



awakening

with Mary O'Malley

November, 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:

The judger inside of us believes that it is not okay to make mistakes. We disarm the judger by seeing what it is saying instead of buying into it.

Intention:

When the judger shows up inside of me, I will touch it with my heart and say, "I see you."

Featured Offering

Talk & Workshop at Seattle Unity November 16th

See below for details.



Do you have a challenge with self-judgment? If you are like most people, your answer to this question is "Yes". You are not alone. I have had the wonderful grace of seeing inside the minds and hearts of thousands of people over the years, and one of the common threads is self-judgment. The critical voice inside of us is often times subtle, concealed in a mind that believes we need to be different than we are to be okay. And for all of us, it can flare up into intense self-cruelty that can be overwhelming in its meanness. It compares us to some mythical idea of who we should be and then berates us for coming up short of perfection.

Have you ever been afraid to tell a loved one the truth about a part of yourself because you're certain he or she would not love you anymore, or even leave you? That is the "I am not good enough, right enough, perfect enough to be loved" place. The voice inside goes on to say, "I should be better. I have to, I ought to, I must do or be" or whatever my arbitrary definition of being enough is.

So we become an ongoing project, struggling and striving for perfection, all the while secretly believing we are not doing Life well enough or right enough. The "shoulds"

and “ought tos” within us can grow to monstrous proportions, completely blotting out our beauty, uniqueness and perfection, and keeping us separate from Life.

This judger was created inside of us when we were very young, trying to be what we thought we should be to gain the much needed approval and connection with our parents. And then it took on a life of its own. If you look closely, you will see that the judger believes that it is not okay to make mistakes! And yet everybody does and will continue to do so. It is a part of life. There is a wonderful Zen quote, “Freedom comes when you are without anxiety about non-perfection.” In other words, it is absolutely perfect to be imperfect!

For what seemed like a very long time, I didn’t see this. My judger’s cruelty was pervasive and relentless, convincing me I was not worthy of even being alive. I now love to joke that my judger graduated top in its class at law school and was president of the debate club! It rarely shows up these days, and when it does, I don’t buy into its story. This happened because one day I had a moment of such deep clarity that it changed my life. I realized that the judger never sees the truth. It adds 1 and 1 together and comes up with 22! With just a little bit of space from this conditioned voice inside of me, I began to be able to say to the judger, “You don’t know shit!” I chose to relate to it at that point with hutzpah because this voice had seduced me into its mean and cruel world over and over again and needed to be put in its place. Now when it shows up inside of me every once in a while, I touch it with my heart. Then it passes right through me.

The good news is that you don’t have to be at the mercy of that judger inside of you anymore. You don’t need to destroy the judging quality of your mind nor do you need to deny it’s there or try to leap over it by trying to become perfect. This only gives it more power. Rather, the healing comes from your ability to *see* the judger—to begin to *relate to it* rather than being lost in its cruelty.

Imagine that you have become caught in its web and the judger is telling you how wrong you are. Suddenly you become very curious about what is going on in your head, and you see that the judger is here. Rather than buying into what it is saying, you say, “I see you.” This may seem like it would not make much of a difference, but I assure you, it does. Every time you can see what the judger is saying rather than buying into its story, it loses its power over you. I call this “Look to Unhook”. The process of learning how to *relate to* it rather than being caught in its stories will bring you a level of spontaneity and freedom that you may not have known since you were very young.

It is very simple, but we do need support in discovering how to not be seduced into its stories. If this calls to you, email us at awaken@maryomalley.com and we will send you the “Disarming the Judger” chapter from my book, *Belonging to Life*. It will change your relationship to your judger and will give you tools to unhook from self-judgment, so you can know the joy of being authentically yourself!

Be light, Mary

Quote: “The process of learning how to *relate to* your inner judger rather than being caught in its stories will bring you a level of spontaneity and freedom that you may not have known since you were very young.” —Mary O’Malley

To learn more about this work, please visit our website 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. To view previous newsletters, please click on the link [Newsletters](#)

On the website [Books](#) page, there are links to 12 short videos about *What’s In the Way IS the Way*, and to visit the *What’s In the Way IS the Way* website where you can read the endorsements go to www.whatsinthewayistheway.com.

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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Talk and Workshop at Seattle Unity

What’s In the Way IS the Way, November 16th, 12-2:00 PM

Mary will be giving the Sunday talk at 10:00 AM followed by a 2-hour workshop from 12-2:00 PM at [Seattle Unity Church](#). Mary’s talks are always filled with inspiration and practical wisdom for dealing with the issues in your life. In the workshop, you will learn ideas and techniques that will help you to heal your shame, fears, anxieties and struggles.

Cost of the workshop is \$25 per person. To register, please email martha@maryomalley.com or call 206-353-0894. Space is limited, so register soon.

From Our Readers

Dear Mary,

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

I have greatly appreciated the tools that came from and through you during the retreat as I have used them several times already. 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! I danced the Dance of Life this morning in gratitude for you and your courage.

Thank you, Mary for you! Thank you "Life" for Mary and my gift of sitting with her.
~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 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

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 Pacific Time. To register, click on the appropriate link below.

Events

Please follow the links for details

Tuesdays, Oct 28 – Nov 18

[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 30-Nov 20

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

Sunday, Nov 16

[Seattle Unity](#)

Sunday Service 10:00 AM

Workshop: *What's In the Way IS the Way*, 12-2:00 PM, Cost \$25, to Register email

martha@maryomalley.com

Tuesdays, Nov 25-Dec 2, 9 & 23

Telegroup: What's In the Way Is the Way

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

Thursdays, Dec 4 & 11

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

Saturday, Dec 6

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 8-10, 2015

Evening talk and 2-day Workshop in Copenhagen

For more information, go to our [website](#). For local information and to register, contact svend@quantumseminars.dk

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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