



April 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: "Life contracts in the winter and expands in the summer just like the tides arise and recede, just like the valves in my heart open and close. When the daffodils remind me of this intelligent unfolding called life, I remember that while it may not always be a likable process, it is a trustable process."

Intention: April has arrived and so has the abundance of life reawaking. Just like us, all of life has cycles. We serve ourselves the best when open to what is instead of how we would like life to show up for us. Just like winter ebbs and flows into spring, we to can be present for all the changes that happen for us. I invite you, if you can, to go outside and do your meditation with nature. Allow all the abundant sounds to dance around and the breeze to touch your face. Remember to take deep slow out breaths.

FEATURED OFFERINGS:

[Free Live Call](#)

The Field of Joy that is Our Birthright

See below for more detail!



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

Not Always Likable. Always Trustable

Every year I buy miniature daffodils to place in pots in front of my house and on my porch. When they are done blooming, I plant them in the garden. And then in late winter, these little green shoots begin to show up from the cold dark earth, and it reminds me that spring is on the way. And when they bloom my heart just sings.

It is so easy to get caught in everyday living, but these happy flowers remind me that life is a river that has been unfolding long before I arrived and will continue on long after I leave, and this river has an ebb and flow. It contracts in the winter and expands in the summer just like the tides arise and recede, just like the valves in my heart open and close. When the daffodils remind me of this intelligent unfolding called life, I remember that while it may not always be a likable process, it is a trustable process.

In 1965, The Bryds created their song, Turn! Turn! Turn! based on the well-known bible verse from Ecclesiastics. It is full of the kind of wisdom we need during this challenging time:

To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose, under heaven

A time to be born, a time to die
A time to plant, a time to reap

A time to kill, a time to heal
A time to laugh, a time to weep

A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones, a time to gather stones together

A time of love, a time of hate
A time of war, a time of peace
A time you may embrace, a time to refrain from embracing

A time to gain, a time to lose
A time to rend, a time to sew
A time for love, a time for hate
A time for peace, I swear it's not too late

One of the most important gifts you can give to yourself is to let in the truth of what this quote from the Bible is pointing to. It is saying life is a constantly changing process and it will continue to expand and contract, open and close. It will include even things we don't like such as hate and war and dying, for there is a 'time for every purpose under heaven'. As author Byron Katie says, "Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late."

This time of chaos on our planet is superfood for the struggling, comparing, greedy mind that believes it is separate from everything and thus causes so much heartache on our planet. But you and I have an opportunity during this challenging time. Life is inviting you to not get caught in this old kind of mind.

How does one do that? Thich Nhat Hahn from his book *The Art of Living*, speaks directly to what we can do to alleviate suffering on our planet:

"When suffering comes up, we have to be present for it. We shouldn't run away from it or cover it up with consumption, distraction, or diversion. We should simply recognize it and embrace it, like a mother lovingly embracing a crying baby in her arms. The mother is mindfulness, and the crying baby is suffering. The mother has the energy of gentleness and love. When the baby is embraced by the mother, it feels comforted and immediately suffers less, even though the mother does not yet know exactly what the problem is. Just the fact that the mother is embracing the baby is enough to help the baby suffer less. We don't need to know where the suffering is coming from. We just need to embrace it, and that already brings some relief. As our suffering begins to calm down, we know we will get through it."

So, the invitation is to use this time to get to know how your mind's struggles, meeting its fear and judgment and comparison and doubt and confusion and rage and despair 'like a mother lovingly embracing a crying baby in her arms'. Even if you spend the whole day identified with your struggling mind, just one moment of seeing it with true compassion is a moment of healing for our planet.

Be light,

Mary

"It is so easy to get caught in everyday living, but these happy daffodils remind me that life is a river that has been unfolding long before I arrived and will continue on long after I leave, and this river has an ebb and flow."

Acknowledgements from Our Readers

Thank you so much for your gift of loving insight in your book, what's in the way is the way. Ch 10 "The song of the Heart" pg 212-214 touched me so deeply I am crying tears of awesome Great Release. . .years of holding against myself what others have thought or said. Thank you for your Brilliance, thank you for your gentle loving way you bring us back to ourselves, to our Divine Self. The gift you have given to the world is awesomely brilliant. You've given each of us a road map back to ourselves, as we learn to embrace our unique wonderful self. ~M.

EVENTS

Please follow the links for details

The Field of Joy that is Our Birthright *See below for more detail.*

Free Live Call will take place on May 6th 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

The Field of Joy that is Our Birthright

We are living in a time that is superfood for our struggling minds, fostering fear, divisiveness and judgment. No matter how big the struggles of your life are right now, there is a field of ease and peace that is always with you. Join Mary in discovering how to unhook from the struggles in your mind enough that you can rest in the joy that is your birthright.

We will meet on **May 6th** 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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