



September, 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:

We are all being invited to be with life in a radically new and trust-filled way which is about connecting with life rather than always trying to control it.

Intention:

Whenever I notice myself struggling with what is showing up in my life, I will remember that when I show up for life rather than trying to make it be a particular way, a field of well-being becomes available.

**Featured Offering**

[What's In the Way IS the Way website](#)

See below for details.



I want to celebrate with you what is happening with my book, *What's in the Way IS the Way*. Not only is Sounds True publishing it next year, but it has also been endorsed by Jeff Foster, Tara Brach, Neale Donald Walsch, Stephen Levine and Jack Kornfield! My heart is so grateful for both Sounds True and the endorsements because it will allow many more people to hear about this essential healing message for ourselves and our planet. As Jeff Foster, spiritual teacher and author of *The Deepest Acceptance*, said, "This work is medicine for the world."

What does he mean by that? I want to begin by sharing with you the first couple of paragraphs from the Introduction of *What's In the Way IS the Way*:

I am inviting you on the most important journey you will ever take: the journey back to a heartfelt connection with yourself and a trust-filled connection with your life. This journey will show you that there is a sense of well-being with you always, *no matter what is happening in your life*.

If you are like most people, you have only sporadic glimpses of the well-being that is your birthright. This may be because you, like most everyone else, have a deep belief inside of you that says you are not enough. You have also been conditioned to believe that if you just fix yourself or your life, you will be *enough* and thus know the peace you long for. So you have become an ongoing project, believing that if you just get yourself and your life to be a particular way, then you will be happy. This causes you to struggle with your compulsions, your finances, your relationships, and your health. Rather than peace and joy, you may very well be living in a low grade sense of unease that periodically flares up and plunges you into turmoil. So your life has become a series of problems to be solved rather than an adventure to be lived!

If you are honest with yourself, you would recognize that this fixing game has never brought you the deep healing you long for. But don't despair. There truly is another way to live that will permeate your life with well-being. This is what we will be exploring together in this book.

We are all being invited to be with life in a radically new and trust-filled way which is about connecting with life rather than always trying to control it. There is an incredible field of well-being that becomes available when we discover how to show up for life rather than always trying to make it be a particular way. Attempting to control life leads to struggle, and the addiction to struggling with life is what creates most of the heartache in the world - compulsions, terrorists, slavery, violence, war, greed, depression and even disease. The fact is that *we are at war with one another because we are at war inside of ourselves*. And, as I said in the last newsletter, if we want to heal the world, we need to heal the war inside ourselves which is what this book is all about.

I leave you with a paragraph that is so important it is in both the Introduction and in the last chapter of *What's In the Way IS the Way*:

For all the people that live on this beautiful blue-green jewel that is our planet, I thank you for your willingness to bring this process into your life. This gratitude comes from knowing that, as you discover and live from your field of well-being, your life will be transformed. It will also transform the lives of everyone you meet or even think about for the rest of your life. For when you are not caught in the world of struggle, you are *here*, open to the amazing majesty and mystery of

Life, radiating presence and well-being. And a human being who has discovered how to be here, becomes an invitation to everyone they meet to unhook from the mind's addiction to struggle and open back into the joy of being fully here for Life.

For your healing and the healing of all beings, Life is bringing you home.

Be light, Mary

P.S. – To learn more and to read the endorsements, please go to

[www.whatsinthewayistheway.com](http://www.whatsinthewayistheway.com)

**Quote: “When we are not caught in the world of struggle, we are *here*, open to the amazing majesty and mystery of Life, radiating presence and well-being to everyone around us.” —Mary O’Malley**

To learn more about this work, please visit our website at [www.maryomalley.com](http://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+.  
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## Costa Rica Retreat: Celebrating Life ~ All of It!

### [Samasati](#) Nature Retreat, February 8-14, 2015

Registration for this transformational, tropical retreat is limited to 20 people. A \$500 non-refundable deposit holds your place and will be applied to the total balance. The cost of the 6-day retreat is \$1799 which includes lodging, food and transportation to and from San Jose. The balance is due by Oct. 1st.

For more information and to register, please follow [this link](#).

## From Our Readers

Hi Mary,

I want to thank you again for your group sessions. The last group was a rich, uplifting, awakening, joy-filled experience for me. I wept and I laughed inside and had ah-ha! moments.

I went from feeling resistant about coming to giddy about being alive, from worried about getting "my story" responded to, to ecstatic fullness as I simply followed your simple directions of acknowledging the feelings, allowing the shame to be seen. As I did, I was able to be curious and present for what was happening around me - the beautiful feelings and stories and pain and insights others in the group were experiencing. The learnings for me were so deep as I witnessed the shift within to that place of connection and compassion ~ that place where I long to be, yet cannot force myself to go.

Feeling gratitude for having you in my life! ~L.

## 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 Mary's [website](#) once an appointment is booked. 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](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 \$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, Sep 2-23**

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

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

### **Tuesdays, Sep 30 – Oct 21**

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

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

### **Thursdays, Oct 2-23**

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

6:00-7:30 PM Pacific Time

### **Saturday, Oct 4**

[Living in the Here and Now Half-Day Retreat](#)

Our monthly Half-Day Retreat is on the 1st Saturday of every other month (even-numbered months).

### **Feb 8-14, 2015**

**6-night retreat in Costa Rica: Celebrating Life – All of It!**

[Samasati](#) Retreat Center. For more details and to register, go to our [Retreats](#) page.

### **May 13-17, 2015**

**4-night retreat in Denmark: Experiencing the Joy of Being Fully Alive!**

[Strandgaarden](#) Retreat Center. For more details and to register, go to our [Retreats](#) page.

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

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