: “Anger arises when your idea of how things should be is thwarted. You can learn how to use anger when needed rather than being at the mercy of it. It comes from the courageous step of acknowledging that there is anger inside of you. Every time you acknowledge how anger is showing up inside of you, you begin to create space around it.”

Intention: When I hit a wall and my anger sparks, I will welcome it as a friend and ask what it's trying to share with me. I will pause and breathe, listening to it's wisdom until the heat cools.

FEATURED OFFERINGS:

[The Magic of Acceptance](#)

Next Free Live Call Announcement!

See below for more detail!

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[All Self-Paced Courses for \\$149](#)

Mary has dropped the prices for all self-paced courses.

See below for more detail.

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[Belonging to Life Audiobook is here!](#)

Narrated by Mary O'Malley herself.

See how to listen below!



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

Anger Can Be Your Guide

The news shows us how many people are angry, so angry. And we find ourselves being angry at anger! It has disrupted so many people's lives down through the eons.

Anger can show up as annoyance, impatience, frustration, exasperation, irritation, and resentment. You may see it through a quiet resentment of your mate. It may show up as being judgmental of the white supremacists. You may feel irritation with a politician who doesn't see life the way you do. You may recognize it in the impatience you feel with how long the lines are at the grocery store. Or you may see it in your own self-judgment, which is just anger turned within.

All these qualities arise when your idea of how things should be is thwarted. Think of road rage. Somebody is late to an appointment or just had a very bad day and they are trapped on the freeway. The tiny match of somebody following them too closely can ignite a conflagration in which people can get hurt.

This doesn't only happen when your life is not the way you want it to be. It also shows up when *you are not the way you think you should be*. Most of us are deeply addicted to the idea of having it all together. We compare ourselves to some mythical idea of what we should be and then berate ourselves for falling short.

The addiction to perfection festers inside of us and, as the pressure increases, we react and attack. It could be that your dog is taking too long to pee. It could be that your hair is not cooperating today or that you dropped something when you were trying to get out the door. Technology is a great place to see the anger that is hidden inside of you. Think of the last time that you came across a technological challenge in which your irritation grew into frustration, and then into anger, and finally into a meltdown.

When all of this is too painful to be with, you turn the anger inward toward yourself, shaming yourself in cruel and mean ways. We are so skilled at being unkind with ourselves. We then release some of that pressure by judging somebody else. If you watch carefully, you'll see that most of your anger and judgment of others is just a safety release valve for your anger at yourself. At the same time, you are ashamed of what your mind is doing, and you don't want anybody to know what is going on inside of you. You fear you won't be loved if people know how much anger, judgment, and reactive shaming you live in.

You can learn how to use anger when needed rather than being at the mercy of it. It comes from the courageous step of acknowledging that there is anger inside of you, including all the variations that we have touched on. It also comes from understanding that it is a survival tactic of your condition self. If you were on safari in Africa, and you saw a lion cub caught and caged, you would see this scared little one hissing and snarling, showing its claws and fangs. Would you judge that lion cub for its reaction to its impotence and its vulnerability? Of course, you wouldn't, but you do this with yourself.

Every time you acknowledge how anger is showing up inside of you, whether it is impatience, self-judgment, irritation, resentment, and even hatred and rage, you begin to create space around it. Then, when anger arises inside of you, the chances are greater that you will not contract around your anger in fearful tightness and self-judgment, nor will you vomit it out into the world. Instead, you will acknowledge it, recognizing that it is reacting to deep vulnerability inside of you. Then the anger can simply pass through. And if anger is necessary and appropriate in your life, it will be clean and clear like a surgical knife. You will simply speak your truth without it being against anyone.

So, anger, rather than being something bad or wrong or you are at the mercy of, can become a friend, guiding you through life, and helping you to see when it is appropriate to say yes and when to say no.

If you want to explore this further, I invite you to read my Feb 5th blog. Also, you can listen to my radio show available on Feb 1st at 5:00 AM & PM PST. [LISTEN HERE](#). And after the 1st of Feb it will be available at any time on demand [HERE](#).

Be light,

Mary

Anger, rather than being something bad or wrong or you are at the mercy of, can become a friend, guiding you through life, and helping you to see when it is appropriate to say yes and when to say no.

Acknowledgements from Our Readers

So very helpful Mary, thank you. I read everything you post and each time, a new tool or a reminder to use a tool I have forgotten is presented. I appreciate you so much. ~H.

EVENTS

Please follow the links for details

The Magic of Acceptance *See below for more detail.*

The next Free Live Call will take place on March 12th at 5:30 pm PST!

[Learn More & Register Here](#)

[Free Live Call: Are You Ready to Move Beyond Struggle?](#)

We're excited to announce the next Free Live Call will be held on January 16th.

See below for more details.

Belonging to Life audio book is now available! *See below for more details.*

[Get it FREE with a FREE trial of Audible](#)

Or [purchase separately](#)

Tuesdays: Jan. 23rd & 30th, Feb. 20th & 27th

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

10:30-11:30 AM Pacific Time

Thursdays: Jan. 25th & Feb. 1st, 22nd & 29th

[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 - Now \$149!

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

Start as soon as you sign up!

Falling in Love with You self-paced online course - Now \$149!

[Falling in Love with You](#)

Start as soon as you sign up!

What's In Your Way IS the Way self-paced online course - Now \$149!

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

Start as soon as you sign up!

NEXT FREE LIVE CALL ANNOUNCEMENT

The Magic of Acceptance

We have all bought into the belief that if something is not the way we want it to be, we must fix it, ignore it, get rid of it, or rise above it, not realizing this is an endless game of struggle. It is pure joy when you discover that acceptance is magic, bringing clarity to confusion, calming what is agitated, opening what is closed, and loosening what is tight. Join Mary in exploring the art of acceptance and how to bring its magic into your life.

We will meet on **March 12th** at **5:30 pm PST** for the free live call, lasting about an hour.

We will be on Zoom. Connect in the way that feels comfortable to you. Join with video, keep your video off or call in. If you can't make the call, send your questions to Devrah at devrah@maryomalley.com and Mary will address them in the call.

Learn More and Register [HERE](#)

Contact devrah@maryomalley.com for questions.

AUDIOBOOK RELEASE ANNOUNCEMENT

Belonging to Life Audiobook is Available on Audible!

The audiobook for Belonging to Life Narrated by Mary O'Malley herself is now available! Belonging to Life is an invitation to know again the joy, the wonder and the peace of truly belonging to Life and belonging to your own life. In this book we explore techniques and ideas that invite you to free your attention from the mind that feels it needs to *do* Life so you can *be* Life again. We are so excited to finally be able to share this audiobook with you.

It is available NOW on Audible

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OR

[Purchase through Amazon](#) for your personal Audiobook library

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

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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