



July 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: "When we can learn to bring kindness and compassion to the pain, sadness, and grief we so often experience during loss or death, we can learn to be kind to our struggling self, and this creates space. Who we truly are thrives in spaciousness."

Intention: This month, I'd like to invite you to consider how loss and hardship has helped shape your journey to awakening. Don't start with the hard stuff if you're not ready. Maybe think about a job you lost, or falling out with a friend. What was that like at the time? How did it all turn out? And most importantly, what did life show you? You don't have to answer that last question. Ask it of life and let it come to you.

FEATURED OFFERINGS:

Free Live Call

Your Precious Life

See below for more detail!

&

NEW! Support Email

AwakenTeam@MaryOMalley.com

Now active! See below for more detail!



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

The Healing Balm of Loving Kindness

The natural unfolding of life includes loss and death along with pain, sadness and grief. Yet, most people resist these states because of the conditioning and fear we took on when we were very young. We ignore, judge, and numb ourselves so that we don't have to experience what we are really experiencing. I believe life brings us loss and death to help us see clearly. Why? Because one day we are going to leave our bodies and, whether we can see it or not, we are in that process already.

Everything starts breaking down as we age; our eyes begin to work less effectively, our muscles lose mass, our joints become stiff, our mind becomes forgetful, our energy level decreases, our hair gets brittle, and we feel more and more aches and pains. When we can learn to bring kindness and compassion to the pain, sadness, and grief we so often experience during loss or death, we can learn to be kind to our struggling self, and this creates space. And who we truly are thrives in spaciousness.

I came across a beautiful poem called Kindness by Naomi Shihab Nye. It is actually a longer poem, but I will share parts of two stanzas: If it calls to you, click on the link to the entire poem <http://www.poets.org/poetsorg/poem/kindness>

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to mail letters and
purchase bread,
only kindness that raises its head
from the crowd of the world to say
it is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

Naomi is saying that before we can truly know kindness, we must lose things: like our health, our bodies, relationships, our loved ones, or perhaps all our money, our homes, our jobs. And when this happens, life cracks us wide open and we realize that we have been waiting our whole lives for kindness. Stephen Levine, author and spiritual teacher, says, “May you be so lucky to have your heart torn wide open.” Being cracked open is an opportunity to get to know the struggling self and to cradle it with the kindness it needs in order to let go.

Are you willing to be kind to you, to every single part of you? You deserve this kind of kindness.

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *Finding Peace, No Matter What is Happening*. It will air on Thursday, July 4th 5am and 5pm [HERE](#). After the 4th, 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

Being cracked open is an opportunity to get to know the struggling self and to cradle it with the kindness it needs in order to let go.

Acknowledgements from Our Readers

I read your books, "what's in the way is the way" and "the gift of our compulsions"... I had underlined them just like I would back in college to go back over them. Then I reread the underlinings. Then reread them again, and this morning in my refuge, was rereading and had new and fresh epiphanies. I am so incredibly grateful for your wisdom, passion, vulnerability, authenticity, courage and willingness to share with others. Thank you from my heart, ~J.

EVENTS

Please follow the links for details

Your Precious Life *See below for more detail.*

The next Free Live Call will take place on August 20th at 5:30 pm PDT!

[Learn More & Register Here](#)

Tuesdays: New Dates To Be Announced

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

10:30-11:30 AM Pacific Time

Thursdays: New Dates To Be Announced

[Zoom Group: Guidance for Personal Awakening](#)

10:30 AM - 12:00 PM Pacific Time

Thursdays 8:00 AM & 8:00 PM Eastern Time (5:00 AM & 5:00 PM PT)

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](#)

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](#)

Start as soon as you sign up!

NEXT FREE LIVE CALL ANNOUNCEMENT

Your Precious Life

Life is such a precious gift and yet we live most of it caught in our heads, thinking about life, struggling with life. Join Mary in discovering how you can use your mind for the exquisite tool it is rather than being lost in it so you can know again now the pure joy of actually being present for your life.

We will meet on **August 20th** from **5:30 to 7 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 and Mary will address them in the call and you will receive a recording.

Learn More and Register [HERE](#)

Contact our **NEW! Support email:** awakenteam@maryomalley.com for questions.

NEW! Support Email

NEW Support Email for Awakeners

We're excited to announce our new universal support email:
awakenteam@maryomalley.com!

You will begin seeing this new address around in emails and on our website.

We created it so that your request can be more quickly answered by whichever team member is available. Or if your request is specific then, we can more easily get your request to the best person to answer your questions. For any future inquiries, we invite you to use the AwakenTeam@maryomalley.com email address.

Please note: All questions about Groups, Counseling and business inquiries will still go to Awaken@maryomalley.com. All other inquiries can go to the Awaken Team!

Contact our **NEW! Support email:** awakenteam@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:

awakenteam@maryomalley.com

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Please feel free to forward these emails to those whom you feel would be interested.

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