



February 2025

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: "What would happen if you recognized that the Love you truly long for is always with you, right here, right now? What would happen if you realized that Love is not something you need to find, but who you already are? Let's make February a month to celebrate the love we have for ourselves."

Intention: We are already moving into February, the month of Valentines day. For those of us without partners or those in less than satisfying relationships, this can be a painful time. But it doesn't have to be. The love and affection you are truly looking for cannot be found in another person, on the contrary, it's always been within you. So, I invite you (in addition to reading my letter below) to be your Valentine this year. Consider taking yourself out on a date! Go see a movie you've been eyeing and sit down at your favorite restaurant. Or stay home and cook yourself a delicious meal, then run yourself a bath with Epsom salt and read a book while you soak. Spending time alone doesn't have to be lonely. Being your own company and learning to fulfill your needs can make that time worthwhile. Eventually, when you do meet someone special, it can help you be a better partner because you can better communicate your needs and recognize theirs.

FEATURED OFFERINGS:

[Free Live Call](#)

How To Be Empowered in this Time of Chaos

See below for more detail!



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

Be Your Own Valentine this Valentine's Day

Why, when Love is our birthright, do most of us live our lives separate from its healing presence? We have been conditioned to search for Love outside of ourselves, leading inevitably to the often endless search for somebody to love us. Yes, we can enjoy loving and being loved by other people, but that kind of love comes and goes (if you have been married for a while, you probably know what I mean). What would happen if you recognized that the Love you truly long for is always with you, right here, right now? What would happen if you realized that Love is not something you need to find, but who you already are? Let's make February a month to celebrate the love we have for ourselves.

Over the eons, many, many people who have awakened out of their everyday minds through a near death experience, or deep meditation or even great trauma, say that they experienced love radiating from everything. Science confirms this. It now knows that everything - trees, air, concrete, your body, the grass, stars, and even dirt, are all made of atoms that are filled with Light. David Bohm, one of the fathers of quantum physics, says that matter is an afterthought in a world made out of light. And when you get quiet enough, you can feel that the quality of this light is Love. In fact, every cell in your being is filled with Love, and the more you open to the truth of Love, the more radiant you feel!

Eben Alexander, a neurosurgeon and author of the bestselling book *Proof of Heaven*, wrote about what happened while he was in a seven-day coma from spinal meningitis. When asked what was

the core of what he experienced while he was out of his body, he said, “Love is, without a doubt, the basis of everything.”

Hafiz, the 14th century Persian poet, who was truly awake to this love that is at the heart of life, speaks to this truth in his poem “The Sun Never Says,” translated by Daniel Ladinsky in his book *The Gift*:

Even
After
All this time
The sun never says to the earth,

“You owe me.”

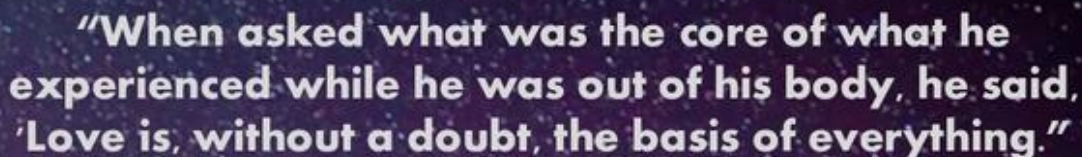
Look
What happens
With a love like that,
It lights the
Whole
Sky.

Even the sun is an expression of love at the heart of life, endlessly giving forth its light. In the sun’s giving, the entire earth thrives. In learning how to live from your heart, you become as lit up as the sun, giving forth the warm, radiant energy of love not only to yourself, but for every being you meet throughout your day.

So, I invite you to become your own Valentine. Imagine somebody you love. This could be an animal, family member, friend or spiritual person, living or dead. Feel your heart open as you think of him or her. Now turn your attention to yourself and give yourself that same love, for there is nobody more deserving of your love than yourself.

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *The Astonishing Light of Your Own Being*. It will air tomorrow, February, 6th and 13th at 5am and 5pm [HERE](#). After the 13th, 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 asked what was the core of what he experienced while he was out of his body, he said, ‘Love is, without a doubt, the basis of everything.’”

Acknowledgements from Our Readers

Thank you, Mary, for this essential post! Not taking life for granted, but being in gratitude is the way forward – not missing out, not holding out, not being out, but being in the beginning, the middle and the end all at the same time with mindfulness. And as you say, even in great pain and loss, life lives and moves within us. We continue to live and learn for a future unknown, a place untold, but with a remembrance bearing our names. Godspeed always, ~ S.

EVENTS

Please follow the links for details

How To Be Empowered in this Time of Chaos *See below for more detail.*

Free Live Call will take place on March 11th 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!

NEXT FREE LIVE CALL ANNOUNCEMENT

How To Be Empowered in this Time of Chaos

So many heartaches happening on our planet.... Wars, wildfires that consume whole cities, aggressive politicians and all the while the earth is crying for help. How can we not get lost in reactions? How can we become a part of the healing that is at the heart of all of this chaos? Join Mary in discovering it is possible to, as Stephen Levine would say, "Keep your heart open in hell." And it is possible to make a difference in this challenging time.

We will meet on **March 11th** 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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