



April, 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:

Embedded in each and every one of the challenges that life gives us is a treasure and a doorway back into being fully open to life – all of it!

Intention:

The next time I am overwhelmed by a challenge, I will remember that my challenges are invitations to directly experience whatever I am experiencing so that all of the bound up energy I have been carrying can be set free.

Featured Offering
Free video and audio recordings
of Mary's teachings online
See below for details.



In last month's newsletter, we explored the art of "Let Go, Let Life." One of the important points was the truth that coming back to life - not an idea of it, but the living experience of it - is all about opening to the 10,000 joys *and* the 10,000 sorrows.

For the past five weeks I have been in the middle of a family crisis that wakes up fear, despair and heartache inside of me. And yet I am not a victim to this process. I know that this is not happening *to me*. It is happening *for me*. Or, as I said in my latest book *What's In the Way IS the Way*:

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!

This is such a radical shift of perception. We have been conditioned to either identify with all of the deep feelings that the challenges of life bring or we try to get away

from them, stuffing these feelings inside us with our compulsions. And yet it is my experience that embedded in each and every one of the challenges that life gives us is a treasure and a doorway back into being fully open to life – all of it.

To remind myself that whatever I am experiencing is *for me* so that I can get curious about what is asking for my attention rather than resisting, I made what I call my “Yes! File.” It is full of quotes from many different wise ones who, each in their own way, are inviting us to show up for what life is offering us rather than turning away. Here are a few of the quotes.

“Learn the alchemy true human beings know. The moment you accept what troubles you've been given, the door will open.” Rumi

“Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment.” Eckhart Tolle,

“Let life happen to you. Believe me: life is in the right, always.” Rilke

“It appears as a vivid and overwhelming certainty that the Universe, precisely as it is at this moment, as a whole and in every one of its parts, is so completely right as to need no explanation or justification beyond what simply is.” Alan Watts

“What happens when, even in the midst of apparent darkness, we know ourselves as unbreakable Light?”- Jeff Foster

So I leave you with an invitation: hold to the possibility that your challenges are not something that is wrong in your life. Rather they are invitations to directly experience whatever you are experiencing so that all of the bound up energy you have been carrying can be set free.

Be light, Mary

Quote: “Learn the alchemy true human beings know. The moment you accept what troubles you've been given, the door will open.” —Rumi

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](#).

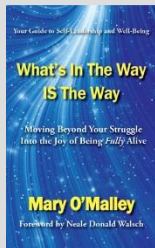
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Watch and Listen to Mary

You may click on [this link](#) for free videos of Mary's teachings to watch online.

You may click on [this link](#) for free audio recordings of Mary's teachings.

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

Dear Mary,

What an example of Love you are! Thank you for your courage to turn towards yourself...showing the way for others to turn towards themselves, for that is our doorway home.

So many things Spirit has shown me...I am still in awe as it continues even now to manifest in my life...daily if not every few hours "Life" shows itself to me and says, I am!

With appreciation, L. R.

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

Tuesdays, Mar 18 – Apr 8

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 20 – Apr 10

Telegroup: The Gift of Our Challenges

6:00-7:00 PM Pacific Time

Tuesdays, Apr 15 & 22, May 13 & 20 (no group Apr 22 or May 6)

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, Apr 17, May 8, 15 & 22 (no group Apr 24 or May 1)

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

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.

No Half-Day Retreat in May

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We will not meet on May 3rd due to the retreat in Denmark.

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

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