



August 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: "You can become the awareness that can see what you are experiencing rather than believing all the stories in your head. You are not the stories. You are that which can see the stories and recognize that they are only stories. They are not who you truly are."

Intention: Happy August! Where I am, we've already been getting some intense heat! I don't know about you, but sometimes heat can make me very uncomfortable. It makes for the perfect opportunity to practice staying with myself through the discomfort and practice observing my mind rather than identifying with my thoughts. Heat, for most of us, while very uncomfortable, is emotionally lower stakes so it's an excellent opportunity to dip our toes into these practices. This month, I invite you to practice staying and observing your mind when you begin to feel hot. Learn why these practices are so important in my letter below.

FEATURED OFFERINGS:

Next Free Night: Exploring True Empowerment

We will meet on September 15th at 5:30pm PST

See below for more detail!



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

The Freedom of Showing Up for What is Showing Up

I woke up this morning, and I did not want to meditate. I have meditated every morning for years, and yet today, when I sat down and closed my eyes, the storyteller in my head resisted the idea of meditation, saying, “I can’t handle everything that is going on in my life right now.” It was steeped in deep fear, but I did not get upset with it or demand it quiet down. Rather, I closed my eyes and kept on saying to her, “I know what is going on in your life right now is really hard, and it’s okay to just rest here for now.” Each time I spoke to her, she would rest a little longer, and then off she would go again like a flock of birds. When she finally heard, “Just come home, sweetie, just come home,” she eventually let go and I was able to rest in the peace of my morning meditation.

When there is something that your mind doesn’t want to experience, it runs away from your immediate experience. Why? Because when you were young, this whole system of your conditioned, struggling self survived by not letting go. It survived by holding on for dear life and trying to be what it thought it should be. As you get deeper into awakening, you finally come across the depth of that almost wordless fear, and it feels that if it opens up again and you let go, you will die. Many of us turn to our compulsions – like eating, drinking, drugging, shopping, or just plain busyness – to try to make the feelings go away, which, if you are honest with yourself, only works for a very short time. But no matter how difficult or painful your challenges are, you can discover that you will not die if you are willing to be with yourself rather than leaving yourself when you most need yourself.

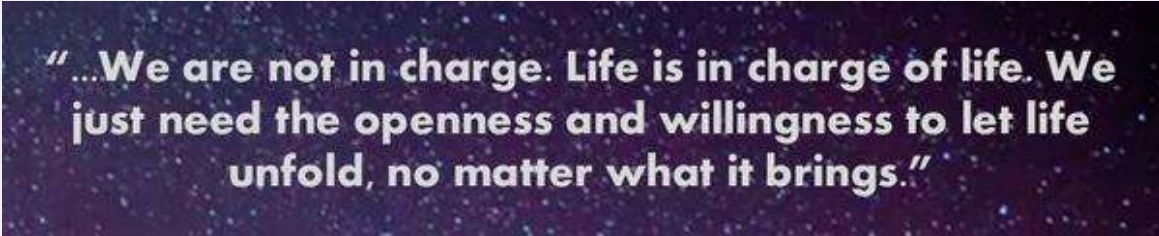
As author Stephen Levine once told me, “All you need for this journey is the willingness.” Why did he say that? Because we are not in charge. Life is in charge of life. We just need the openness and willingness to let life unfold, no matter what it brings. Life will bring pain, fear, grief, sadness and so much more. No matter what it looks like, tell yourself, “I am not this pain in my body. I am not this wave of fear. I am not this grief. I am not this no-way-out place. I am the place that can see it.”

You can become the awareness that can see what you are experiencing rather than believing all the stories in your head. You are not the stories. You are that which can see the stories and recognize that they are only stories. They are not who you truly are.

So, I invite you to thank the great challenges of your life. They are cracking open the armor around your heart. Most of our lives we have resisted being opened, so we have done whatever we could to distract ourselves by whatever means so we can get as far away from the discomforts of life as possible. Freedom comes when you can show up for what is showing up, no matter what is going on in your life.

If this speaks to you, and you want to learn more, consider joining my self-paced online course, Being Healed by Our Compulsions. It will help you learn how to be present for what life is bringing to you. This new way is about listening rather than controlling, opening rather than closing and relating to your compulsion rather than being lost in it. Instead of seeing your compulsion as something that is wrong with you, you will discover that it is an ally on the journey back to a deep and trust-filled relationship with yourself and with your life.

Be light,
Mary



“...We are not in charge. Life is in charge of life. We just need the openness and willingness to let life unfold, no matter what it brings.”

Acknowledgements from Our Readers

Mary, thank you for showing me how to fill up my bucket with 'presence'. Your words have helped to transform my life.

With great appreciation,

~T

EVENTS

Please follow the links for details

Exploring True Empowerment *See below for more detail.*

Free Live Call will take place in **September 15th 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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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

Exploring True Empowerment

Most of us think of empowerment as power over. True empowerment is very different from that.

Join Mary in exploring the true meaning of empowerment and how to bring it into your life.

We will meet in **September 15th** 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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