



March 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: "Imagine a beautiful meadow where there is a rainbow of wildflowers, along with the heart-opening music of birds. The smells of the heather and the pristine beauty of the surrounding mountains all bring forth a deep sense of peace. In this meadow, everything is energy, everything flows and even though there is birth and death, all rests in peace. The same is true for you. You may have no memories of this kind of well-being but there was a time when there were no thoughts in your head. Past and future had no meaning for you, so this moment was all there was."

Intention: It's March now and here in Washington, things are warming up more quickly than expected, and pretty soon it will be spring. As we're moving into the season of beautiful flower speckled landscapes, I invite you to slow down and enjoy the field of peace and ease that is always with you. Most of us have spent nearly our whole lives living caught up in our minds. When we take a step back and realize we are not the thoughts in our mind, and that we can observe them, without getting lost in them, we free ourselves up for living right here, right now. In this present moment is where that field is. It's where it always is. So, how do we find that field? A great way to start is with a meditation practice, which I sometimes call listening or returning practice. It can help build the muscle of your attention. That muscle will help you return to your field more quickly when your attention is inevitably pulled away again. I invite you to read my letter below as well to learn more about what that field, and by extension you, truly are.

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.](#)

The Five Qualities of the Meadow of Your Being

Imagine a beautiful meadow where there is a rainbow of wildflowers, along with the heart-opening music of birds. The smells of the heather and the pristine beauty of the surrounding mountains all bring forth a deep sense of peace. In this meadow, everything is energy, everything flows and is at peace. The same is true for you. You may have no memories of this kind of well-being but there was a time when there were no thoughts in your head. Past and future had no meaning for you, so this moment was all there was. Because you weren't searching for a better state, you were open to it – all of it – and Life was okay exactly as it was. Even when there was pain and discomfort, you fully experienced it rather than turning it into a problem in your mind. As you grew up, you were conditioned to be afraid of Life and you lost sight of the beautiful meadow of your being.

There are five core qualities (flow, spaciousness, light, love, and stillness/peace) that are the essence of the meadow of your being and as you learn how to open into Life, you will live from these qualities. They have always been with you, but you haven't noticed them because you have been too busy living inside your mind.

1. Flow

In the great circle of Life, flow shows up in the dance of day and night and the changes from one season into the next. Death is also a part of this flow. Life arises out of mystery, expressing itself in an amazing variety of forms, and each and every one will dissolve back into mystery. Even the invisible world flows. Light shows up as waves of energy, each color being a different frequency. Sound is simply waves of vibration touching your eardrum.

The only thing in all of creation that doesn't flow is the human ego. It has declared that there is a *me* in here and then there is Life *out there*. It believes itself to be separate from the flow of Life and believes that its job is to control it. It lives from fixed positions – good/bad; right/wrong; liking/disliking. As long as you see yourself as separate, you will view Life as a potential threat and will withdraw from the flow of Life.

2. Spaciousness

The second quality is spaciousness. If you look carefully, you will see that Life loves space. Right now, you are sitting on a planet that is dancing through vast oceans of space, and it is 24,000,000,000,000 miles to the closest star. Then there are stars billions of times farther away than that! Can you even begin to imagine how much space that is? And this is all happening in a universe that seems to have no end.

When lost in your thoughts, you live in the tight and narrow space of your mind. When you are open to this moment, spaciousness permeates your body, mind, and heart. Imagine a morning that you get up and the 'to-do' list is ignored. Instead, you luxuriate in bed. You linger at breakfast, and you follow your heart as to how the day will unfold. This is a day in which you feel the deliciousness of spaciousness. You unhook from the mental pressure of having to do something and instead enjoy the flow of Life. This is your natural state that can be accessed *no matter what is happening in your life*. To live from spaciousness doesn't mean that you will want to disengage from your life. It means that you won't be fighting with it anymore.

3. Light

As you reconnect with space and flow, you can know the third aspect of your being which is light. In the Creation story at the very beginning of the Bible, it says, "And God said, 'And there be light!'" And according to the Book of Genesis, this statement comes before the creation of the sun and stars. We think of light as coming from the sun, but the leading edge of science is now saying that *everything* is made out of light. David Bohm, the grandfather of quantum physics, once said that matter is just frozen light!

You have so much energy within you that wants to be let out of the prison of your struggling mind so it can expand and dance, and when energy is free to flow, it shines. This is what you are hungry for – your own radiance. There is no accident that when a great burden has been lifted or you feel very happy, you oftentimes say "I feel so light!" It is also no coincidence that the word delight means 'of light'! Even pictures of saints point to what we are talking about. The reason that most of them are painted with halos around their heads is because they broke free from the prison of the struggling self, allowing their light to shine, and people recognized this light.

4. Love

When you rediscover the spaciousness of being open again to the great flow of Life, feeling energy moving through you rather than trying to control it, you begin to recognize that the word that best describes this movement of light is Love. There is great truth in the song title - *Love Makes the World Go 'Round*. It not only makes it go around, but it permeates absolutely everything.

Physicist Brian Swimme calls this essence at the heart of Life 'allurement.' This force of attraction can be seen from the very beginning of our universe. The 'stuff' that arose out of the Big Bang followed the call of attraction and came together into communities we call atoms. The next step happened when these atoms were drawn together into communities called molecules. Then molecules were so attracted to one another they came together into communities called cells, and then cells followed the call of allurement and became multi-cell beings.

This urge to connect at the heart of Life is all about Love. The great mystics of the world have all agreed that when you come out of your struggling mind, what you recognize and fully become is Love. And it is this Love, this allurement, this urge to connect, that brings all things together, whether it is subatomic particles or human beings or solar systems. What would happen if you recognized that the Love you long for is right here, right now? What would happen if you realized that Love is not something you need to find - it is who you already are?

5. Stillness

Look out at the world and see this dance of form that has been going on for eons – things arising and passing away - mosquitoes, dinosaurs, your great-grandparents, mountains and even stars. Everything in this dance of Life appears and then eventually disappears. This constant movement of Life extends all the way out to the dance of galaxies and all the way within to electrons dancing around the nucleus of every single atom of your body. But that is only half of it. All this movement arises out of a vast stillness, a stillness that births all the varied forms of Life.

This stillness is also within you. Eckhart Tolle, author of *The Power of Now* says, "Your innermost sense of self, of who you are, is inseparable from stillness." Yet most people know nothing of this stillness within. They have been conditioned not to listen. Instead, they are so busy running here and there that it is almost impossible for them to simply become quiet, allowing their thoughts to settle, so that they can recognize this stillness and be nourished by its presence. It is possible, even in the midst of a busy life, to rest in stillness which opens you up to a deep and passionate listening to Life.

As you drink in these five qualities that are at the core of who you truly are, it is important to recognize that they are here with you right now! You may not notice them, but they are always with you no matter what is happening in your life. As you see through your struggling mind, you begin not only to recognize these qualities, but also live from them, and you are then able to partner with the wisdom of Life.

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *Meditation Simplified*. It will air, Thursday, March, 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

"As you drink in these five qualities that are at the core of who you truly are, it is important to recognize that they are here with you right now! You may not notice them, but they are always with you no matter what is happening in your life."

Acknowledgements from Our Readers

I was attracted to the book (What's in the Way IS the Way) by its title and am very pleased that I bought it. The book is full of insights and then exercises to make the information real. I was facing some challenges at work that I couldn't solve. The following two quotes from the book helped immensely and for that I am grateful. "Take the courageous step of trusting that Life is smarter than you and it knows what it's doing." And "Opening to the way things actually are, rather than always trying to make Life be what you think it should be, is the most courageous and healing thing you can do." ~ H.

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](#)

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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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