



April 2026

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: "As you learn to be with what you have formerly resisted inside of yourself, a miraculous thing happens. You are no longer afraid of or ashamed of any part of you. Then, even if somebody is exhibiting a behavior that you formerly resisted inside of you, you can meet them with understanding and compassion."

Intention: Our experience of growing up, unfortunately, includes learning to cut off parts of ourselves to better fit expectations. But this cuts us off from the flowing love and peace at the core of life. Part of nearly everyone's awakening journey is reconnecting with those lost parts of yourself and by extension, life itself. Read my letter below to learn more about how to reconnect with those parts of you.

FEATURED OFFERINGS:

Free Night: My Good Friend Cancer, Really??? Part 2

We will meet on May 12th at 5:30pm PST

See below for more detail!

&

Next Free Night: The Amazing Strength in Vulnerability

We will meet in July at 5:30pm PST

See below for more detail!



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

Meet Yourself with Kindness

Like most people, you are run by unconscious beliefs you took on when you were quite young. What are these conditioned beliefs? They come as feelings of inadequacy, being stupid, less than, too much, ugly, better than, outsider, broken, weird and different (to name a few). As you grew up, you learned how to bury these unacceptable and often unbearable parts of yourself deep inside, cutting yourself off from the joy of being fully available to life. Slowly, you became a human doing rather than a human being.

The way back to the free-flowing aliveness of being, which you knew so very well when you were very young, is to realize that we all carry these feelings and there is nothing inside of you to be ashamed of or afraid of. When you realize this, you can begin to bring curiosity and compassion to all the unwanted parts of you.

In order to be with yourself in this way, it is helpful to slow down for a few moments here and there and, as you do, you can begin to notice what is going on in your body and your mind. Simply notice and acknowledge what you are experiencing, whether it is a sensation in your body, a feeling or thought. The more you can see what you are experiencing, the more your heart

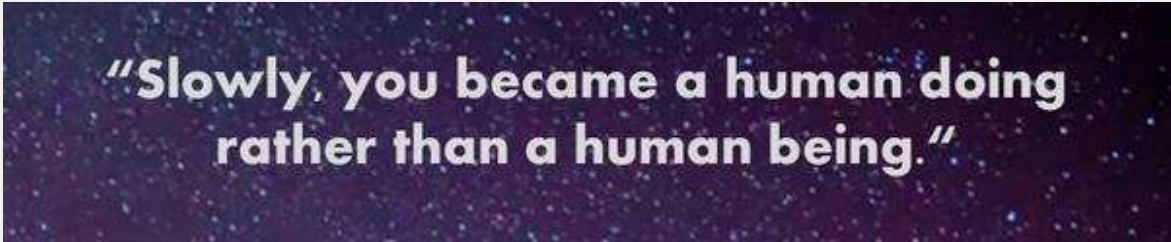
opens, for you see how much your mind has been trained to struggle and how young are the voices of your struggles.

As you learn to be with what you have formerly resisted inside of yourself, a miraculous thing happens. You are no longer afraid of or ashamed of any part of you. Then, even if somebody is exhibiting a behavior that you formerly resisted inside of you, you can meet them with understanding and compassion. Stephen Levine, author and spiritual teacher, says: "If our habitual conditioning is to try to overcome our pain, we will have a tendency to feel overwhelmed when things don't go the way we wish. If we can open to our own pain and explore our resistances and long-held aversions, there arises the possibility of touching another's pain with compassion, of meeting another as we meet ourselves with a bit more clarity and tenderness." In other words, when I can be with my own pain, I can be with yours.

What we are talking about is humanity coming home to our collective heart and you are a part of that. You have such an exquisitely beautiful heart, but it was shut down when you were young. It had to go off-line because it was not safe to keep your heart open. But it is time to braille your way back home to your heart, bringing everything you formerly hated and feared about yourself to your own understanding and compassion.

So, for just today, be tender with yourself. If you are experiencing any upsets, touch them with kindness and compassion, even for a brief moment, and just let them be. You are learning to meet yourself with tenderness instead of fear and this is where deep and lasting healing happens.

Be light,
Mary



**"Slowly, you became a human doing
rather than a human being."**

Acknowledgements from Our Readers

I love your thinking, it always resonates and one day I will partake in something you offer! I work as a therapist and have many clients who want help with emotional eating. I recognise that much of this struggle is about leaving oneself and not being present to what is, and I also know this for myself. So I recommend your book to many of them –
The Gift of Our Compulsions. ~G.

EVENTS

Please follow the links for details

My Good Friend Cancer, Really??? Part 2 *See below for more detail.*

Free Live Call will take place on **May 12th at 5:30 pm PST!**

[Learn More & Register Here](#)

The Amazing Strength in Vulnerability *See below for more detail.*

Free Live Call will take place in **July at 5:30 pm PST!**

Registration is Not Yet Open

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](#)

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What's In Your Way IS the Way self-paced online course

[What's In Your Way Is the Way](#)

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NEXT FREE LIVE CALL ANNOUNCEMENT

My Good Friend Cancer, Really??? Part 2

In the last free night, we explored how to change your relationship with pain, which will take you out of the world of struggle.

On this free night, we will explore how our lives change when pain, rather than something to get rid of, becomes a doorway into the healing you long for.

We will meet on **May 12th** 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.

NEXT FREE LIVE CALL ANNOUNCEMENT

The Amazing Strength in Vulnerability

We have somehow equated vulnerability with weakness, but the opposite is true. Join Mary in exploring the power of vulnerability and all the gifts it can bring into your life.

We will meet on **Date to be announced in May newsletter** 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.

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We will be meeting in July. Registration is not yet open. Keep an eye 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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