



December 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: "Life Is a constantly changing river and true peace comes when you can relax into its flow, discovering that there's nothing to hold onto and nothing to push away and everything you long for is already here."

Intention: Happy Holidays! The holiday season can be very chaotic for some of us, and slow and lonely for others. No matter what your experience, use this time to practice relaxing into the flow of life. This month I invite you to let go and be present for life as it's happening.

FEATURED OFFERINGS:

Holiday Sale: \$100 off all Courses

All Courses only \$49

Let's Heal the World. See below for more detail

&

Free Night: The Most Amazing Things About You and Your Life

We will meet on January 6th at 5:30pm PST

See below for more detail!



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

Precious, Precious, Life

On my journey through life, I have gathered little stones, which I have saved in a sacred bowl. Then, as a dear friend was dying and the truth of death came close to the surface, I went to my sacred bowl of rocks and counted out 31. Each of them represented a day of the month and I put them in a special bowl, alongside another bowl, on my chest of drawers.

I then searched and found a beautiful little pouch that a friend had given me years ago with tiny bells on it and I put it on a cord so I could wear it around my neck. Every day of the month, I took a rock from the first bowl, which I called the 'to be lived' bowl and put it in the pouch around my neck which reminded me I was being given the gift of another day of life. Then, at the end of the day, I took the rock out and put it in the second bowl, the 'already lived' bowl. I did this every day of the month and then when it was done, I poured the 'already lived' bowl back into the 'to be lived' bowl and began another month.

I did this off and on for a number of years and it was very powerful to watch the 'to be lived' bowl empty as the 'already lived' bowl filled. That, along with the little stone around my neck, kept on reminding me that life is a continually changing process and that everything that appears will eventually disappear; everything that begins eventually ends. This includes your next breath, the time spent reading this blog, this day, this season, this year and your life. You can either be afraid of this, or you can use it to cut through the noise in your life in order to connect with the preciousness of this moment.

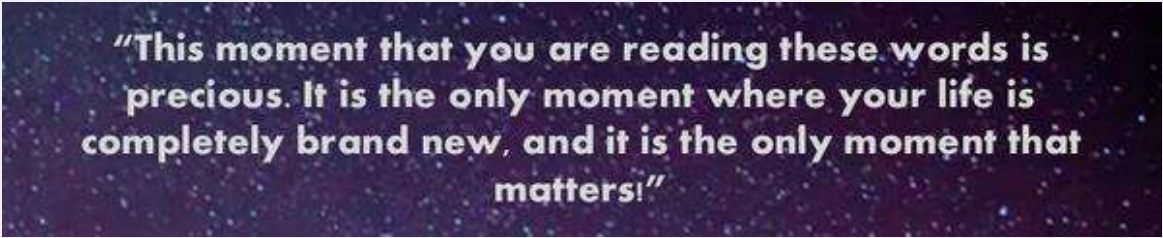
A meditation master was once asked, “How can we find happiness in a world where everything changes?” The master held up a drinking glass and said, “You see this glass? For me it is already broken. In the meantime, I drink out of it and sometimes it even reflects the sun in beautiful patterns. But when I knock the glass over and it shatters, I say “of course. When I understand that this glass is already broken, every moment with it is precious. Every moment is *just as it is* and nothing needs to be otherwise.”

This moment that you are reading these words is precious. It is the only moment where your life is completely brand new, and it is the only moment that matters!

What can you bring into your life that reminds you of this truth, that invites you for a moment here and a moment there, to open to life just as it is? Life Is a constantly changing river and true peace comes when you can relax into its flow, discovering that there’s nothing to hold onto and nothing to push away and everything you long for is already here.

For just this moment, allow your belly to be soft and your out-breath to be long and slow, and simply open to the preciousness of this moment, *just as it is*.

Be light,
Mary



“This moment that you are reading these words is precious. It is the only moment where your life is completely brand new, and it is the only moment that matters!”

Acknowledgements from Our Readers

Your teaching has been instrumental in helping me to ground and stabilize in the Eternal so that I may continue embodying what is being asked of me. You have been one of the most important teachers in my life, and the amazing group of women has been an immense source of refuge and strength.

With deepest respect, gratitude and love, ~J.

EVENTS

Please follow the links for details

Healing Holiday Sale: *See below for more detail.*

All Self-paced courses are \$100 OFF.

All Courses only \$49! **What's In the Way, Falling, and Compulsions!**

The Most Amazing Things About You and Your Life *See below for more detail.*

Free Live Call will take place on **Jan. 6th at 5:30 pm PST!**

[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!

\$100 OFF All Self-paced Courses for the Holiday Season

Healing Holiday Sale: All Self-paced courses only \$49!

Every time I see the news, my heart aches for the pain inflicted on the world by an old kind of mind that doesn't recognize the sacredness of every particle, of every being. But I also see more and more people awakening to a way of being with life that cares not only for all people but also for the Earth itself.

You are reading this newsletter because you are a part of this awakening. For the holidays, I am offering all my online, self-paced courses for \$49. I recognize the restorative messages within them and wish for them to reach more people so they can contribute to the healing of our world. Please consider sharing them with your loved ones as well.

[What's in Your Way IS the Way](#) will show you how to unhook from your mind's addiction to struggle so you can know the joy of being fully present for life.

[Falling In Love with You](#) is all about how to fall in love with you exactly as you are, so you can rest in the compassion, kindness, and empathy that is who you really are.

[Being Healed by Our Compulsions](#) changes your relationship to your compulsions from enemy to ally, allowing them to guide you out of the world of struggle and back into the ease and peace that is your birthright.

Contact our Support email: awakenteam@maryomalley.com for questions.

NEXT FREE LIVE CALL ANNOUNCEMENT

The Most Amazing Things About You and Your Life

Most of us sleepwalk through our lives, missing this awesomely intelligent and truly amazing adventure that is our life. Join Mary in opening your perception of who you are and what life is about so you can again know the joy of being fully alive.

We will meet on **January 6th** 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.

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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