



September 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: "Sometimes it really hurts to be alive. So, when we were very young, we all created a finely crafted survival system to bury and numb our pain, and it was absolutely necessary for survival. We were all wounded in some way or another, and our survival system was our armor. When we finally land on the path of awakening, we come to the place where we can remove our armor and stitch our wounds with the thread of love."

Intention: Happy September! We are now transitioning into fall. As we head into the colder months, I invite you to think about the survival systems you created when you were young. As small children in this big scary world, we've all developed methods of survival that are deeply engrained. If we aren't aware of these systems and how they got there, they can keep us disconnected from life. But if we learn to see and accept these systems, they will help guide to the healing we long for. Read more about these survival systems 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.](#)

How to Honor Your Survival System

Sometimes it really hurts to be alive. So, when we were very young, we all created a finely crafted survival system to bury and numb our pain, and it was absolutely necessary for survival. We were little people and life was too big and scary, and we didn't yet have the skills to meet ourselves in our hearts. And this survival system has been running its program ever since, usually in the background of our awareness until a crisis point where it takes over our life.

Our survival system can include compulsions, such as drug and alcohol abuse, shopping, unskillful eating, overworking, being lost in social media, obsessing, online pornography, busyness, self-judgment, and chronic worry. I think back on all those years when I shut down my pain with food, drugs and alcohol and my heart opens, for ultimately my survival system saved my life! What do I mean by that? I want to share a beautiful and inspiring quote by Jeff Brown, author of *Ascending with Both Feet on the Ground* and *Love It Forward*, that speaks to this:

“Our survival adaptations are so tough, but our wounds are so delicate. To heal, we have to lift the armor carefully – it saved our lives, after all. It's like moving your best friend off to the side of the path. You don't trample on her, you don't hit her with a sledgehammer. You honor her presence like a warm blanket that has kept you safe and sound during wintry times.

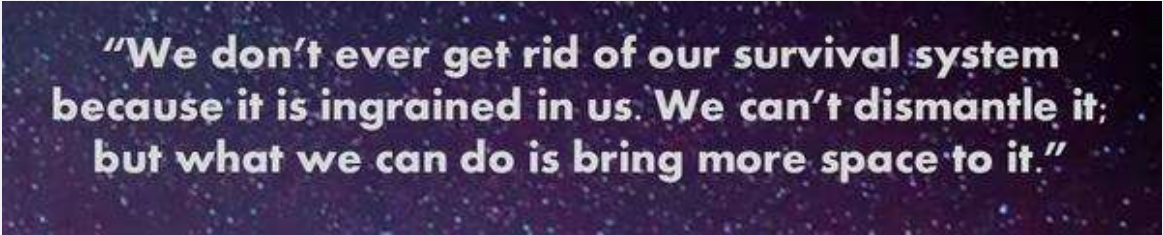
And then, when the moment is right, you get inside and stitch your wounds with the thread of love, slowly and surely, not rushing to completion, nurturing as you weave, tender and true. The healing process has a heart of its own, moving at its own delicate pace. We are such wondrous weavers ...”

We were all wounded in some way or another, and our survival system was our armor. When we finally land on the path of awakening, we come to the place where we can remove our armor and stitch our wounds with the thread of love. We can begin the slow opening of our tender yet bruised hearts. But this is not something we do overnight. As we develop curiosity and compassion, we see the fear, we see the shame, and we see the despair. Slowly and surely, our hearts open, and we can say, “Okay, who is here right now? Oh, I see you, fearful one. I see you, shamed one. I see you, despairing one.” Jeff is inviting us to meet our survival system with respect and kindness instead of going to war with it, and to meet what it has been trying to take care of with the healing of our own heart.

We don’t ever get rid of our survival system because it is ingrained in us. We can’t dismantle it; but what we can do is bring more space to it. We can begin to heal our wounds by bringing kindness and compassion to these parts that were trained not to trust life. Life is an intelligent process, and it knows what it is doing. It includes pain, loss, and death, and when we try to stop the natural process of life, it only results in suffering.

For just this moment, allow yourself the mercy of realizing that at every step of the way, you have done the best you knew how to do. Let go of, “I should have done better,” and let the healing of compassion come to you. As you discover how to open to the flow of life, you can begin to heal your wounds and stitch them with the thread of love. You can become such a wondrous weaver!

Be light,
Mary



“We don’t ever get rid of our survival system because it is ingrained in us. We can’t dismantle it; but what we can do is bring more space to it.”

Acknowledgements from Our Readers

Mother hug and words of wisdom gratefully received!

I did exactly as you said, over and over the whole night long (“I chose to allow this to unfold and be with it as much as I can”) -- and celebrated my birthday fever-free and nearly snot-free as well. LIGHTYEARS away from how I was the day before. What a gift . . . the best one of all for my 50th!

Thank you from the bottom (middle and top too) of my heart. :-)

Love,
J.

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

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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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