



November 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:** "The most powerful way to work with intention is to hold the space for truth to live itself through you. The greatest truth is that our main brain is our heart and that in our essence we are love. When we recognize this, we hold the intention to have an open heart, or to move through life in kindness."

**Intention:** Happy November! (Please get out and vote!) We are fully in fall and are moving into the holidays. Soon, in the US, we will be celebrating Thanksgiving. Holidays can be a difficult time for those with challenging family members or those who are spending the holidays alone. I invite you to be with whatever is coming up for you this season. Whether that's joy, excitement, apprehension, anger or sadness. It may seem counterintuitive, but no matter what feelings are coming up, they are there to celebrate with you in whichever way you need. Allow those feelings to keep you company and bring the gifts they carry with them.

#### **FEATURED OFFERINGS:**

### **FREE Summit Event**

**Living to Thrive: All-Star Edition Summit**

*See below for more detail!*

**&**

### **Free Live Call**

**Does Pain have to be so Painful?**

*See below for more detail!*



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

### **The Difference Between Goals and Intentions**

Webster's Dictionary defines intention as "a determination to act in a certain way." That sounds suspiciously like a goal to me and goals so often require much effort and so little return! In my world, intentions are all about feeling the energy that is present, rather than thinking about what I want to happen in the future. An intention is not about something *you have to do*. It is about allowing yourself to feel what is calling to you.

Let's imagine that you have a longing to sail around the world. You have set all sorts of goals, and it is just not happening. With intention, you instead imagine sailing around the world and then allow yourself *to feel what kind of feeling states this brings up inside of you* – maybe it is freedom, spaciousness or adventure. Then your intention is to generate those feelings inside of you. You may or may not sail around the world, but you are claiming the feeling states that you thought sailing would bring you!

Now let's imagine that you want to set a goal for having a mate in your life. Rather than writing down all the steps you need to take in order for that to happen and then trying to make it happen (way too much effort), instead, set an intention of experiencing the feeling of being loved, appreciated, and accepted. Then allow your intention to remind you to let love, appreciation, and acceptance in right now!

There is an even more powerful way to work with intentions. It is to hold the space for truth to

live itself through you. The greatest truth is that our main brain is our heart and that in our essence we are love. When we recognize this, we hold the intention to have an open heart, or to move through life in kindness, or to trust whatever life is bringing us, or to welcome whatever life is offering, or to feel gratitude for the myriad gifts we are given every day and maybe even forgive ourselves and others.

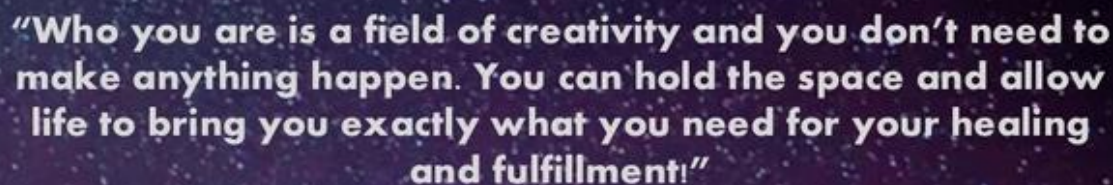
Changing goals into intentions can also look like:

- If you want more money in your life, hold the intention for gratitude.
- If you want less weight in your body, hold the space of falling in love with your body as it is (this is one of the most powerful ways for the body to let go of its extra weight!)
- If you want to experience the belief that you really matter to the people in your life, hold the intention for kindness.
- If you want to know less struggle in your life, hold the space for welcoming whatever comes into your life, both on the inside and the outside.

Who you are is a field of creativity and you don't need to make anything happen. You can hold the space and *allow life* to bring you exactly what you need for your healing and fulfillment! It may be different than what you thought you wanted, but trust that life knows what it is doing!

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



**"Who you are is a field of creativity and you don't need to make anything happen. You can hold the space and allow life to bring you exactly what you need for your healing and fulfillment!"**

### Acknowledgements from Our Readers

Dear Mary,  
You are such a loving, brave, wonderful soul! Your posts always really inspire me and helped me through some challenging times. Often when my little scared one is awake in the middle of the night, I remember your words. This is so priceless! THANK YOU SO MUCH! I wish you peace and ease.

With Love, A.

## EVENTS

Please follow the links for details

**Living to Thrive: All-Star Edition Summit** *See below for more detail.*

The Summit will begin on Nov 4th and continue until Nov 10th!

[Learn More & Register Here](#)

**Does Pain have to be so Painful?** *See below for more detail.*

The next Free Live Call will take place on December 3rd at 5:30 pm PDT!

[Learn More & Register Here](#)

**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!

## FREE SUMMIT EVENT

### Living to Thrive: All-Star Edition

We all feel the pressure to create the "perfect" holiday experience, but perfection often takes away from what matters most. The truth is that happiness doesn't come from perfection. It comes from connecting with and Falling in Love with You, exactly as you are.

I'm excited to join my friend Katie Sampayo, Founder of THRIVE, once again in the Live to Thrive All-Star Edition Summit! Katie's gathered top experts in health, business, and relationships (including me!) and we are going to give you our best tools to take into the new year to reconnect with your life.

1 Summit starts **Nov 4th** and is completely **FREE**. All sessions are pre-recorded, so join the talks that interest you! You can listen while you clean, work, or relax in your PJ.

Learn More and Register [HERE](#)

NOTE: Please note that not all speakers will align with Mary's message.

Contact our Support email: [awakenteam@maryomalley.com](mailto:awakenteam@maryomalley.com) for questions.

## NEXT FREE LIVE CALL ANNOUNCEMENT

### Does Pain have to be so Painful?

We all experience pain. And we all experience all levels of pain – physical, emotional, mental, and spiritual.

But we are living in an exciting time where we are changing our relationship to pain. Join Mary in exploring how, rather than resisting the pains in your life, you can befriend them so that you receive the gifts that always come with them.

It's coming up quick! We will meet on December **3rd** 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](mailto: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](mailto: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](http://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](mailto:awakenteam@maryomalley.com)

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