

November 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: "If anybody asked me which one of my books is the one that touches me the most, I would say they each touch me in different ways. But if I were really pushed to choose a favorite, I would have to say The Magical Forest of Aliveness."

Intention: It's already November! In the spirit of gratitude for the month of thanks (and honoring indigenous folks) let's talk about reconnecting with the greater whole of life. I don't think there's anything that can bring a sense of gratitude, more deeply, than the realization that we are not alone and actually a part of a much greater and connected web. The mind will reject this. We've all learned to identify with our thoughts, a seemingly necessary part of the journey. However, we are not our thoughts. We are a piece of life sent to experience itself. Our minds are simply powerful and useful tools for navigating the experience, but mistaking our minds as the center or source of our being causes so much suffering. When we remember that we are the spark observing life, as is everyone else, and we will all return to stardust to report our findings, it becomes much easier to relax into life and experience gratitude for all of life. Even the difficult parts. I invite you to read my letter below, where I share a beautiful quote that gets at the heart of what I'm talking about.

FEATURED OFFERINGS:

Next Free Night: Living in the Now

We will meet on November 17th at 5:30pm PST

See below for more detail!



Click on the photo above to watch Mary in a video message.

Your Natural Joy

If anybody asked me which one of my books is the one that touches me the most, I would say they each touch me in different ways. But if I were really pushed to choose a favorite, I would have to say The Magical Forest of Aliveness. It is a fairytale, which describes the journey we're all on from the delicious and intimate connection with life we knew when we were very young, into what it's like to be caught in the village called Mind (where most of us live most of the time) and finally reconnecting with the aliveness and joy that is our birthright.

I recorded the audio book in 2010. I recall recording chapter 7 called The Clearing. This is the part of the fairytale where Rose, the main character, finally makes it back to the magical forest and ends up in a clearing in the middle of the forest. She lays down on a carpet of green by a musical brook and as she let's go, she remembers who she truly is and what life is really about right underneath the busyness of her life. This remembering brings her a deep joy she hadn't experienced since she was very, very young. Then a bear, a lion and a tiger show her how she can be present even while living in the village called Mind.

The other day I came across one of my favorite quotes and it is by the author Edward Abbey. And I felt the same joy Rose felt in the clearing as I read his words. Because this quote points to how you experience life when you learn how to use your mind but not be lost in it, I wanted to share it with you:

"Even a rock is a being, a thing with character and a kind of spirit, an existence worthy of our love. To disparage the world we know for the sake of grand verbal abstentions (being caught in our minds) is to be false to the mother earth who sustains us. The highest treason, the meanest treason is to disavow and deny this lone but gracious planet on which we voyage through the cold void of space.

For what do we really know? I think of a lightning-blasted but still living shagbark hickory in the pasture back home on my father's farm in Pennsylvania; I think of a twisted juniper on a ledge of sandstone at Cape Solitude, far above the Colorado River; I think of the pelicans that sail along the shores of the Sea of Cortes; I think of a thousand other places I have known and loved and all the creatures great and small that live there – each a part of a greater whole, but each an individual as well, one and unique, never to be known again, here or anywhere, each as precious as the vivid moment in which it first appeared on earth.

Don't talk to me about other worlds, separate realities, lost continents or invisible realms – I know where I belong. Heaven is home, Utopia is here, *Nirvana is now.*

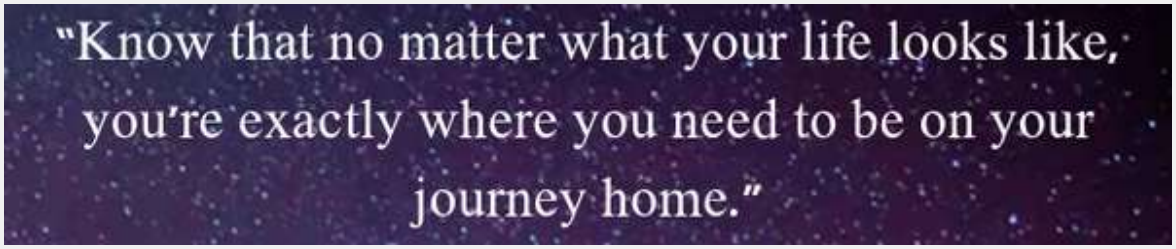
Walking up the trail to my lookout tower last night, I saw the new moon emerge from a shoal of clouds and hang for a time beyond the black silhouette of a shaggy giant Douglas fir. I stopped to look. And what I saw was the moon – the moon itself, nothing else; and the tree, alive and conscious in its own spiral of time; and my hands, palms upward, raised toward the sky. We are. That is what we know. This is all we can know. And each such moment holds more magic and miracle and mystery than we shall ever be able to understand, holds all that we could possibly need – if only we can see."

Everything I share with the world is with the intent to help people see through the clouds in their mind so that they can reconnect with this living moment in all its wonder, uniqueness and mystery; see that "every moment holds more magic and miracle and mystery than we shall ever be able to understand."

To come back to life in this way, to be intimately alive, comes from the understanding you are a part of a greater whole, an individual as well, one and unique, never to be known again, here or anywhere, as precious as the vivid moment in which you first appeared on earth.

Reading these words is an indication that you are on the journey back to life. And know that no matter what your life looks like, you're exactly where you need to be on your journey home.

Be light,
Mary



Acknowledgements from Our Readers

"Dear Mary and Devrah, This course and your book is life changing for me and I am so profoundly grateful for it. Thank you for fidelity to your Life Covenant and your extravagant generosity. I truly love you." ~M.

EVENTS
Please follow the links for details

Living in the Now *See below for more detail.*
Free Live Call will take place in **November 17th 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
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

Living in the 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 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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