



June 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: "I first discovered that I could use bathrooms in this way when my children were little, and I attended a parenting class. One of the suggestions was, when you were dealing with a meltdown, both your children's and your own, to give yourself a time-out in the bathroom!"

Intention: We're transitioning from Spring to Summer now. Summer's heat can bring more socializing but also more tempers and reactivity. Learning to step away to center yourself is an invaluable skill and the best place to start is the bathroom. It's the perfect place to take a minute to reconnect with the present moment. I invite you to tie washing your hands to a quick returning practice. Read my letter below to learn more ways I use the bathroom to stay connected with life.

FEATURED OFFERINGS:

Next Free Night: The Amazing Strength in Vulnerability

We will meet on July 14th at 5:30pm PST

See below for more detail!



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

The Sanctuary of Bathrooms

Bathrooms are sanctuaries. “A sanctuary, you say? That sounds ridiculous!”

It stops seeming ridiculous when you realize a sanctuary is a place of refuge and safety. I first discovered that I could use bathrooms in this way when my children were little, and I attended a parenting class. One of the suggestions was, when you were dealing with a meltdown, both your children’s and your own, to give yourself a time-out in the bathroom!

It was magic. I locked myself in, connected with my breath and usually, a few minutes later, I could come out and engage with my children in a responsive way rather than a reactive one. I began appreciating bathrooms in a whole new way.

I then learned how to do this when I was at family gatherings and when craziness began to show up, usually because people were drinking alcohol, I would ground and center myself in the bathroom.

But bathrooms had a lot more to give me. When I began to realize that most of the time I was thinking about life rather than actually experiencing it, and I struggled mightily to be present for life (which never works for *trying* takes you out of the present), I discovered that I could use the washing of my hands to invite my attention into the present. The sound of the water,

the feeling of warmth (or cold), the smell of the soap became one of my favorite things to gift myself with during the day. Of course, there were days when I totally forgot to be present while washing my hands. At the beginning, I would judge myself, but slowly that faded as I became fascinated by what was happening on a particular day, where being present for washing my hands totally flew out the window.

Bathrooms had even more to give me. For the first 3, almost 4 decades of my life, I thought myself so ugly that I avoided looking in a mirror. I first really saw my face as a reflection in a window, and I was stunned that what I thought I looked like and what I actually did were so different. I began, very slowly at first, to look at myself in the mirror when I finished washing my hands. At the beginning, there would be that old tug to see ugliness, but slowly, as I stayed with it, I began to really see my face, its colors, its lines, its wrinkles, the play of shadow and light, and how everything changed from day to day.

And still, it took me a number of years before I could look myself in my eyes. Now it is one of the great joys of my life, to meet myself, eye to eye, in a mirror and feel deep love. And sometimes I even wink!

The wonderful thing about bathrooms being a sanctuary is that they are everywhere! They are in airplanes, parks, stores, theaters, where you work, and in your home. So, no matter where you are and no matter what is happening, know that a place of refuge and safety is just a few steps away.

Be light,
Mary



"Bathrooms are sanctuaries."

Acknowledgements from Our Readers

"I'm a reader from Hong Kong and I'm reading your book on compulsions. As a sufferer of OCD for almost 25 years, I share your view that it's basically impossible to control or manage the condition. I've tried medication, therapy, self-help and even religion, and nothing has had any long-lasting effect. After all these years of treatment and struggling, I feel that I'm sometimes just back on square one and my symptoms are at times even worse than before. Therefore, I've shifted my focus to accepting and living with my condition, rather than curing or moderating it, which is, in my case, just catching wind. Your book seems to be a perfect aid for me at this time, as it shows how to thrive, not just survive, under this apparently horrendous and at times debilitating life-long condition. One thing I also notice about compulsions is that it's not truly the compulsions that matter, but my guilt about them and in particular, about following them and not being able to reign them in. That makes me feel extremely frustrated and guilty. After all, why

would compulsions become an issue if one didn't even feel bad or guilty about them in the first place? My focus now, has thus become tackling my guilt rather than my compulsions which, as you suggest in your book, should be treated as friends rather than enemies. At any rate, thanks for writing a thoughtful and caring book." ~R.

EVENTS

Please follow the links for details

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

Free Live Call will take place in **July 14th at 5:30 pm PST!**

Registration is now open! [Click HERE to Learn more & Register](#)

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

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

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Start as soon as you sign up!

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 in **July 14th** 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 now open! Click [HERE](#) to Learn more & Register

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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