



awakening

with Mary O'Malley

November, 2012

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:

Your soul knew exactly what it was doing when it brought you here .

Intention:

Today I will remember that whatever appears to be “in the way” is perfectly orchestrated to bring up what I need to meet in order to be truly free...and that help is at hand.

Featured Offering

You are invited to a Book Release party for my new book in Seattle on the 17th!

Please see below for details.



If I were a teenager again, I would be doing cartwheels all over the house, for my new book, *What's in the Way IS the Way* has been sent to the printer! Its subtitle is *The Transforming Power of Trusting Your Life – All of It!* (See below for the Book Release party in Seattle on Nov. 17th.)

To give you a sense of what the book offers, this month's newsletter is the Forward that my friend and colleague Neale Donald Walsch, author of *Conversations with God*, wrote for the book. I hope it moves you to explore the concepts in the book and their practical application because I truly believe, as Neale says, “this book will show you the way to a better life, without needing a single thing to be different for you to reclaim your inner peace, your outer joy, and your overall well-being.” Here is Neale's Forward:

“When I was a boy, I used to go around saying, ‘Life is so simple. Why does everyone keep making it so complicated’

I couldn't understand why all the kids in school would get so kerfuffled when a big test was coming up, or when the end-of-year grades were due. I couldn't figure out (even when I was 7, 8, and 9) why Mom and Dad "got into it" so often at home, or why my Mom worried so much about stuff.

I was never clear about why anyone would be so concerned or worried about anything that they'd let themselves shift from cheerfulness to snippiness, from happiness to grouchiness, from inner peace to inward anxiety.

For some reason, I always knew things would work out—and they always did. Maybe they didn't always work out the way I thought they would, or exactly the way I wanted them to, but they always worked out in a way that brought me to my next highest good—and it didn't take me long to catch on to what was happening, and to begin to depend on this being simply 'The Way Life Is.'

Now wonderful spiritual teacher Mary O'Malley has written a whole book about this—explaining it clearly, and in wonderfully accessible terms.

I'm so excited about this book! I consider it to be one of the most important pieces of writing to come our way in a very long time, and it absolutely will be—of this I am sure—one of the most beneficial books you have ever read.

This book talks about how to deal with life exactly as it is occurring, not just when it's easy to do so, but when it's the most difficult—which, irony of ironies, makes it easy to do so.

And as much as I thought I knew about all this, boy, could I have used this book when I was moving through the worst days of my personal journey. As with all of us, there have been some pretty tough ones. And in those moments we can easily forget—or, at least, I did—whatever we thought we knew about how to navigate the rocky shoals of life.

If in those moments I could have had something that I could turn to, something that could have helped me understand what was going on and how to get through it, I would have given anything. And if I had had something that I could refer to ahead of time so that I might have a specific approach to dealing with challenging moments, I would have considered it the biggest blessing of my life.

I can promise you that you will never find life more clearly explained than it is here, nor will you have placed in your hands more useful or powerful tools with which to negotiate its most difficult experiences.

It is true for me that as a child I seemed to know, intuitively, that life need not be as utterly discombobulating as I was observing people experiencing it, but I could not have told you why that was so—much less how to make it so. Mary O'Malley has done both here, and thus produced one of the greatest gifts one human being could offer to another.

If this is a challenging time in your life (or if someone you know and love is moving through a challenging moment in theirs), you could not have been led to a more perfect resource than this book—nor a more compassionate, understanding, spiritually aware, emotionally articulate, psychologically brilliant, and

wonderfully able and capable messenger and teacher than its author.

Put simply, this book will show you the way to a better life, without needing a single thing to be different for you to retain your inner peace, your outer joy, and your overall well-being. Yet it is far from a theory book, or a concept document. It is a Practitioner's Guide. It is an easy-to-follow Instruction Book. It could easily have been titled Life's Operating Manual.

Your soul knew exactly what it was doing when it brought you here. (You know, of course, that you did not "stumble upon" this book by chance.) Absorb it, then. Inhale it. Drink it in as the nectar of the gods. For it is surely from Divinity Itself that flows such wisdom as is here.

Thank you Mary O'Malley, for our days and nights are enriched by you, and our wounded places healed.

~Neale Donald Walsch

Be light, Mary

P.S. - If you want an autographed copy, you will be able to purchase it at my website www.maryomalley.com by November 9th. You can also order the book from Amazon, Barnes and Nobel, and local bookstores, after that date.

Quote: "Your soul knew exactly what it was doing when it brought you here. (You know, of course, that you did not "stumble upon" this book by chance.) Absorb it, then. Inhale it. Drink it in..." —Neale Donald Walsch

To learn more about this work, please visit our web site at www.maryomalley.com

Also, please click on the [Watch Mary](#) link in the left sidebar of my web site homepage and scroll to the bottom to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary's Blog](#) link to read messages from me and reply or ask questions.

To view previous newsletters, please click on the link [Newsletters](#).

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My New Book is Here - Book Release Party

There will be a Book Release Party for my new book, *What's In the Way IS the Way: The Transforming Power of Trusting Your Life – All of It*, November 17th, 4:30-7:00 PM, at Council House, 1501-17th Ave, Seattle, Washington. Everyone is invited!

Parking is on the street, at Trader Joe's or the Central Coop on Madison. The entrance to the building is at the south end on 17th. Sign in at the Front Desk and go around the corner to the elevator. The event is on the PH (Penthouse) floor.

The book will be available to purchase through my website on November 9th, and through Amazon.com, Barnes and Noble, and local bookstores after that date.

From Our Readers

Mary,

I feel it is really important for me to say *thank you*. In one of your newsletters you mentioned your book *Belonging to Life*, referring to the chapter 'Disarming the Judger' which you emailed to me.

I have been collecting the tools for my awakening for many years and have only recently realized that I was ready to accept them and allow them into my heart. By reading this chapter, along with a variety of other practices, *my whole world has changed. For the first time, I am able to see*. The judger and I have started to communicate on a very different level... we are becoming allies.

I appreciate you and want you to know that your work has helped me through a life long struggle, an ongoing argument that I didn't realize I could change. I now view these struggles as strength and honor, and my purpose is becoming more clear.

Sincerely, M.

Counseling & In-Person Groups

Counseling - In Person & by Phone

Mary is a guide who offers insights born of experience and awareness. Through deep listening and presence, she helps others open to their own clarity and wisdom. Her office is in Kirkland, WA and she is also available for phone counseling and with Skype. The fee is \$130 for each 50-minute session. (sliding scale available for those who need it.)

For information and appointments, please call Mary at 425-889-5937 or send her an email at awaken@maryomalley.com

In-Person Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening with expert guidance and to share with other awakening beings. You will also experience the healing power of mercy and trust.

Weekly groups are offered in Kirkland, WA on Mondays from 7:00 to 9:00 PM and on Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. You must have one session with Mary and may visit a group one time before joining. Please [Contact Mary](#) for information and an appointment.

Tele(Phone)Groups

These phone groups are a wonderful way to connect with Mary and with other

awakening beings in the comfort of your own home. Mary facilitates the groups and there are opportunities for questions and discussion. Once you register, you will receive a dial-in-number and access code. When you dial-in, you will be prompted what to do to join the group call. Each session is 4 weeks and costs \$90. There is a morning group on Tuesdays and an evening group on Thursdays. To register, click on the appropriate link below.

Events

Please follow the links for details

Tuesdays, Oct 23rd – Nov 13th

[Telegroup: What's In the Way Is the Way Group](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, Oct 25th – Nov 15th

[Telegroup: The Gift of Our Challenges](#)

6:00-7:00 PM Pacific Time

Saturday, Nov 3rd

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

Saturday, November 17th

Book Release Party

Tuesdays, Nov 20th – Dec 11th

[Telegroup: What's In the Way Is the Way Group](#)

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, Nov 29th – Dec 13th & Dec 27th (No group on Thanksgiving or Dec 20)

[Telegroup: The Gift of Our Challenges](#)

6:00-7:00 PM Pacific Time

Saturday, Dec 1st

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

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