

June 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: "One day, on my morning walk I saw a delightful bumper sticker... "Wag more. Bark less." After a good chuckle, awareness reminded me that we oftentimes use that idea to override ourselves - to expect ourselves to be different than who we are. While it is a good intention to have, if we don't learn how to wag more and bark less with ourselves, we miss the point!"

Intention: Happy June! I invite you to focus on how you speak to yourself this month. The majority of us are deeply unkind and unaccepting of ourselves. We would never dare to treat love ones the way we treat ourselves, otherwise we wouldn't have loved ones. But we're kind of stuck with ourselves, so we don't hold back. That's the thing though, because you will always be with yourself, 24/7 for the entirety of your life, the most important relationship you will ever have will be with yourself. It's time to start working on that relationship, learning to accept and love yourself exactly as you are. A great way to start is to imagine yourself as a friend, and simply start a conversation. How would you talk to you if you were a friend? Begin being mindful of how you speak to yourself throughout your day.

FEATURED OFFERINGS:

Free Live Call

The Joy of Being Fully Alive

See below for more detail!

&

Pre-Order E-Book on Amazon

NEW BOOK: *The Joy of Being Fully Alive:*

The Journey to The Mountain of Being

See below for more detail!



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

Wag More, Bark Less

One day, on my morning walk I saw a delightful bumper sticker... “Wag more. Bark less.” After a good chuckle, awareness reminded me that we oftentimes use that idea to override ourselves - to expect ourselves to be different than who we are. While it is a good intention to have, if we don’t learn how to wag more and bark less with ourselves, we miss the point!

We are so used to barking at ourselves. We are trained to deny, override, change or just fall into our inner experiences. When we are angry or sad or scared, we usually get lost in the feeling or try to get away from it as fast as we can. In other words, we leave ourselves when we most need ourselves.

We also have been deeply trained to judge ourselves. We ‘bark’ mean things to ourselves when we are the most vulnerable. If we would talk to our friends like we talk to ourselves, we wouldn’t have any friends! And yet, you are the only person that you will wake up with every morning of

your life and the only person you will go to sleep with every night. Wouldn't it make a huge difference in your life if you could touch yourself with kindness, even when you aren't doing it 'right' (says the mind)?

In my world, one of the most healing things that can happen to an individual is to learn how to love ourselves AS WE ARE. We are all a mixture of dark and light, and one of the most courageous things a person can do (and one of the most healing for the world) is to embrace the entirety of ourselves in our own hearts. There is NO such thing as an altogether human being. We are all perfectly imperfect!

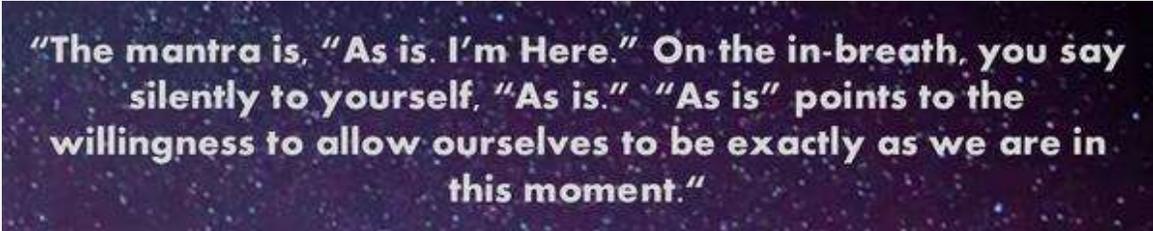
I learned a lot from Stephen Levine about 'wagging' more with myself, especially with his work around forgiveness and loving kindness. This all coalesced into a wonderful little mantra that, for me, immediately brings me back into my heart. This mantra reminds me to give myself the light of my own compassionate attention whether I am feeling unwell, a wave of fear is showing up, or even when my mind is chaotic and struggling.

The mantra is, "As is. I'm Here." On the in-breath, you say silently to yourself, "As is." "As is" points to the willingness to allow ourselves to be exactly as we are in this moment. It is the art of letting go of struggling with whatever is (our usual mode) and instead moving into the release that comes from welcoming it. I often remember the Beatles song, Let it Be when I say "As Is." Then "I'm here," (on the out breath) is the willingness to be keenly curious and attentive to what is, giving it the loving attention it needs in order to let go and move right on through us.

These four little words allow us to meet ourselves exactly as we are—the light and the dark, the clear and the confused, the kind and the mean, the acceptable and the unacceptable. It is an invitation to move beyond the seemingly endless struggle to be what we think we should be and instead, meet ourselves as we are. This ability to notice and then welcome whatever we are experiencing is absolute magic. It allows us to let go of the cramped space of struggle and instead embrace all the parts of our being so we can receive the loving acceptance we are hungry for from the source that really matters, ourselves.

Be light,

Mary



"The mantra is, "As is. I'm Here." On the in-breath, you say silently to yourself, "As is." "As is" points to the willingness to allow ourselves to be exactly as we are in this moment."

Acknowledgements from Our Readers

Dear Mary,

I have just finished reading your book "What's in the Way is the Way". Over a period of time I have read over 300 books on Personal/Spiritual Development and I have learnt many things from

them. I understand the idea of readiness but your book has had a bigger influence on me than anything I have read in 25 years.

Regards, ~M.

EVENTS

Please follow the links for details

The Joy of Being Fully Alive *See below for more detail.*

Free Live Call will take place on June 24th at 5:30 pm PDT!

[Learn More & Register Here](#)

PRE-ORDER E-BOOK NOW: *See below for more detail.*

The Joy of Being Fully Alive: The Journey to The Mountain of Being

Full Release on Amazon Kindle, June 20th. Stay tuned for paperback!

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 Joy of Being Fully Alive

When was the last time you woke up with deep appreciation for the gift of life? When was the last time you woke up and trusted that whatever life brought you that day is for you? Join Mary in exploring her new book, *The Joy of Being Fully Alive*, which is a map for the journey from struggling with life to reconnecting with it in trust and joy!

We will meet on **June 24th** 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.

Mary will be hosting her Free Live Calls every two months. Stay tuned to find out when the next one will be.

Learn More and Register [HERE](#)

Contact our Support email: awakenteam@maryomalley.com for questions.

NEW BOOK NOW AVAILABLE FOR PRE-ORDER

***THE JOY OF BEING FULLY ALIVE:
The Journey to The Mountain of Being (kindle edition)***

I'm so excited to share that I have a new book coming out called *The Joy of Being Fully Alive: The Journey to the Mountain of Being*. The e-book is now available now for pre-order on Amazon! Keep an eye out, paperback will be coming soon as well. Here's a summary of the book:

This book is a treasure map for how to move from struggling with life to discovering how to work with whatever shows up, from sleepwalking through life to waking up to the joy of being fully alive, and from unsettledness to the deep peace that is our birthright.

This book felt like it wrote itself through me. It's a metaphorical story exemplifying the Awakening Journey. I hope it speaks to you the way it spoke to me. I can't wait to share it with you. Check out the Store Page to learn more and Pre-Order. You can also check back there for news on the paperback release!

Contact our Support email: awakenteam@maryomalley.com for questions.

FOR MORE INFORMATION

[Counseling](#) - In person & by phone (currently by phone or Zoom)

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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