



May 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: "How would your life change if you trusted that your challenges are a part of your journey home, back to yourself and life? What would happen if your illness, your difficult relationship, your demanding boss, your compulsions, and maybe even your troublesome dog were showing up in your life to help you heal?"

Intention: Whenever resistance shows up, I will say "colder" to myself and this will be a cue to pause and reassess my "clues" to find my way back to "warmer." I can always consult my resistance by asking "warmer or colder" to help guide me on my next steps should I get stuck.

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.](#)

How You Can Find Healing That Will Last

How would your life change if you trusted that your challenges are a part of your journey home – back to yourself and back to life – instead of feeling that your challenges are here because you have done something wrong or you are being punished or God fell asleep on the job? What would happen if your illness, your difficult relationship, your demanding boss, your compulsions, and maybe even your troublesome dog were showing up in your life to help you heal?

The healing you long for comes when you discover how to play the *warmer, warmer/colder, colder* game. Remember that game from your childhood? You hide something and when your friends are searching for it, you say “*warmer, warmer*” when they come close to where it is hidden, and when they go away from it, you say “*colder, colder*.”

When you live in the *colder, colder* place, your challenges take you right up into your head and you follow them down the rabbit hole of struggle. The storyteller in your mind tries to figure things out, resist them, judge them, attack/defend and when all that fails, it falls into hopelessness and despair. The last thing it wants to do is experience what you are experiencing. So you leave yourself for the struggles of your mind when you most need yourself!

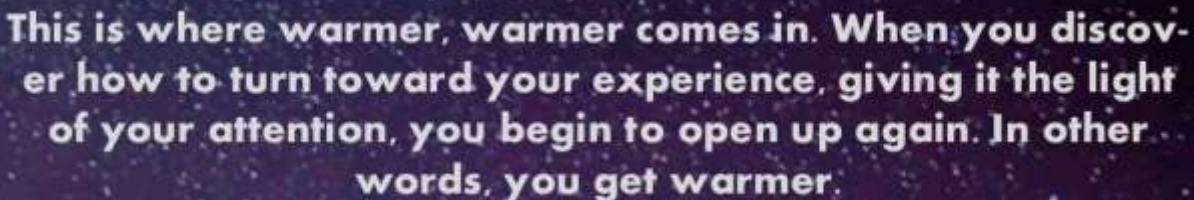
This is where *warmer, warmer* comes in. When you discover how to turn toward your experience, giving it the light of your attention, you begin to open up again. In other words, you get *warmer*. Let’s take fear for example. When a story of fear comes, if you fall under its spell, your body gets tight, your mind gets even tighter, and you are cut off from the healing balm of your own heart. So you get *colder*. If instead, when you notice that you are getting tight and you bring the light of your attention into your body and explore what is happening there, your mind calms down and the

tightness softens. You now have access to your heart, which is kind and tender to both the story of fear and all the tightness it brings to your body.

The more you bring curiosity to your immediate experience, the more your heart opens. And it is your heart energy that every single part of you is longing for, especially the parts you don't like. All lasting healing happens in your heart.

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: *Pain Can Transform Your Life*. It will air on Thursday, (Tomorrow) May 2th and 9th at 5am and 5pm [HERE](#). After the 9th, 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



This is where warmer, warmer comes in. When you discover how to turn toward your experience, giving it the light of your attention, you begin to open up again. In other words, you get warmer.

Acknowledgements from Our Readers

Thank you for this beautiful writing. I share your voice and carry all in my heart.
Thank you, Mary! ~S.

EVENTS

Please follow the links for details

Healing the Unhealed Free Live Call on May 7th at 5:30 pm PDT! See below for more detail.
[Learn More & Register Here](#)

Tuesdays: May 28th & June 4th, June 18th & 25th

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

10:30-11:30 AM Pacific Time

Thursdays: May 2nd, May 30th & June 6th, 20th & 27th

[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!

NEXT FREE LIVE CALL ANNOUNCEMENT

Healing the Unhealed

We are each a community of parts, parts we like and parts we don't like. But the parts we try to hide from don't go away. In fact, they influence us from underneath our everyday awareness. Join Mary in exploring how to heal your unlikable parts so you can become a whole and vibrantly alive community.

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 and Mary will address them in the call and you will receive a recording.

Learn More and Register [HERE](#)

Contact 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.

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](#)