

August 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:** "I believe that loving yourself happens when life puts you in situations that bring up the parts of you that you don't like, and you're willing to bring those parts into your heart. We want these uncomfortable parts to go away because our main brain, the heart, was shut down when we were young and we had to put ourselves out of our hearts. So, we do everything we can to numb or bury those parts. This creates war inside of us, and I believe this is the reason there is so much pain and suffering on the planet."

**Intention:** It's already August! Time flies! I talk about the importance of self-love in my letter below. Let's talk a little more in depth on the "how to" of cultivate that self-love. Often that self-love won't be tested until a difficult situation brings up something you don't like about yourself. When this happens, it's the perfect opportunity to meet that part of yourself with acceptance and compassion. That part of you is not wrong or broken, it may not have fit your parents' or societies' expectations for you, but it's still an essential part of your being. It's the pushing away of different parts of you that causes a deep disconnection and dislike for oneself. By turning towards these pieces of you, you can once again fall in love with you. It also opens up the freedom to choose to respond differently in these difficult situations.

**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**

### **Our Addiction to Fixing**

*See below for more detail!*



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

### **How to Heal the World by Truly Loving Yourself**

What does it really mean when you hear someone say, “I love myself”? I would venture to guess that most people who say they don’t truly know what it means. I believe that loving yourself happens when life puts you in situations that bring up the parts of you that you don’t like, and you’re willing to bring those parts into your heart. We want these uncomfortable parts to go away because our main brain, the heart, was shut down when we were young and we had to put ourselves out of our hearts. So, we do everything we can to numb or bury those parts. This creates war inside of us, and I believe this is the reason there is so much pain and suffering on the planet.

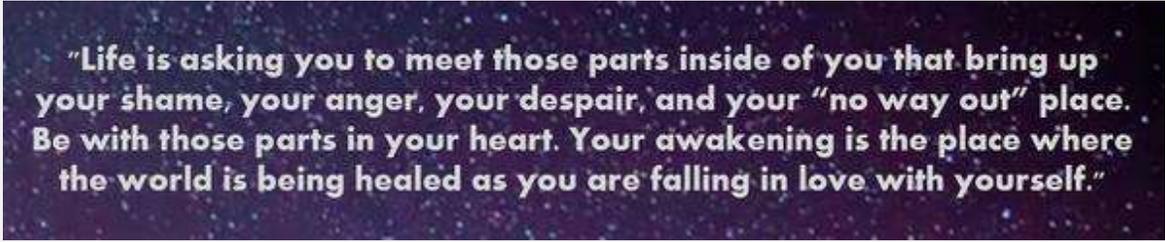
A woman in one of my groups travels all over the world. She travels with a tour company that takes their groups off the beaten path, into the local areas, where you can truly experience life. On her recent trip to Guatemala City, they were taken into a garbage dump where there are 80,000 adults and children who live in shanties or some other kind of make-shift home. The women sell scarves, which are like prayer flags, and there are mountains of scarves for sale. The women also make bracelets, and for every bracelet you buy, you keep a woman out of the garbage dump for 10 days. As she was sharing her experience, the woman in my group just sobbed and sobbed and said, "What should I do? Should I give them all my money? Should I move there? I don't know what to do." I told her that I believe the most powerful thing that all of us can do to help others is to fall in love with ourselves. That is, fall in love with all the parts that we don't like. Why is that so powerful? Because when we heal the war inside of us, we are healing the planet.

Stephen Levine, author and spiritual teacher, shared a story with me years ago about Carl the Chiropractor who was an "alternative medicine guy". Carl attended Stephen's "Conscious Living Conscious Dying" workshops back in the 80's and early 90's. He was just beginning to learn how to embody his own life when he was diagnosed with cancer. Rather than being a victim of it, his survival mechanism kicked in, and he tried every kind of alternative therapy there was. When nothing worked, his doctors convinced him that surgery would be the only option. It was not successful. Then he heard about this amazing healer, thinking that she would offer some kind of naturopathic treatment plan that would cure his cancer. There was no treatment plan, at least the kind that Carl had expected. The healer simply said to him, "Fall in love with you."

Life is asking you to meet those parts inside of you that bring up your shame, your anger, your despair, your "no way out" place. Be with those parts in your heart. Your awakening is the place where the world is being healed as you are falling in love with yourself. Life is inviting us to hold ourselves in our hearts for the healing of our planet.

And, by the way, Carl learned how to fall in love with himself and three years later, his cancer was gone, he got married and had a child. Love heals.

Be light,  
Mary



**"Life is asking you to meet those parts inside of you that bring up your shame, your anger, your despair, and your "no way out" place. Be with those parts in your heart. Your awakening is the place where the world is being healed as you are falling in love with yourself."**

### Acknowledgements from Our Readers

I love what you wrote in your last two newsletters. I think I am beginning to understand more now what you have been communicating to me all along. This really makes sense.

You have definitely improved my quality of life.  
Thanks so much for being you!  
~C.

## 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!

**Our Addiction to Fixing** *See below for more detail.*

Free Live Call will take place on **Sept. 9th 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!

## NEW BOOK NOW AVAILABLE FOR PRE-ORDER

***THE JOY OF BEING FULLY ALIVE:***

***The Journey to The Mountain of Being***

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](mailto:awakenteam@maryomalley.com) for questions.

## NEXT FREE LIVE CALL ANNOUNCEMENT

### Our Addiction to Fixing

What would happen if we finally saw that there is nothing to fix in you and in the world? That may sound insane, but there is another way to work with our challenges that can bring trust where there is fear and a healing heart to you and the world. Join Mary in exploring this radically restorative way of being with life.

We will meet on **September 9th** 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](mailto: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](mailto: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](http://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](mailto:awakenteam@maryomalley.com)

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