



March, 2013

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:

Everything we long for and everything we truly are is found right here, right now, and it is the storyteller that puts a veil between us and the direct experience of life we long for!

Intention:

When I get caught in the storyteller, I will remember to stop and be fully present for whatever is showing up in this moment.

**Featured Offering**

**Become part of the healing of our planet!  
See below for details.**



I have heard from many of you about how my new book *What's in the Way IS the Way* is touching your lives, and I have even heard from several of you that you are reading it over again! I am thrilled that it is being so well-received. I believe that this book offers, not only the keys to our own healing, but also the healing of our world. As we begin to recognize that we don't have to be run anymore by the storyteller in our heads that is focused on *doing* life rather than *being* life, we will rediscover the joy and the healing of being here for life. And a person who is fully here for life is a healing presence in the world.

When Diane Sawyer interviewed Robin Roberts after her bone marrow transplant (that is where they take you to the edge of death to destroy your immune system so you can get a new one), she asked Robin what she had learned. Robin responded, "Now, now now!" Everything we long for and everything we truly are is found right here, right now, and it is the storyteller that puts a veil between us and the direct experience of life we long for!

I would like to invite you to become a modern-day Johnny Appleseed in planting these truths all over your world. Be willing to do one thing for a few minutes every day where you unhook from all of your stories and be fully present with what you are experiencing – like your morning cup of coffee or tea, your shower, or washing your hands. Then take it out into the world and be fully present for the grocery store clerk, your loved ones as they speak to you, children that you see, people you encounter when you walk down the street or ride in an elevator.

And if it calls to you, there are three ways you can help get this message out into the world:

1. By writing a review of my book on Amazon to help in its placement. Just click on [this link](#), (or go to Amazon.com and type Mary O’Malley in the Search box), click on *What’s In the Way IS the Way*, and scroll down to Reviews.
2. By “Liking” my Facebook page. You can access it by going to my website and clicking on the Facebook icon in the lower left-hand corner of the screen and then clicking on the thumbs-up icon on the Facebook page.
3. By subscribing to my You Tube videos so you will be notified about the latest videos I am posting (see below for instructions). There are now nine videos on the book plus some others from speaking engagements. You can also send people links to the videos.

Thank you for being a part of the healing of our planet!

Be light, Mary

**Quote:** “As we begin to recognize that we don’t have to be run anymore by the storyteller in our heads that is focused on *doing* life rather than *being* life, we will rediscover the joy and the healing of being here for life.” —Mary O’Malley

To learn more about this work, please visit our web site at [www.maryomalley.com](http://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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## Subscribe to My Videos on Youtube

First you need to create a [Youtube account](#). Then type Mary O’Malley in the search

window and click on one of my videos. When the video shows up, you will see a box below the title with “Subscribe” on it. Just click on it and you will be subscribed. You can also click on the “Like” icon below my picture.

Here is a link to the most recent video about my new book: <http://youtu.be/V1r5ny0C-gI> (You need to have an account for the Subscribe button to show up.)

## From Our Readers

Dear Mary,

As I sat and trusted, and listened and waited, and watched – yes, also squirmed and whined (just a bit) and wiggled – I mainly tried to be curious and watch. Finally this week I came through. I saw my edge. I met my edge with heart. I met my edge and I survived and I am better! I trusted, I listened, I waited, I watched (not always - but for the most part...) and I survived...

Thank you, Mary. Thank you! ~K

## 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. For each 50-minute session, the fee is \$110 for those who pay and \$130 for those with insurance. (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](mailto: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, Feb 26 – Mar 19**

**[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, Feb 28 – Mar 21**

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

6:00-7:00 PM Pacific Time

**Saturday, March 2**

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

**Sunday, March 17th**

**[Unity of South Sound](#)** Sunday Service, 10:00 AM

Mary's talk will be entitled "What's In the Way IS the Way."

**Tuesdays, Mar 26 – Apr 23 (no group Apr 16)**

**[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, Mar 28 – Apr 25 (no group Apr 18)**

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

6:00-7:00 PM Pacific Time

**Saturday, April 6**

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

**For more information about Awakening, please follow the links below.**

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

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