



awakening

with Mary O'Malley

February, 2014

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:

Life gives us challenging situations so we can see more clearly and thus unhook more cleanly from the storyteller's world of judgment and fear.

Intention:

The next time I am caught in reaction, I will become curious about what my storyteller is doing and will listen to it.

Featured Offering

New Telegroups - a wonderful way to connect with Mary from the comfort of your home
See below for details.



The other day I had a few moments of pure unconsciousness. There are a number of reasons why I would like to tell how this came about, but I get ahead of myself. Let us go to the scene of this visitation from the fear and anger that are a huge part of all of our storytellers - the voice in our heads that is talking all day long!

At 8:28 AM I slipped into the pool at my gym for my half hour swim. There was a water aerobics class that began at 9:00, which left just enough time for me to complete my swim. At around 8:55 a number of people had jumped into the first lane and were chatting before the class. I was in the second lane and a man was in the third. At 8:56 I started my last lap which takes a little over a minute. After I had made the final turn, just a few strokes before I ran into her, I noticed a woman who had come under the floating lane barriers and was standing right in the middle of my lane. These lanes are big enough for two people to do laps, so she could easily have stood at the side of the lane to let me pass. But because she was in the middle, there was barely enough room to squeeze by her, and as I did, she hit me with her arm.

Can you imagine what my storyteller was doing? It was affronted. Anger came roaring through me, accompanied with the feeling of being right and making her wrong! The stories in my head were saying: “The class starts at 9:00! This is *my* lane until 9:00. How dare she!” As I got into the shower, awareness kicked in and saw what the storyteller was doing. Rather than falling into it or being ashamed of it, I asked this angry part of the storyteller to tell me about what it was experiencing. The story calmed down as I listened, but arose again two more times while I was in the shower. Each time I listened to it, it calmed down a bit more and my heart opened up again.

I could see that this is how wars are started, and I didn't want to allow that level of unconsciousness to take me over! I could also recognize that many times in my life I had played the role of the woman in my lane and felt great compassion for that part of me. And finally my heart opened to the woman. I don't know what caused her to act as she did, but I didn't have to put her out of my heart!

There are 3 reason why I wanted to share this with you:

First: We have this strange idea that peace will come when we get rid of the parts we don't like and hold onto the ones we do! That only brings continual struggle inside. Instead, awakening is about getting to know all the various parts of our storyteller. The more you can see its fears, judgments and despairs, the more you don't take it personally. And when something very deep has been triggered, its visit will become much shorter, and rather than you getting caught in more struggle, it will wake up the wondrous healing of your own heart (both for yourself and for others!).

Second: In this world that is so aligned with the good/bad, right/wrong view of the world that is at the heart of each of our storytellers, there is nothing inside of you to be ashamed of! We all have these parts. We are just very good at pretending that we don't – both to ourselves and to others! And these parts deserve kindness just like you do when you have had a difficult day.

Third: The core flavor of my childhood was invasion, and so my storyteller was built with a huge amount of fear about being overtaken by life. I have, over the years, brought my attention to this part to the extent that it is very quiet most of the time. But there evidently was still some vestige of this old fear, so life put me in a situation to bring it up - not to disturb me, or punish me - but so I could see it more clearly without identifying with it and bring it into the healing of my heart.

In my new book, [*What's in the Way IS the Way*](#), there is a wonderful saying that reminds us that even the challenges of our life are *for* us: Life is set up, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for life! What this is saying is that we don't have to fight with ourselves when we get caught in reaction. We also don't have to judge ourselves or make others responsible for our experience. Instead, we can use those times as an opportunity to see more clearly all the parts of our fear based storyteller so that it will finally be tucked into our heart.

Then our minds can be used for the wonderful tools they are rather than being lost in reaction a good deal of the time.

So the next time you are caught in reaction, become curious about what your storyteller is doing. Life is giving you these situations so you can see more clearly and thus unhook more cleanly from the storyteller's world of judgment and fear.

Be light, Mary

Quote: "Life is set up, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for life!" —Mary O'Malley

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 our website 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. Also, on the Books page, there are links to 12 short videos about What's In the Way IS the Way.

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

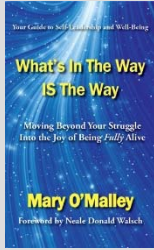
To follow Mary on Facebook and Twitter, please click on the links at the bottom of the left sidebar on our website. Mary is also on Pinterest and Google+. If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

New Tele-Groups with Mary in February

This is a unique opportunity to dialogue with Mary and share with others on the path of awakening from wherever you are. Groups meet on Tuesdays at 10:30 AM and on Thursdays at 6:00 PM, Pacific Time (see the Events Calendar below for dates).

Once you register, you will be given the dial-in number and access code. To Register, click on [this link](#).

New Edition of What's In the Way IS the Way



The revised edition of Mary's book *What's In the Way IS the Way* is now available through our [website](#) and through Amazon, Barnes and Noble, and local bookstores (by special order). The [Kindle version](#) is also available through the Amazon Kindle Store and the Nook version is available through Barnes and Noble.

From Our Readers

Hi, Mary

I had to write and let you know my response to your book. I just finished reading the last page this morning. I have struggled with life since I was a little person. Your book is helping me every day. I get what you are trying to say and it works for me! I am able to relax more, not be afraid of what will be happening in my life, and let life flow through me instead of trying to control everything.

Thanks a bunch!!!! -C.S.

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 \$150. Packages available are 3 for \$420 (\$140 each), 4 for \$520 (\$130 each), and 10 for \$1200 (\$120 each). Please contact Mary to set-up a package. Payment may be made through PayPal. Mary is a Certified Counselor in the State of Washington and can provide invoices for insurance reimbursement.

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 \$100. 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

Saturday, Feb 1

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

Tuesdays, Feb 4, 11 & Mar 4, 11 *(no group Feb 18 or 25)*

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 6, 27 & Mar 6, 13 *(no group Feb 13 or 20)*

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

February 16-23, 2014

Hawaii Retreat

Hui Ho'olana Retreat Center, Molokai

Saturday, Mar 1

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

April 25-27, 2014

Workshop in Denmark: What's In the Way IS the Way

Mary will be doing an evening Introduction on Friday, April 25th from 7-9:30 PM followed by a 2-day, non-residential Workshop in Copenhagen April 25-27,

2014. The Contact in Denmark is Svend at Quantum Seminars

info@quantumseminars.dk Please watch for details on cost and how to register.

May 2-4, 2014, 2014

2-night Retreat with Mary in Denmark

Strandgaarden Retreat Center. For more details, go to our Retreats page. You can also go to <http://elskdigselv.com/kurser/mary-o-malley-i-danmark-maj-2014/> or email

Camilla at mail@camillabruun.dk Please watch for details on cost and how to register.

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