



August 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: "This morning, I was feeling a lot of fear, and I wrote, "I am feeling fear in my belly; my mind is planning the rest of the day." In that moment I was listening to myself rather than resisting what I was experiencing. I was acknowledging myself just like my friends acknowledge me when I am struggling or when I am upset."

Intention: Last month we explored anger. For August, I invite you to practice supporting yourself when those big feelings or challenges come up. We are quick to support our friends with compassion, yet we are just as quick to judge and criticize ourselves when we need ourselves the most. Next time difficulty shows up, I invite you to speak out loud or write a letter to yourself as you would to a friend. Acknowledge what's coming up and remind yourself that you are ok.

FEATURED OFFERINGS:

Free Live Call

Your Precious Life

See below for more detail!

&

Falling in Love with You Self-Paced Course

Summer Coupon Exclusive for Newsletter Recipients

Coupon Code Below! See below for more detail!



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

The Power of Listening

When we think of the word kindness, we typically think of being kind to someone else. We don't think about being kind to the storyteller in our heads that generates so much fear, judgment, and despair. Isn't that amazing when you really think about it? We inundate ourselves with negative self-talk, criticism, worry, judgment, and the list goes on. Stephen Levine used to say, "If you treated someone else the way you treat yourself, you wouldn't have any friends."

Being kind to ourselves is foreign for most people because we have been steeped in fear and judgment our whole lives. One of the ways I have shown kindness to my fear-based mind is to say to myself, "What am I experiencing right now that is in need of my heart?" and then either I speak out loud to what is happening, or I write it down. Writing or speaking out loud helps me to deepen the willingness to look at what is happening in the moment.

This morning, I was feeling a lot of fear, and I wrote, "I am feeling fear in my belly; my mind is planning the rest of the day." In that moment I was listening to myself rather than resisting what I was experiencing. I was acknowledging myself just like my friends acknowledge me when I am struggling or when I am upset. And just like with our friends, when we are listened to by ourselves, something relaxes inside when someone notices.

The next time you realize you are pushing away or resisting your pain, grief, and sadness, use kind words with yourself (the same words you might use to comfort a friend who is experiencing

similar challenges). You might say, “It’s okay. I will be here for you, and we will get through this together. You are my friend and I love you.”

The more you listen to yourself with kindness, the more you can meet others with the same open heart. One of the most powerful gifts that you can give to anyone is to simply listen to them. This helps to dissolve the heartache that keeps each and every one of us caught in the illusion of being separated from life, especially being separate from others.

We are usually involved with our own opinions and our own defense, trying to persuade them to our view. And yet we pay a heavy price by reacting and defending rather than simply listening. People can’t hear us if they don’t feel heard. It is amazing to me that we can be so defensive that we completely lose sight of the power of listening.

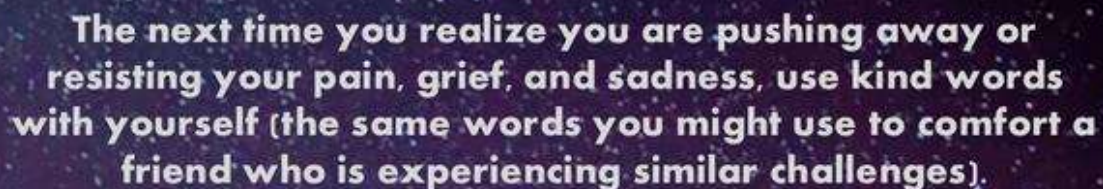
This kind of listening isn’t about helping or fixing. This is about listening with a heart that can include whatever the other person is experiencing whether it’s joy or pain, anger, or sadness. Even if they are judging you, you can, over time, learn how to listen to them, to have empathy for their pain. And that kind of listening brings forth the connection we all deeply long for.

This can be hard for us because we are addicted to either defending ourselves or fixing other people. Does defensiveness bring forth the healing you long for? No! And do you like to be fixed? Most of us don’t. If we are honest with ourselves, we just want to be heard. This can also be hard because we just want the other person to feel better because we are uncomfortable with what is brought up inside of us when somebody is struggling. If you need to, excuse yourself and listen to the pain arising inside of you. Then when it is time, you will be able to more clearly and cleanly listen to the other person.

The invitation is to give yourself the gift of listening, both to yourself and others.

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *Can We Trust the Chaos of Our Time?* It will air today (August 1st) at 5am and 5pm HERE. After today, 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



The next time you realize you are pushing away or resisting your pain, grief, and sadness, use kind words with yourself (the same words you might use to comfort a friend who is experiencing similar challenges).

Acknowledgements from Our Readers

Mary is an amazing role model for me. I have sought her “companionship” again and again, through her books and talks. It is so comforting and reassuring to know she is on the planet,

available, sharing her experiences and understandings with the world at large. Her words have been encouraging, reassuring, instrumental, and inspiring.....all of that and more. ~S.

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](#)

Falling in Love with You Self-Paced Course Coupon *See below for more detail.*

Until August 15th use coupon code: SUMMERLOVE to get the course for \$99.

[Click Here to Purchase the Course](#)

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.

NEWSLETTER EXCLUSIVE DEAL

Here's to a Summer of Love!

Find the love you've always been looking for within yourself with Mary's Falling in Love with You Self-Paced Course. For a limited time you can use code: **SUMMERLOVE** for \$99 (\$50 off new low price of \$149.)

We are finally waking up to the phenomenal power of self-compassion for it is one of the most potent healing forces known to humankind. To fall in love with you exactly as you are, is where true and lasting healing happens, affects not only yourself, but also your friends, loved ones, and the world.

Click [HERE](#) to *learn more about Mary and the course.*

Or click [HERE](#) to go straight to *purchase the course.*

Offer ends August 15th.

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

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.

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