



December 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: "Now I *LISTEN*, recognizing I have deepened my relationship with one of the best friends I will ever have – my own body! And as with all healthy relationships, we want to be kind. So the more I listen and the more I treat my body with kindness, the more it glows in this deepening relationship, and I get to experience the bliss of a body that is heard and loved."

Intention: Happy Holidays! I hope they are treating you kindly so far. As we go into the holidays and the great changes to follow in the new year, it's more important than ever for us to practice meeting our feelings with compassion. Next time an uncomfortable or difficult feeling comes up, I invite you to say "ah, [insert feeling here] is here. Welcome. What do you need to share?" and then listen to that feeling like it's a friend. Don't try to fix or change the feeling, just listen and keep it company. It may seem odd to those who are new to my work but feelings just want to be heard, the same as you or anyone. Once that feeling has passed, you will have created space for the wisdom in your heart to guide you forward.

FEATURED OFFERINGS:

[Free Live Call](#)

Dec 3rd!: Does Pain have to be so Painful?

See below for more detail!



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

Impossible Situations

I can walk! What a joy! Although I can't walk in the forest anymore, because of the uneven terrain, I can walk! During this time of being deeply challenged, I have been given so many gifts. A friend sent me a quote: "We are all faced with a series of great opportunities brilliantly disguised as impossible situations!" Well, this whole journey through spraining my ankle and bruising my knee, it sometimes felt like an impossible situation, for I couldn't take my daily walks, which are so beneficial for my health. But as I stayed with it, moving from reaction to listening, it brought many gifts into my life.

I would say that one of the core gifts I received is a deeper ability to be *IN* my body, listening to its network of deep wisdom. Our bodies are highly intelligent systems (70 trillion cells all working together without a thought from us!!!) and they are speaking to us at all times, guiding us along the path of life. We can only tap into this intelligence if we are listening, but most of us don't. We have been trained to see our bodies merely as tools for maneuvering around life. Acting from this perspective, we do things that hurt it – eat unhealthful foods, over-exercise, work it too hard, get insufficient sleep, use drugs and alcohol unskillfully, etc., and then we get mad at it when it doesn't do what we want it to do. It's like we all need relationship counseling with our bodies! That's why all my health challenges are for me.

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I listen and the more I treat my body with kindness, the more it glows in this deepening relationship, and I get to experience the bliss of a body that is heard and loved.

I now eat and walk and sit with much more kindness. And I am continually feeling gratitude for the amazing gift of a body. I don't take even the most basic things for granted. Imagine all the people on this planet who can't walk, and yet we who can walk hardly ever give it a thought. Think about all the people who can't see or hear, or speak, or eat, and yet most of us can! It is truly one of the great joys of life to live in gratitude for these basic and simple things.

Another core gift taught me to be much more conscious and kinder with my own fear. We don't see that the mind we live in most of the time is run by fear. It oftentimes doesn't look like fear for it shows up as a subtle but very powerful urge to make life be a particular way. (I need to lose weight, be more successful, not procrastinate or be so shy or so talkative, etc.) If you live in a mind that always wants you and your life to be different, you can't be here for the joy of being alive right here, right now!

At times this subtle unease amplifies into anxiety and even into full-blown fear. But that is not necessarily a bad thing. When fear is strong, we can learn how to relate to it rather than from it, freeing ourselves up from the deep grip it has on our minds. My seemingly endless sleep-deprived nights, when there was nothing I could do to get away from the pain, flushed out the deeper stories of fear that I carry. Not only could I see them more clearly, but I could touch them more deeply with the healing balm of my own heart. It is an amazing gift from life to learn how to see fear and to meet it in tenderness. And something happens – something very, very healing happens – when we learn to no longer fight what is going on inside of us and, instead, listen to it with kindness.

When we meet our own experience in curiosity and kindness, whatever we are experiencing relaxes because it is being heard. Isn't this exactly what happens when we are feeling out of sorts and a friend simply listens to us? The same is true for all our feelings. It doesn't matter whether what's arising is a feeling of fear, sadness, anger, confusion, overwhelm, self-pity, anxiety or even doubt. They all just want to be acknowledged, listened to, and touched with our hearts.

So life is more precious now. And all of this was brought forth through deep pain. Pain made me rethink how to be with my life. As many great myths tell us – the treasure is hidden in the places where the hero (all of us) doesn't want to go!! May we all come to know that even the deepest challenges we experience are *for* us, helping us to recognize the phenomenal power of meeting our experiences with curiosity and compassion.

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *Your Amazingly Wonderful Beautiful Heart* . It will air December, 5th at 5am and 5pm HERE. After the 5th, 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

"One of the core gifts I received was a deeper ability to be IN my body, listening to its network of deep wisdom. Our bodies are highly intelligent systems and they are speaking to us at all times, guiding us along the path of life."

Acknowledgements from Our Readers

Profoundly helpful. I absolutely love your authentic, open and self loving writings! Thank you!!
~ J.

EVENTS

Please follow the links for details

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

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Falling in Love with You self-paced online course

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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

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 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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