



Awakening

WITH MARY O'MALLEY

July 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: "People who have had near-death experiences have often said that when they come back to life they realize how claustrophobic it is to be in this small body-mind system. We are so much more than this."

Intention: It's already July! Is it warming up where you are? This July let's talk about control. The majority of us feel a profound need for control. Our minds so desperately want to keep us safe and the only way it knows how is to be in control. But this is an illusion. Life isn't controllable. Nor should it be. Life provides a rainbow of experiences for your nourishment, growth and awakening. Learning to let go of control and accepting the darker, unpleasant, and difficult parts of life are keys to your awakening. You cannot connect to life and all its love and lessons while in an endless struggle trying to control life. Next time you feel tension rising in your body, slow down, take a deep breath, and remember that it's safe to let go of control.

FEATURED OFFERINGS:

[Paperback & E-book on Amazon](#)

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

The Journey to The Mountain of Being

See below for more detail!

&

Next Free Night with Mary

Details coming soon!

Stay tuned!



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

How to Feel Okay about Aging

As we age, it is scary for our minds to realize that we are not as sharp as we used to be, or as quick, or as organized, or as competent. When this happens, it is essential to remember that we are not losing ourselves. We are losing who we thought we were, and fear can do this to all of us. This is a very important distinction. When the mind gets afraid, it gets more and more stressed, and the stress accumulates in the brain. You can be having a perfectly normal day and, all of a sudden, your mind can't remember something: a name, a date, an appointment, where you put something, where you parked, or even what you did yesterday. And your mind can't handle not knowing everything. So, it crawls back even deeper into its fear-based place where it lives much of the time.

Most people are caught in this very small box of struggle called the mind. We don't recognize that there is something else going on here, and it is called "home." Home is exactly

where we need to be. Eckhart Tolle so brilliantly tells us that, “Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment.” This means that there is a bigger picture here. People who have had near-death experiences have often said that they come back to life they realize how claustrophobic it is to be in this small body-mind system. We are so much more than this.

Rather than judging that your mind or your brain are becoming less sharp as you age, maybe the brain is putting you in this situation to help you more clearly see the fear. Or maybe life is inviting you into a different relationship with your fear so you can get to know it. The greatest fear we all carry is the fear of not being in control. Changes in our bodies and our minds as we get older take us to a place that the mind thinks it should be able to handle but cannot. But it is not true. We are being given this set of life experiences in order to see the whole world of fear, to see how desperately the fear-based mind wants to be in control. We are discovering that beyond this world of fear is our home, a place that is not run by fear. When we finally accept that we don’t have control, we set ourselves free.

For just this moment, imagine you don’t see your aging through the lens of fear? What happens then? You get to see the absolute *okayness* of everything. The mind cannot fathom the possibility that even if you someday do lose whatever your mind thinks it is controlling, life will hold you, and it will all be okay. The mind has a hard time believing that losing control actually connects us to life.

No one really has a clue what is going to happen in the future. Yet, watch your mind take over and create stories about the future as you get older. It might say, “I won’t be able to pay my bills” or “I won’t be able to drive” or “I won’t be able to live alone,” or “I am going to lose my mind.” This is just fear and fear is what cuts us off from home. Know that whatever is going to unfold in the next day, or week, or month, or the years ahead, the highest is unfolding and you are exactly where you need to be. Say to yourself, “Life is for me,” and trust that the perfect set of circumstances is happening for you. As you are waking up to life, be grateful that you can truly experience life while you are still in your body, for it is a time of healing and a time to reconnect with yourself.

Be light,
Mary

“The mind has a hard time believing that losing control actually connects us to life. But once we loosen the death grip on control, life has opportunity to hold us, and show us it will all be okay.”

Acknowledgements from Our Readers

Dear Mary,
I just finished reading Your book "Compulsion". It was just the right book for me to read at this time I my life. I am truly grateful for all the insights I have been given from reading Your book and I look forward to and are so exited about my journey home to me and all the magic I feel coming into my life - or rather that I now begin to see is already in my life. Your approach to working with compulsion, with our feelings is so easy to take into my life and keep working with - it helps me from being in my mind to start being in my body giving compassion and love to my feelings. Something that is new to me but is just wonderful. It makes sense and I feel the difference straight away. ~M.

EVENTS

Please follow the links for details

NEW Book Available NOW: See below for more detail.

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

Paperback and e-Book are now available on Amazon!

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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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 my new book called *The Joy of Being Fully Alive: The Journey to the Mountain of Being*. The e-book and paperback are both now available for on Amazon Here's a summary of the book:

This little parable takes you on an adventure to help illuminate your inner journey home. 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. Click [HERE](#) to check it out.

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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