



March 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: “Be willing to cultivate what I call ‘the pause that refreshes:’ a moment here and a moment there when you actually let go of thinking about the past or the future and simply rest in this living moment – the moment where Love is.”

Intention: March is when the ice melts to nourish the coming flowers of Spring. The sleepy stillness of this transition reminds me that nothing can grow without rest. Our modern lives are busy and chaotic. Let's focus this month on giving ourselves the quiet time to grow like the flowers of Spring. I invite you to join me in spending 5 minutes a day training the muscles of our attention and connecting with our bodies.

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.



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

Love Is Who You Truly Are

I want to share with you a very powerful story from Stephen Levine. At the beginning, this story is heartbreaking, but stay with it because this story points to the healing that we all came here for.

Stephen spent some time with a man called Aaron who had ALS (also known as Lou Gehrig's syndrome), which results in gradual deterioration of the nerve cells leading to paralysis of the body. Before he got ill, Aaron was 36 years old, living with his wife and two children. He was a singer, dancer, and virtuoso guitarist. But by the time he met Stephen, he was strapped into a wheelchair, unable even to support his weight. His lung capacity was so decreased that he had to consciously breathe in sufficient air to push past his voice box to create the few words he was able to communicate.

When Aaron first realized how sick he was becoming he became lost in ideas of how things were, along with feelings of resentment and diminishment. But with much inward looking, a never imagined freedom often arose. As he discovered how to let go, he reported, "I am now free to just be, and I have never felt so alive in my whole life." He goes on to say, "As my body gets weaker, somehow, I get stronger. Now that I can no longer do all the things I used to do to be someone in the world, I see how unreal all those things were. I see, in fact, that all of that doing separated me from everyone and everything in a way that made my life a kind of dullness, a kind of separation from the vitality of things."

Then he speaks about the core healing he experienced through ALS: “My heart has never been so open, and I have never felt so much Love for so many beings. Everyone who enters this space I Love, not being-to-being, not out of separateness. We exist *in* Love together. I’m touching the place inside of me I’ve never looked at before, a place I never knew. All my singing and dancing, and all the plaudits I received, all the praise, the money, never really brought such a deep satisfaction as I am experiencing now.”

How can this possibly be when life as he knew it was fading away? Because Aaron realized that he, along with every other person, is so much more than he thought he was. In this very fierce cracking open of the armoring that separated Aaron from the joy of simply being (the armoring that we all carry), he opened up into the field of Love that all of us truly are. As Rumi said, “Beyond right doing and wrong doing there is a field. I will meet you there.”

Before I opened to it, I had never even heard about this, and yet, as it revealed itself, with tears streaming down my face, I knew I was receiving Truth. I knew I was recognizing the Truth of my own being.

When Anita Moorjani, in her book *Dying to Be Me*, wrote of what happened when she ‘died,’ she said, “The feeling of complete pure and unconditional Love was unlike anything I’ve known before.”

When Eben Alexander, author of *Proof of Heaven*, spoke about what happened to him when he was in a seven-day coma, he said, “Love is, without a doubt, the basis of everything.”

If we are more than we think we are, why don’t we see this? Why don’t we live from the truth of Love? Because we are all caught in our stories about life, stories that are so busy trying to *do* life that we have forgotten how to simply *be*. In a way, Aaron was forced into *being*, and there to meet him was Love.

No matter what stories are flowing through your head and no matter how deep your challenges are, the truth is that every day you breathe Love, you drink Love, you eat Love, and you are showered by Love wherever you go. As Eben says, “Love is the reality of realities, the incomprehensibly glorious truth of truths that lives and breathes *at the core of everything that exists or will ever exist.*” And this includes you!

You don’t need to try to find this field. That is just more struggle. Simply allow the invitation in this newsletter to begin to filter into the denseness of your stories. And be willing to cultivate what I call ‘the pause that refreshes:’ a moment here and a moment there when you actually let go of thinking about the past or the future and simply rest in this living moment – the moment where Love is.

If you'd like to hear more about my philosophy and teachings, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: The Indescribable Joy of Flowing with Life. It will air on Thursday, the 7th and 14th at 5am and 5pm [HERE](#). After the 14th, it will be available

on demand, along with every other radio show I've ever done [HERE](#). Please feel free to explore my catalog and listen to topics that call to you.

Be light,
Mary

**No matter what stories are flowing through your head
and no matter how deep your challenges are, the truth is
that every day you breathe Love, you drink Love, you eat
Love, and you are showered by Love wherever you go.**

Acknowledgements from Our Readers

Blessings to you, Mary, for believing in our humanity's best, believing in the best and brightest way forward to love for ourselves and each other. We can each make a positive difference with a little help from our friends. Godspeed always, ~S.

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.

Tuesdays: March 26th & April 2nd, April 23rd & 30th

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

10:30-11:30 AM Pacific Time

Thursdays: March 28th & April 4th, April 25th & May 2nd

[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!

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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.

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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