



February 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 invitation is to know that your words matter, whether you are talking to a loved one, a stranger or even someone you are having difficulty with at work. When you relate to people, there are always challenges, always differing points of view. You can either add to the breakdown that is happening by what you say, or you can add to the healing."

Intention: For Valentine's day, I invite you to celebrate love. Not just for your partner but for everyone, especially for yourself. Choose love when your coworker is being difficult. Choose love when hate rears its ugly head. Love is the path to healing. Happy Valentine's Day.

FEATURED OFFERINGS:

Free Night: My Good Friend Cancer, Really???

We will meet on March 3rd at 5:30pm PST

See below for more detail!



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

Your Words Matter

This newsletter is about the power of kindness to bring healing in this time of chaos.

Michelle Obama was interviewed by Gail King from CBS This Morning on the day her new book, Becoming came out. When Gail asked if she still stands by her motto, "When they go low, we go high," she responded by saying, "What's the alternative? You learn that vindication in the moment is so short term."

She also said, "Going low means you're operating from your place of emotion, not results. More often than not, you don't get results when you go low," she said. "You just get your attitude out."

"When you're in the White House and you have that platform and that responsibility where every word matters, you're often thinking – at least Barack and I often thought - is what we're about to say going to help? Is it going to move the needle forward? Or is it just going to make us feel vindicated in the moment?" She then added, "The goal is moving forward."

"Going high doesn't mean you don't have feelings and you don't express them - that you don't acknowledge hurt or pain or anger," she said. "Going high means how do you express that feeling in the world and how do you do that responsibly?"

At the end of her book Michelle said, "Let's invite one another in. Maybe then we can begin to fear less, to make fewer wrong assumptions, to let go of the biases and stereotypes that unnecessarily divide us. Maybe we can better embrace the ways that we are the same." Gail said that what she heard when she read this was *let kindness in*. Michelle responded by saying, "I have traveled the country. I saw the heart of who we are. Forget race, party, ethnicity, gender, people who agree with us or not. *People were kind*. They were worried and have issues, but everybody is working for the same thing and I got to see that part of America."

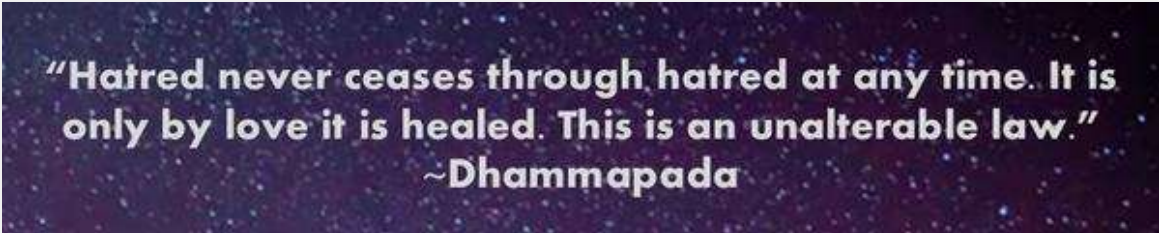
So, the invitation is to know that your words matter, whether you are talking to a loved one, a stranger or even someone you are having difficulty with at work. When you relate to people there are always challenges, always differing points of view. You can either add to the breakdown that is happening by what you say, or you can add to the healing. So, Michelle is asking you to pause for a moment and ask, "How do you express that feeling in the world and how do you do that responsibly?"

I leave you again with one of the most powerful messages you can hear at this time from the ~Dhammapada, a revered collection of Buddhist scriptures:

Hatred never ceases through hatred at any time. It is only by love it is healed. This is an unalterable law.

I invite you to use your words to weave a tapestry of kindness throughout your daily life. And when you can, be kind with the reactions in your mind.

Be light,
Mary



"Hatred never ceases through hatred at any time. It is only by love it is healed. This is an unalterable law."
~Dhammapada

Acknowledgements from Our Readers

Your book (What's in the Way IS the Way) is comforting as well as going to the heart of the matter. And it takes into account the sometimes seeming impossibility of believing that one can let go of the addiction to the mind even for a few seconds. It feels like one has some company on this lonely journey and yet that company is taking you to yourself. With many, many thanks and love, ~C.

EVENTS

Please follow the links for details

My Good Friend Cancer, Really??? See below for more detail.
Free Live Call will take place on **Mar. 3rd 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!

NEXT FREE LIVE CALL ANNOUNCEMENT

My Good Friend Cancer, Really???

Mary has been working for 6 years with a rare form of blood cancer. While it has had its challenges, it has also healed her in ways she couldn't imagine before her diagnosis. Join her in exploring all of the gifts this cancer has brought into her life and how you can access all the gifts that come with the challenges of life.

We will meet on **March 3rd** 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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