



October 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: "Life goes through its seasons, and we all experience the winters of our lives when we are deeply challenged. What we forget is that winter, with its wild storms, is necessary for the rebirth of spring. What we forget is that the storms of our lives are here in order to birth us out of the world of struggle, just like the contractions a woman experiences as she is giving birth."

Intention: I can't believe it's October already! With Fall comes intense wind storms, so let's talk about 'mind storms' as Eckhart Tolle puts it. What can we do when we're caught in overwhelm? The key is to bring ourselves out of the stories in our minds and back to the present moment. While taking some deep breaths, close your eyes and bring your focus to the sounds and smells in your environment and sensations in your body. When you're ready, you can open your eyes and welcome the emotions trying to communicate with you.

FEATURED OFFERINGS:

Free Live Call

The Phenomenal Healing Power of Trust

See below for more detail!



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

Calming the Storms of Life

When life gets overwhelming or seemingly out of control, does it sometimes feel like you are living in the midst of a storm? Eckhart Tolle calls these mind attacks, and it can certainly feel like you are floating on a tiny raft in the ocean while hurricane winds blow all around you. Rather than being at the mercy of the storms, you can learn how to stay grounded and open, no matter what is happening, so that the storms of life can pass right on through.

But we have been conditioned into the opposite. We tighten and react, only getting ourselves more caught in the quicksand of struggle. It can be very unsettling when the fierce winds of the mind suck you into their world (fear, despair, judgment, helplessness, sadness, shame, anger etc.). After years of being run around by my mind, I discovered that no matter how wild the storm, a field of ease and peace is always here.

At times, that calm place can seem so far away. Those are the times when we resist what we are experiencing, and in this resistance, the pain is actually intensified. When I can just breathe and allow everything that is uncomfortable to *just be* here, the intensity calms down and I open into the healing spaciousness that is always *here*.

To understand this, it is helpful to imagine an ocean in the middle of a wild storm. When you live on the surface of the ocean, you are totally at the mercy of the tides, the winds, and the

waves. When you live by identifying with your mind, you become vulnerable to all the storms that your mind creates. But no matter how turbulent the water is, right below the surface of the ocean, it is very calm. Inside of you, no matter what is happening in your life, is the calm, nourishing, spaciousness that you really are.

Life goes through its seasons, and we all experience the winters of our lives when we are deeply challenged. What we forget is that winter, with its wild storms, is necessary for the rebirth of spring. What we forget is that the storms of our lives are not here because we have done something wrong, we are being punished or God fell asleep on the job. They are here in order to birth us out of the world of struggle, just like the contractions a woman experiences as she is giving birth.

Cynthia Occelli understood this truth and shared it in this quote:

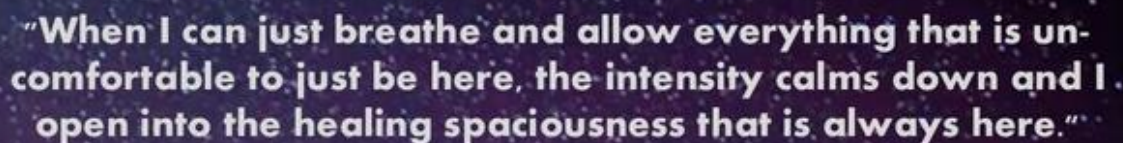
“For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.”

In other words, the great storms of life are here to crack open the shell of your conditioned self, so you can be truly alive.

So, I invite you, in the middle of a storm, to remember this great truth, ‘This too shall pass.’ This will allow you to begin to breathe a few long out breaths, just like a woman works with her breath as she is giving birth, for your breath can calm down the reactions that amplify your struggle. The less you resist the storm, the faster it will move through you.

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *The First Key to a Joyful Life* . It will air October 3rd and 10th at 5am and 5pm HERE. After the 10th, 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



“When I can just breathe and allow everything that is uncomfortable to just be here, the intensity calms down and I open into the healing spaciousness that is always here.”

Acknowledgements from Our Readers

Dear Mary,

The Gift of Our Compulsions is one of the most profound books I have ever read. It's had a deep effect on me, and as I was reading it, I could feel its impact. It took me six months to read the entire book because I savored it, reading a few paragraphs or pages and then stopping to soak up the wisdom Mary offered. I notice the paradigm shifts that the book produced. I no longer push away emotions or experiences. Rather, I let them rise, and I look at them with curiosity and compassion. I still have experiences that I wouldn't choose, such as anxiety and self-doubt, but they don't derail me like they used to. My present-moment awareness is heightened, and I don't seek perfection there, I just appreciate my rising awareness. ~M.

EVENTS

Please follow the links for details

The Phenomenal Healing Power of Trust *See below for more detail.*

The next Free Live Call will take place on October 8th 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](#)

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NEXT FREE LIVE CALL ANNOUNCEMENT

The Phenomenal Healing Power of Trust

It seems like so much is out of our control right now – angry, berating politics, climate change, and seemingly endless wars. Can we trust it all? Join Mary in exploring what true trust is, how to bring it into your life, and the gifts that will bring.

It's coming up quick! We will meet on October **8th** 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 the Awaken Team at awakenteam@maryomalley.com and Mary will address them in the call and you will receive a recording.

Learn More and Register [HERE](#)

Contact our 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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