



July 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: "After the brief thrill of getting what you wanted, it turns quite quickly into *not enough*. No matter how much you get, it doesn't fill the empty hole each one of us is trying to fill with endless getting. How do we fill this hole? One of the ways is by the opposite of getting...by discovering the joy and healing of giving."

Intention: As we move into July and Independence day, let's talk about the patriotic act of giving. It can feel like we've forgotten the communities and neighborly support this country was built on, but it still resides in our hearts. So this month, let's celebrate it! Afterall, giving isn't just for other people's benefit, it helps increase your happiness as well. So, I invite you to practice giving where you can all through July. Read my letter below to learn how giving can boost your happiness and quality of 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.](#)

Shifting Getting to Giving

I was at the grocery store the other day and passed a haggard-looking man with bloodshot eyes in the alcohol section with many bottles in his cart. Then, in front of me at the checkout line, was a large woman with a cart filled with high-fat, high sugar, highly processed foods. My heart went out to these two people who seemed to be cut off from the true nourishment of life.

If you step back and look closely, you will see that many people have gotten caught in the seduction of *getting*. The chant is more, more, more, for the belief is that the more I get, the happier I will be! And it isn't just around food and alcohol that we can see the seduction of *more*. Decades ago, the only choice for a drink at a fast-food place was small and large. Now there are drinks so big that they don't fit into the cup holders in our cars. The choices of cars used to be small, medium and large but now they are super large and there doesn't seem to be any awareness that these supersize vehicles add to the carbon emissions of our planet. And finally, I live in a 1914 cottage that used to be a part of a community of old and unique cottages. But most of them have been demolished and replaced by super-size houses, so big that they only have postage stamp yards.

Has all this getting more, more, more brought us happiness? Research shows that the opposite is true. If getting 'more' brought us the deep peace and joy we long for, we wouldn't be such a highly medicated, overweight, depressed, and unhealthy society.

It is important that you hear that I'm not saying more, more, more is bad or wrong because it is just what our conditioned minds do. But it is important to see the heartache and despair that comes from trying to get more – a triple-decker hamburger, a newer and showier car, a fancier kitchen, or a liposuctioned body. After the brief thrill of getting what you wanted, it turns quite quickly into *not enough*. No matter how much you get, it doesn't fill the empty hole each one of us is trying to fill with endless getting.

How do we fill this hole? One of the ways is by the opposite of getting...by discovering the joy and healing of giving.

According to research reported in Psychological Science, 96 university students received \$5 every day for 5 days, and they were required to spend the money on the exact same thing each day. The researchers randomly assigned participants to spend the money either on themselves or on someone else, then the participants reflected on their spending experience and overall happiness at the end of each day.

The data showed a clear pattern: Participants started off with similar levels of self-reported happiness, but those who spent money on themselves reported a steady decline in happiness over the 5-day period. But happiness did not seem to fade among those who gave their money to others. The joy from giving for the fifth time in a row was just as strong as it was at the start!

This research suggests that one of the most satisfying things in life is giving to others. To make the shift from what can I get out of life to how can I be there for others, is life-changing. And, as the research showed, giving doesn't have to be huge things like going overseas to help refugees. Small acts of giving make a difference in your life and in the lives of others. There is no such thing as an inconsequential act of giving.

If I am being deeply challenged by life and my mind starts struggling with it all, one of the ways I move through the contraction is by going to a park or to a store and seeing how many people I can connect with through a smile. (Children really love this!) I am also moved to give joy to a clerk when I check out. I love leaving with both of us smiling and maybe even laughing. This may seem like such a small thing, but the oceans of the world were initially created out of drops of water. Every 'drop' of giving matters for it is a powerful force in the healing of our planet.

I invite you to enter your day by being a presence of giving rather than always being aligned with a mind that just wants more. Or as Jon Bon Jovi said, "To feel good, give good!"

Be light,
Mary



"This research suggests that one of the most satisfying things in life is giving to others."

Acknowledgements from Our Readers

Thanks Mary. What is in the way, is the way. I have been working, allowing, being this. All is well, even when it 'feels' like it isn't. Thank you for your wisdom, courage and presence. You have positively changed my life. Love, K.

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

[Being Healed by Our Compulsions](#)

Start as soon as you sign up!

Falling in Love with You self-paced online course

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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

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](#), [Podcast](#), [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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