



May 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: "For all the people that live on this beautiful blue-green jewel that is our planet, I thank you for your willingness to bring this process into your life. This gratitude comes from knowing that, as you discover and live from your field of well-being, your life will be transformed. It will also transform the lives of everyone you meet or even think about for the rest of your life."

Intention: Spring is in full swing! Despite the sunshine and flowers, globally we're still in the throes of chaos. I often hear people express feeling helpless with what is going on in the world. There is something you can do, even if you can't volunteer, give money, or protest, you can make all the difference in the world by reconnecting with yourself and life. Being able to be present for others creates a ripple effect. Living from your heart helps awaken other hearts who in turn awaken more hearts. This isn't easy work but it's the most important work you'll ever do. Read my letter below to learn more about awakening your heart.

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!

&

July Free Night: The Amazing Strength in Vulnerability

We will meet on TBD at 5:30pm PST

See below for more detail!



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

Medicine for the World

When Jeff Foster, spiritual teacher and author of *The Deepest Acceptance*, endorsed my book, *What's in the Way IS the Way*, he said, "This work is medicine for the world."

What did he mean by that? I want to begin by sharing with you the first couple of paragraphs from the Introduction of *What's In the Way IS the Way*:

I am inviting you on the most important journey you will ever take: the journey back to a heartfelt connection with yourself and a trust-filled connection with your life. This journey will show you that there is a sense of well-being with you always, *no matter what is happening in your life*.

If you are like most people, you have only sporadic glimpses of the well-being that is your birthright. This may be because you, like most everyone else, have a deep belief inside of you that says you are not enough. You have also been conditioned to believe that if you just fix yourself or your life, you will be *enough* and thus know the peace you long for. So you have become an ongoing project, believing that if you just get yourself and your life to be a particular way, then you will be happy. This causes you to struggle with your compulsions, your finances, your relationships, and your health. Rather than peace and joy, you may very well be living in a low-grade sense of unease that periodically flares up and plunges you into turmoil. So your life has become a series of problems to be solved rather than an adventure to be lived!

If you are honest with yourself, you would recognize that this fixing game has never brought you the deep healing you long for. But don't despair. There truly is another way to live that will permeate your life with well-being. This is what we will be exploring together in this book.

We are all being invited to be with life in a radically new and trust-filled way, which is about connecting with life rather than always trying to control it. There is an incredible field of well-being that becomes available when we discover how to show up for life rather than always trying to make it be a particular way. Attempting to control life leads to struggle, and the addiction to struggling with life is what creates most of the heartache in the world - compulsions, terrorists, slavery, violence, war, greed, depression and even disease. The fact is that *we are at war with one another because we are at war inside of ourselves*. And if we want to heal the world, we need to heal the war inside ourselves, which is what this book is all about.

I leave you with a paragraph that is so important it is in both the Introduction and in the last chapter of *What's In the Way IS the Way*:

For all the people that live on this beautiful blue-green jewel that is our planet, I thank you for your willingness to bring this process into your life. This gratitude comes from knowing that, as you discover and live from your field of well-being, your life will be transformed. It will also transform the lives of everyone you meet or even think about for the rest of your life. For when you are not caught in the world of struggle, you are *here*, open to the amazing majesty and mystery of Life, radiating presence and well-being. And a human being who has discovered how to be here, becomes an invitation to everyone they meet to unhook from the mind's addiction to struggle and open back into the joy of being fully here for Life.

For your healing and the healing of all beings, Life is bringing you home.

If this calls to you, you can explore this more via my book *What's In the Way IS the Way*, or via my self-paced online course *What's in Your Way IS the Way*.

Be light,
Mary

"I am inviting you on the most important journey you will ever take: the journey back to a heartfelt connection with yourself and a trust-filled connection with your life."

Acknowledgements from Our Readers

"I couldn't have discovered What's in the Way IS the Way at a better time. As someone who is challenged by debilitating chronic depression, worry, and pain, as well as addictions, I truly had lost faith in life. This book was like a life preserver thrown to me in the dark months of winter. It asserts that a greater intelligence is at play and that our struggles are here for us, not to work against us. It reminds us that our minds are powerful tools that we can use to assist ourselves, not cripple ourselves. It posits that there is great power and relief in just asking the universe questions about what frightens us, rather than constantly racking our brains for answers. It reminds us that deep breathing is possibly the best and easiest way to return to a state of calm and peace. And that's just a sampling of the many powerful messages and insights it offers. This book is one to be picked up over and over again, both early and often. I feel like I have a friend in Ms.

O'Malley, even though I've never met her. Her life experiences rang true for me; and her messages presented in this book, in her previous books, on her website, and on her audio/video recordings are a true gift to this planet." ~E.

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 date TBD 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](#)

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??? 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.

JULY 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 in **July Date TBD** 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.

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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