



# awakening

with Mary O'Malley

January, 2015

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:

I invite you to think about changing your resolutions and goals for the New Year into intentions and to hold that life will bring you whatever you need for your healing and fulfillment.

Intention:

As I enter the new year, I will hold the intention to have an open heart, to move through life in kindness, to trust whatever life is bringing me.

### Featured Offering

**Mary will be at South Sound Unity on January 4th**  
See below for details.



Here we are again at the time of year when we are invited to *change* our lives by making New Year's resolutions. So we set goals, but after the first few weeks they begin to fade. Why does that happen? Because healing does not come from trying to make yourself and your life into what you think it should be. In fact, whatever you want to get rid of you actually empower (and if you look closely you will see most of your goals are about getting rid of something you don't like so you can get to what you perceive as the good stuff)! You say I am going to go on a diet or exercise more or spend less, but after a short period the compulsion that fuels the behavior gets stronger!

A big part of healing is about meeting *what is*, discovering that what's in the way *IS* the way! There is another powerful aspect of healing which is all about intention. Webster's Dictionary defines intention as "a determination to act in a certain way." That sounds suspiciously like a goal to me and goals so often require so much effort and so little return! In my world, intentions are all about feeling the energy that is present, rather than thinking about what we want to happen in the

future. An intention is not about something *you have to do*. It is about allowing yourself to feel what is calling to you.

Let's imagine that you have a longing to sail around the world. You have set all sorts of goals and it is just not happening. With intention, you instead imagine sailing around the world and then allow yourself *to feel what kind of feeling states this brings up inside of you* – maybe it is freedom, spaciousness or adventure. Then your intention is to generate those feelings inside of you. You may or may not sail around the world, but you are claiming the feeling states that you thought sailing would bring you! When you allow your energy field to open through your intentions, the creativity of life partners with your energy.

Now let's imagine that you want to set a goal for having a mate in your life. Rather than writing down all of the steps you need to take in order for that to happen and then trying to make it happen (way too much effort), instead, set an intention of experiencing the feeling of being loved, appreciated and accepted. And allow your intention to remind you to let love, appreciation and acceptance in right now!

There is an even more powerful way to work with intentions. It is to hold the space for Truth to live itself through you. The greatest truth is that our main brain is our heart and that in our essence we are Love. When we recognize this, we hold the intention to have an open heart, or to move through life in kindness, or to trust whatever life is bringing us, or to welcome whatever life is offering, or to feel gratitude for the myriad gifts we are given every day and maybe even forgive ourselves and others.

I invite you to think about changing your resolutions and goals for the New Year into intentions, and here are few ideas to consider:

- If you want more money in your life, hold the intention for gratitude.
- If you want less weight in your body, hold the space of falling in love with your body as it is (this is one of the most powerful ways for the body to let go of its extra weight!)
- If you want to experience the belief that you really matter to the people in your life, hold the intention for kindness.
- If you want to know less struggle in your life, hold the space for welcoming whatever comes into your life, both on the inside and the outside.

Who you are is a field of creativity and you don't need to make anything happen. You can hold the space and *allow life* to bring you exactly what you need for your healing and fulfillment! It may be different than what you thought you wanted, but trust that life knows what it is doing!

Be light,  
Mary

P.S. - Oh, and by the way, I said in the last newsletter that we would be exploring more deeply the seven statements. It makes me laugh when I think I know what wants to happen. This newsletter on intentions came instead. If it is right, we will continue the exploration of the seven statements later on!

**Quote: “What we all long for, whether we want more money or adventures or a mate or a different body, is to rediscover the truth that we are lovable, we are loved and *we are love.*” —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. 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](http://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+. If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

## A New Book by Neale Donald Walsch

I want to tell you about a remarkable new book by my friend Neale Donald Walsch, author of *Conversations with God*, titled **God’s Message to the World: *You’ve Got Me All Wrong.***

In this book Neale has taken the most vivid and salient points from the 3,000 pages of his original dialogue with Deity and placed them in one single document—an invitation to humanity to consider the possibility that we may have completely misunderstood God.

The book also offers a new and exciting narrative of what the world would be like if humanity released itself from its ancient cultural story of a violent, angry, and vindictive God --- and *in one stroke* removed all the moral authority and righteous justification for its own behaviors of vengeance and retribution.

To read 5 chapters for free, click [here](#) and scroll down to the link in Neale’s message.

## Mary’s Awakening Blog Update

Mary is now writing a weekly article for her Awakenings Blog. The posts are distilled from Mary's teaching and writing. If you are on Mary's Facebook, you will get a notification whenever the new weekly blog is posted. Here is the latest post:

<http://www.maryomalley.com/marys-blog/>

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

## Events

Please follow the links for details

**Tuesdays, Dec 30, Jan 6-20**

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

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

**Thursdays, Jan 1-22**

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

5:00-6:00 PM Pacific Time

**Sunday, January 4**

[South Sound Unity](#)

Sunday Service 10:00 AM: "New Way, New Year"

**Tuesdays, January 27, Feb 3, 24, March 3**

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

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

**Thursdays, Jan. 29, Feb 5, 26, March 5**

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

5:00-6:00 PM Pacific Time

**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.

**Saturday, Apr 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).

**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](mailto: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.

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