



June 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:** "In your childhood, you were taught to read and write, ride a bicycle and do your chores, but you were probably not taught how to be okay with yourself exactly as you are. So you became an ongoing project, focusing on what needs to be different about you rather than accepting yourself as a unique expression of life."

**Intention:** June is the transition between spring and summer. As the weather becomes more consistently warm, I am reminded to be warm towards myself. I invite you to join me this month in spending 5 minutes a day in the sun, allowing its light to reveal the parts of you, which you've pushed into the dark. Meet them with compassion and an open heart.

#### **FEATURED OFFERINGS:**

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

**Shortcuts to Peace and Ease**

*See below for more detail!*



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

## **How to Heal the Scar Tissue Around Your Heart**

Love is the truth of your being. And yet, if you are like most of us, you are not aware of this. Caught in your mind that loves to struggle with life, you are like a fish in the ocean searching for water! One of the main reasons we are cut off from the truth of Love is that the way we have been trained to regard ourselves is the exact opposite of Love. We are unmerciful with ourselves! If you talked to your friends like you talk to yourself, you wouldn't have any friends! But when you begin to open to your true nature, you see that Love is accepting and honoring. It is allowing and understanding. It sees what is here without any need to change it, and its power to heal is phenomenal. Rather than dividing, it unites, bringing things together in harmony, including the parts of yourself you have shunned.

In your childhood, you were taught to read and write, ride a bicycle and do your chores, but you were probably not taught how to be okay with yourself exactly as you are. So you became an ongoing project, focusing on what needs to be different about you rather than accepting yourself as a unique expression of life. There is nothing wrong with wanting to improve aspects of yourself. But for most of us, it becomes our primary mode of existence, causing us to miss the *enoughness* that we are right now! Without knowing how to meet yourself with understanding and mercy, you wound yourself over and over again, and this weaves a layer of scar tissue around your heart.

Your mind says, "If there were more sunny days or if I had a better car, more education, a slimmer body, a more beautiful mate, a fancier job, etc., then everything would be okay." The more you expect yourself and your life to be different than what they are, the easier it is to judge how you are doing. And the more you judge, the thicker the scar tissue becomes around your heart. As self-judgment runs rampant through your mind and heart, it can solidify into shame. Self-judgment says, "I did it wrong." Shame says, "I am wrong." To live a shame-based life is a rejection of

yourself by yourself. To be filled with shame is to wake up every morning to a person you don't like, and that person is you!

It is possible to heal your shame by learning how to meet yourself in understanding and mercy. The key is kindness and compassion. These qualities of your heart know that the most unacceptable parts of yourself are the most wounded. It also reveals that there is not one part of you that is not deserving of being met in a compassionate and loving way. When you finally realize that the most healing thing you can do for yourself, your family and even the world is to meet yourself in your own heart, then you can then take the most important step you have ever taken in your life – to accept yourself exactly as you are.

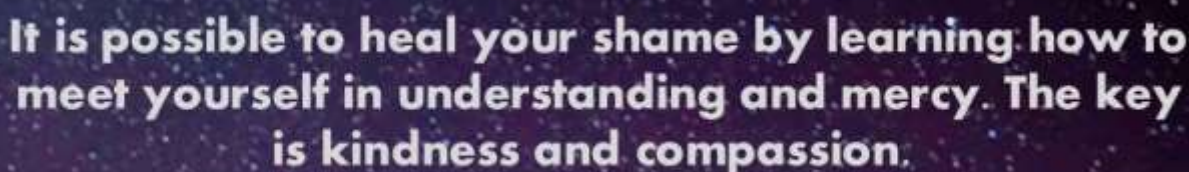
Acceptance is so powerful that it can heal bodies (including scar tissue), heal relationships, and even heal nations. So I invite you to take a moment and gently place your hand over your heart. Now think of a part of you (including mental and emotional states) that you find unacceptable. Now imagine this part as a small, wounded child and allow it to be woven back into your heart. Do this over and over with every part of yourself that you feel is unacceptable, and you will be amazed at the healing power this unlocks in your life.

If this resonated with you, I invite you to join us for the next Free Live Call: Shortcuts to Peace and Ease on June 25th from 5:30pm to 7:00pm PDT!

We all long for the deep peace that comes when we are no longer struggling with life. Join Mary in exploring some powerful tools to cut through struggle so you can know the joy, the ease, and the peace of being fully alive.

Don't forget you can still participate even if you can't make it on the day. I hope to see you there! Click [HERE](#) to learn more or register!

Be light,  
Mary



**It is possible to heal your shame by learning how to meet yourself in understanding and mercy. The key is kindness and compassion.**

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### Acknowledgements from Our Readers

Hi Mary,

I have never been so moved by a book as I am with The Gift of our Compulsions. I have only started to read it and am amazed at how perfect the timing is and how much it resonates with me. I worked all last year on my "insides" and now thought that I am ready to work on my weight. Instead I am going to use your book and love myself healthy.

Thank You,

~K

## EVENTS

Please follow the links for details

### **Shortcuts to Peace and Ease**

Free Live Call on June 25th at 5:30 pm PDT! See below for more detail.

[Learn More & Register Here](#)

### **Tuesdays: June 4th, June 18th & 25th**

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

10:30-11:30 AM Pacific Time

### **Thursdays: 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

### **Shortcuts to Peace and Ease**

We all long for the deep peace that comes when we are no longer struggling with life. Join Mary in exploring some powerful tools to cut through struggle so you can know the joy, the ease, and the peace of being fully alive.

We will meet on **June 25th at 5:30 pm PDT** for the free live call, lasting about an hour and a half.

We will be on Zoom. Connect in the way that feels most 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](mailto:devrah@maryomalley.com) and Mary will address them in the call and you will receive a recording.

Learn More and Register [HERE](#)

Contact [devrah@maryomalley.com](mailto: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](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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