



November 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: "Just the other day, I was thinking about the poem by Mary Oliver called 'Love Sorrow.' Everyone I have shared it with has been deeply touched and many have teared up, for this poem speaks the truth of the heart."

Intention: Welcome to November! This year has felt like a blink of the eye. Later this month we will talk about gratitude but now, I want to talk about meeting and caring for our difficult feelings as they arise. I recommend reading my letter and the poem shared within to get a better sense of what we're talking about. For the majority of us, we learned to identify with our feelings growing up. "I'm sad." "I'm angry." "I'm happy." but one of the great truths shared within Buddhism and many other philosophies is that while they are a part of us, we, the consciousness inside our body, are not our thoughts, feelings, and experiences, we are instead, the observer of these thoughts, feelings, and experiences. Feelings and thoughts are a way for our body to communicate with us about experiences. They are a tool to share insight with us, but they are not us. To discover the truth of this and to accept the wisdom that feelings bring, it is helpful to recognize these feelings as their own beings. "Oh, Sadness is here." "Anger has come to join me." or even "Joy has arrived!" Then, ask them what they've come to share. I invite you to stay open, and when you first begin this practice know that the answer may not come right away or might seem unclear. But as you get familiar with these feelings, it will become easier to understand them. Say hi to your feelings for me!

FEATURED OFFERINGS:

[Next Free Night with Mary](#)

Healing our Deepest Pain

Just a few days away! See below for more detail!

&

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

NEW BOOK: *The Joy of Being Fully Alive*

If you've already read it, consider leaving a review!

See below for more detail!



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

Loving Your Unlovable Parts

Just the other day, I was thinking about the poem by Mary Oliver called 'Love Sorrow.' Everyone I have shared it with has been deeply touched and many have teared up, for this poem speaks the truth of the heart. It speaks from the knowing that we are made up of many different parts, and most of these parts run us from underneath our everyday awareness. As we learn how

to recognize 'who is here' (inside of us) at any given moment, the vulnerable and rejected parts of ourselves feel recognized and acknowledged. Then, rather than causing upset in our lives, they become beloved and essential parts of the community that we are.

*Love sorrow. She is yours now, and you must
take care of what has been
given. Brush her hair, help her
into her little coat, hold her hand,
especially when crossing a street.*

*For, think, what if you should lose her? Then you would be
sorrow yourself; her drawn face, her sleeplessness
would be yours.*

*Take care, touch her forehead that she feel herself
not so utterly alone. And smile, that she does not
altogether forget the world before the lesson.*

*Have patience in abundance. And do not
ever lie or ever leave her even for a moment
by herself, which is to say, possibly, again,
abandoned. She is strange, mute, difficult,
sometimes unmanageable but, remember, she is a child.
And amazing things can happen.*

*And you may see, as the two of you go
walking together in the morning light, how
little by little she relaxes; she looks about her;
she begins to grow.*

The subject of the poem is sorrow, but you can substitute for sorrow any part of yourself – anger, fear, jealousy, hatred, grief, self-judgment, anxiety or depression. Mary Oliver says, "Remember, she is just a child" because the roots of these most unloved parts go back to your childhood. And the poem ends with, "little by little she (the unloved part) relaxes; she looks about her; she begins to grow." In other words, as these parts are included in your heart, you become the wonderfully alive innocence that is your natural state.

May you hold the intention to truly see and listen to every part of yourself so by integrating them, you become a healing presence in the world.

Be light,
Mary

"Remember, she is just a child."

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. ~M.

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 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

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!

Already read the book? Consider leaving a review to help other's find the book!

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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Please feel free to forward these emails to those whom you feel would be interested.

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