



April 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:** "The next time something happens in your life that brings up feelings of shame, ask yourself this question, "How can I be with this feeling right now?" And then say hello to the one who feels he/she is bad and wrong. It truly is possible to heal our voices of shame so that we can be authentically ourselves."

**Intention:** April is a time of renewal and rebirth. But one of the things that holds us back from this refresh is shame and self-judgement. This month let's focus on cultivating our relationships with ourselves. When shame and judgement arrive, rather than leaving myself through distraction or disconnecting, I will instead take courage and sit with the shame in my body, giving it compassionate attention and ask "What has brought you here? What do you need to tell me?"

#### **FEATURED OFFERINGS:**

**[Free Live Call](#)**

**Healing the Unhealed**

*See below for more detail!*



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

## Three Ways to Heal Your Shame

The storyteller in our heads is so used to being judgmental, cruel and even vicious, telling us we did something wrong (this is guilt), or that we are bad and wrong (this is shame). And it influences our lives from underneath our everyday awareness, keeping us cut off from the vast and healing regions of our own hearts. I used to have an extremely cruel judger inside of me and as I began to be curious about it, listening to what it was saying, I discovered that the judger never sees things clearly.

There are 3 things that can help you to unhook from the voices of guilt and shame:

### 1. *Relate to, not from, your shame*

It helps to understand that life is in charge of life. Life puts you in situations to help you see your shame and all of the other states, so you can learn to *relate to* them rather than *from* them. So, how can you relate to these stories and begin to heal your shame? By being curious about what is here rather than trying to change, numb or bury the feelings. The healing you long for happens when you can be with *what is*. It is not easy, especially feelings of shame, because the stories in your head can be very seductive. Your unconscious mind really and truly believes that you are only okay if you do life perfectly. Of course, *perfectly* is a very relative position. Perfect to one person is not perfect to another. The more you wake up, the more you see that everything is exactly as it needs to be. It is never about what is going on at the surface. It is always about what is going on underneath.

## **2. Be curious and compassionate with the judger**

Judging has been a key part of your survival system. You were conditioned to think this way when you were very young. You can learn to be curious by asking the question, “What does this bring up inside of me?” and then you can bring compassion to the parts that need your attention right now. “Oh, the judger is here. I see you. You are the one who believes I am doing it wrong (or I am wrong).” The only power the judger has over you is when you think it is the voice of truth. But it is not. You can learn how to see this judging quality in your head rather than believing what it is saying. You can even move beyond judging your judger!

As you become curious, you can learn to unhook from these states, or what I call spells. The next time something happens in your life that brings up feelings of shame, ask yourself the question, “What are the stories my shame is voicing right now?” Remember, it is a process. In discovering the phenomenal healing power of being curious and compassionate, you will have access to it and then you forget, and then you remember at a deeper level, and you forget, and you go to an even deeper level of remembering and then you forget, only to remember again. That is how life teaches us.

## **3. Tune into your body and feel the shame**

You have probably buried most of your shame your entire adult life and have tried to pretend it doesn't exist, or in some cases, you may not even be aware it exists. But it does. As you are awakening, life is bringing you very uncomfortable experiences for a reason. They are tailor-made for you, custom-designed so that your feelings will come out of hiding and you can say “I see you.” When this happens, tune into your body and ask yourself, “Where in my body do I feel the shame? Is it in my belly?” Say hello to the tight belly and soften. Put your hand gently on your belly and say, “I see you.” If it is in your neck, back, or shoulders, give these tight, uncomfortable places your attention. Maybe even give them a little massage now and then. Be gentle with yourself. These are moments of healing.

The next time something happens in your life that brings up feelings of shame, ask yourself this question, “How can I be with this feeling right now?” And then say hello to the one who feels he/she is bad and wrong. It truly is possible to heal our voices of shame so that we can be authentically ourselves.

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 Great Healer of Trauma*. It will air on Thursday, April 4th and 11th at 5am and 5pm [HERE](#). After the 11th, 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

I used to have an extremely cruel judger inside of me and as I began to be curious about it, listening to what it was saying, I discovered that the judger never sees things clearly.

### Acknowledgements from Our Readers

Thank you Mary. These words bring so much “clarity” to what is really happening in these countries and I guess it’s throughout our whole world. Keeping these words/truths with me will remind me that We can discover our Oneness. ~K.

### EVENTS

Please follow the links for details

**Healing the Unhealed** *See below for more detail.*

The next Free Live Call will take place on May 7th at 5:30 pm PDT!

[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](#)

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**NEXT FREE LIVE CALL ANNOUNCEMENT**

# Healing The Unhealed

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 **May 7th at 5:30 pm PDT** 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 Aja at [aja@maryomalley.com](mailto:aja@maryomalley.com) and Mary will address them in the call.

Learn More and Register [HERE](#)

Contact [Aja@maryomalley.com](mailto:Aja@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.**

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