



October 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:** "The darker states that are a part of being a human being - fear, sadness, anger, self-judgment— become much more workable when we learn that they are just like the weather— never static, always changing, coming and going for the rest of our lives."

**Intention:** Happy October! Since it's spooky season, let's talk about accepting the darker parts of life. Halloween is a great example of how humans can incorporate and celebrate the darker parts of life. There are different origin stories for Halloween but the most well-known is probably All Hallow's Eve from the Celtic tradition. They believed the line between the living and the dead blurred, so to ward off evil, they would light bonfires and dress as ghouls themselves. Life is a mix of light and dark. The beauty and richness of life exist in the contrast between the two. Life would have no meaning without death and vice versa. Good times wouldn't be so sweet without hard times. And hard times couldn't become nourishment to us without good times to also water our growth. This month, I invite you to celebrate the darker parts of life. I invite you to celebrate the gifts those "ghosts" have brought you. And to celebrate the love you've lost and the joy they brought you while they were here. And of course, Happy Halloween!

**FEATURED OFFERINGS:**

**[Next Free Night with Mary](#)**

**Our Addiction to Fixing**

*See below for more detail!*

&

**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!*



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

### **Storms and Rainbows**

I was graced for years by an exquisite willow tree outside my bedroom window. One spring evening as I was getting ready for my son's 18th Birthday, a rainstorm moved into the Northwest, and I was drawn to look out the window. The willow was in the beginning stages of putting on her summer dress of vibrant green, and the sky framing the willow was black and stormy, as rain danced horizontally past my window.

Suddenly, the clouds opened up on the horizon, allowing the setting sun to bathe this stormy sea with its vibrant light. Myriad rain drops on the willow's branches were immediately transformed

into individual prisms of light. It was so breathtakingly beautiful that tears came to my eyes. As I looked out the window on the other side of the house, there was a double rainbow, crystal clear against the dark and forbidding clouds. I knew, as I watched this gift of beauty, that it was a metaphor for human life. Without the stormy sky to frame the opening for the setting sun, the beauty of the willow would not have been highlighted, and without both the rain and the sun, the rainbow wouldn't have been born.

The darker states that are a part of being a human being - fear, sadness, anger, self-judgment—become much more workable when we learn that they are just like the weather—never static, always changing, coming and going for the rest of our lives. And they pass through the vast spaciousness of who we truly are. We don't see that because we are so busy resisting them! If we don't resist, it allows those seemingly static states to float through us like clouds moving across the face of the sun.

Stephen Levine, after having watched his own depression dance in and out of his life for years, had a visit from this old friend. He said that in three minutes, he went through the whole cycle that formerly would have taken weeks or months. With every single part of the depression, he was able to say, "I recognize you." In that recognition, he was able to let go of any identification with those feelings, and they passed on through.

A friend of mine teaches white-water kayaking. Dancing down the river, cascading over rapids, navigating around boulders, it is a very real possibility that at some time the students will be tossed into the seething cauldron of a whirlpool (just like the whirlpools of our daily lives). The raging water pulls them down and tumbles them around. The student's instinctual reaction is to fight it (exactly how we fight the struggles in our lives), but what he teaches them to do is to let go and allow the water to move them as it will. In that non-resistance, the water will lift them up to the top, and they can then make their way to safety.

The same is true for our lives; it is our resistance to what we don't like inside of us that actually sucks us into the vortex of struggle and keeps us caught there. And yet to turn toward our experience, simply bearing witness to it rather than falling into it or running away, allows these states to visit us temporarily, and then they move through us like clouds in the sky.

It has been my experience that whenever an old state comes rising to the surface of my life, I may initially have a reaction to it, but I know and trust a deep law of the human psyche... "What I resist persists!" So, I look and listen and give whatever is there the spaciousness to simply be there so it can move through me. I then gather the gifts that the darker states always leave in their wake.

May we all know that the challenges of our lives are for us. And may you be curious this month about what clouds are passing through the vast spaciousness of your true self!

Be light,  
Mary

**"I then gather the gifts that the darker states always leave in their wake."**

### Acknowledgements from Our Readers

Hi Mary,

I discovered you during the Psychology of Eating telesummit and was immediately struck by how I connected so deeply with your message. I ran out and bought "What's in the way is the way" and it has been like a Life textbook for me. I've literally underlined and have written in the margins! After dealing with disordered eating myself for over 30 years, your method is piercing straight through to my heart unlike anything else I've ever been exposed to. Thank you for sharing your work with the world!

Warmly, J.

### EVENTS

Please follow the links for details

**Healing our Deepest Pain** *See below for more detail.*

Free Live Call will take place on **Nov. 4th at 5:30 pm PST!**

[Learn More & Register Here](#)

**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](#)

**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

**Healing our Deepest Pain**

We are all wounded on our journey through life, and we bury our pain to keep it from being seen by ourselves and others. Join Mary in exploring how to safely heal this pain and gather the gifts that always come from our deepest hurts.

We will meet on **November 4th** from **5:30 to 7 pm PST** 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.

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### NEW BOOK NOW AVAILABLE FOR PRE-ORDER

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#### ***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.

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### FOR MORE INFORMATION

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[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).

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**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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