

September 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: "This body we live in is temporary. To the mind, this idea is very scary because the mind identifies with the body. But to who we really are, it is freedom because we no longer take it all for granted when we allow death to remind us that all our experiences are temporary."

Intention: Where I live, despite the lingering heat, the leaves have begun to change, heading into September. The seasons are a cycle of death and rebirth. Autumn is when the leaves begin to die in preparation for winter. It's beautiful. Their cycle's end is an explosion of color. Growing up, death is something we are often taught to fear. We believe death will bring separation or even punishment, but the truth is death is nothing but a doorway, a continuing cycle that you experience every day in small ways all the time until your "final" death where you return to the universe. Death can be a friend to you in life, reminding you not to take life for granted. Accepting death is a big part of becoming fully alive. So, I invite you to try imagining a friendly little death sitting on your shoulder while you go through your day to day. See if it changes your perspective. Let it be a reminder to live in this present moment. And be open to the wisdom that may come.

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.](#)

Reframing Our View of Death

Years ago, two women in one of my groups shared their experiences of losing a family member: one for the recent death of her mother and the other for the one-year anniversary of her husband's death. In our group gathering, we honored and thanked both of the deceased family members because they helped remind us that we all die. Death is a very fierce yet benevolent teacher. When death touches us, it touches us to open us, not to close us. Yet, most people close around the thought of death because we get so attached to the mind-body system. We think our mind-body system is separate from life, separate from death, and we try to convince ourselves we have never-ending time left. So, we live as if we are never going to die. Yet, death is not what we think it is. It is a doorway. Everything is going to come to an end, but the end is always a beginning.

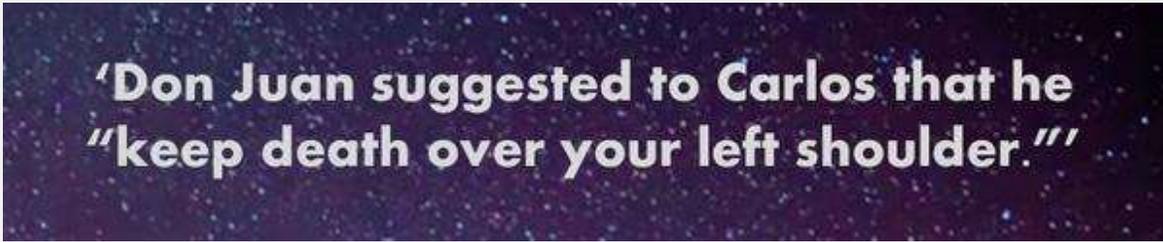
I am reminded of the advice of the spiritual guide called Don Juan in a series of books by Carlos Castaneda. Don Juan is described as a Yaqui Indian, a “Man of Knowledge” from a Toltec lineage of seers. In his teachings, Don Juan suggested to Carlos that he “keep death over your left shoulder.” He is saying that, without the awareness of death, everything is ordinary and trivial. It is only because death is stalking us that life is an unfathomable mystery. He is telling us that if we personify death and imagine that it is always with us (sitting on our left shoulder), we can become fully alive because it reminds us that every moment is a death. Every moment is a dying out of this moment into the next moment. The out-breath is a death, and the in-breath is a renewing of life. Every breath is a step closer to death.

This body we live in is temporary. To the mind, this idea is very scary because the mind identifies with the body. But to who we really are, it is freedom because we no longer take it all for granted when we allow death to remind us that all our experiences are temporary. We don’t take for granted the ability to get up in the morning and go to the bathroom. We don’t take for granted the ability to lift our hand and brush our teeth. As we rush around trying to get out the door to go to work, we can stop for just a moment to recognize that walking around the house is precious. Starting the car is precious. Stopping at the stop light on the way to work is precious. All of it is precious.

The Tibetan Book of the Dead tells us that when the soul leaves the body of a dead person, it still needs others to help the deceased person on his/her journey. It can be quite a shock to those who have not used life to “die into life” to suddenly be out of their bodies, so they need us to hold them in our hearts. They need us to love them. I am reminded of my own mother’s death. About a day before she died, my mother opened her eyes and said, “I am so scared,” and I said, “Mom, it is totally safe, just follow the light.” And after she died, I knew she needed a little support from me. So, I kept telling her with my heart how much I loved her and to continue to follow the light. I was able to really and truly communicate with her on a level that doesn’t require words. It is the heart that communicates, and it is completeness.

As you become more and more open to death, you can learn to communicate with your deceased loved ones with your heart. Whether it is losing someone you have lived with for 50 years or losing your mother or a small child or a best friend, it will crack you wide open, and your job is to keep on trusting the process and allowing what is arising to move through you. Death will remind you that there are no ordinary moments. So, thank your loved ones who have passed away because they are reminding you that life is temporary and that every moment is precious.

Be light,
Mary



**‘Don Juan suggested to Carlos that he
“keep death over your left shoulder.”’**

Acknowledgements from Our Readers

Mary's article resonated with me. After 26 years of Law Enforcement, I have had some left over anxiety at times from my past bouts of PTSD. Tell Mary I appreciated her sage advise on this matter. ~S.

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

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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 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 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.

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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