



October 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: "All human beings have terrible, horrible, no good, very bad days! All human beings are vulnerable to the full range of feelings that come from being given the gift of life."

Intention: To honor another wonderful spooky season, let's talk about the most frightening thing of all, (at least to your mind), letting go into the flow of life. The struggling mind craves control and certainty; all it wants is to keep you safe, after all. So, the idea that even the difficult parts of life are for you seems insane! But true insanity lies in resisting, fighting and trying to control life. You will find no peace in that struggle. So, I invite you to say to your mind, "I hear you, this is scary for you," and then take deep breaths and practice allowing life to be exactly how it is.

FEATURED OFFERINGS:

Next Free Night: The Power of Now???

November 17th. Registration opens Oct. 15th

See below for more detail!



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

A Little Help for a No Good, Very Bad Day

We all have difficult days. It is part of being human. We all know suffering and joy, clarity and confusion, ease and pain. Life is a roller coaster ride, and true peace doesn't come from stopping the roller coaster - that's death. Nor does it come from wishing it were an easier roller coaster. Each of us is given the roller coaster we need, and true freedom comes when we learn how to show up for all of it, especially the difficult days.

One of the core ideas that keeps us caught in resisting the ride, is the belief that we are all alone. Our struggling mind screams, "Nobody has ever felt this way, or nobody has it as bad as I do, or nobody is as bad as I am." But these statements, even though very believable when we're having a bad day, are not true! All human beings have terrible, horrible, no good, very bad days! All human beings are vulnerable to the full range of feelings that come from being given the gift of life. And there is no such thing as an altogether human being. We are all works in progress until our last breath.

We are so good at hiding our difficult days from others and even from ourselves that when the roller coaster does a dizzyingly fast loop de loop, we can buy into the belief that we are all alone – hook, line, and sinker. But even the scariest parts of your roller coaster life are, at that moment, being experienced by many other people.

You, along with millions of others, may:

- have just received a difficult diagnosis
- be late for an appointment
- have been abused by a partner
- have had their heart torn wide open by the loss of a loved one
- have a throbbing, stabbing headache
- be experiencing rejection in a shaming way
- feel completely inadequate
- be overtaken by loneliness
- see themselves as a failure
- have skin that won't stop itching
- be deeply disappointed
- have gotten lost in a fiery storm of anger
- be down with the flu
- decide they were the worst person on the face of this planet
- be just plain irritated
- be feeling helpless, hopeless despair that froze the blood in their veins

The story lines may be a bit different, the conditions may be different, but the feelings are very similar. If you can open, even a little bit, to our common humanity, to the truth that every human being has experienced, to a greater or lesser degree, what you are experiencing, it really helps you to know you are not alone and there is nothing wrong with you for feeling this way. This storm shall pass.

If we get caught up in our reactions to difficult days, we are more likely to feel isolated and alone. Then it's easier to fall into the storyline of our inadequacy and ineptness, completely forgetting our shared human experience. But when you open to the truth that you are not alone, that what you are experiencing is simply part of being human, your heart can begin to open. Because your heart has room for everything, this allows your pains to move through more quickly, for compassion is one of the most powerful healers on our planet.

As far as I can see, recognizing that we all hurt is an important step in opening into freedom. It isn't freedom from anything in particular. It's the freedom of allowing life to be exactly as it is, so it can dance through you rather than you resisting and holding on, thus falling headfirst into the world of suffering.

May your heart be your guide.

Be light,
Mary

"May your heart be your guide."

Acknowledgements from Our Readers

I am delighted to have found you and look forward to receiving your newsletters! The "Gift" video touched me so...it expresses everything that I DO BELIEVE...loving the "process" and knowing that God - Source, Creator - touches our journey with complete LOVE at every moment and with every "opportunity" for "processing!" ~M.

EVENTS

Please follow the links for details

The Power of Now???? *See below for more detail.*

Free Live Call will take place on **November 17th at 5:30 pm PST!**

Registration will open on OCT. 15th.

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

The Power of Now???

We've all heard about living in the now, but if you are like most people, you have found that challenging. Join Mary in exploring a workable path back to the only moment where life is really happening...NOW!

We will meet on **November 17th** 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 will open on Oct. 15th!

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

To unsubscribe, click on the link at the bottom of any e-Newsletter.

Please feel free to forward these emails to those whom you feel would be interested.

[Contact Awakening](#) [About Awakening](#) [Our Offerings](#) [Online Course](#)

Awakening, 908 3rd Street, Kirkland, WA 98033, USA

[Unsubscribe](#) | [Change Subscriber Options](#)