



awakening

with Mary O'Malley

May, 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:

How would your life change if you trusted that your challenges are a part of your journey home – back to yourself and back to life?

Intention:

When I notice that I am feeling tightness in my mind and body around a challenge, I will remind myself that whatever the challenge is, it is showing up in my life to help me heal.

Featured Offering
What's In the Way Is the Way
Workshop Video
See below for details.



How would your life change if you trusted that your challenges are a part of your journey home – back to yourself and back to life – instead of feeling that the challenges of your life are here because you have done something wrong or you are being punished or God fell asleep on the job? What would happen if your illness, your difficult relationship, your demanding boss, your compulsions and maybe even your troublesome dog were showing up in your life to help you heal?

I am in the middle of a very challenging time in my life – the return of my son's cancer, my own health issues and editing a book while working full time – but rather than being a victim to these experiences, I am interested in what they bring up inside of me. It is what I call the you-turn in my book *What's in the Way IS the Way*. Through the light of my curiosity, my challenges invite me into the healing of my own heart.

What does that look like? I have decided that the healing we long for comes when we discover how to play the warmer, warmer/colder, colder game. Remember that game from childhood? You hide something and when your friend is searching for it, you say “warmer,

warmer” when they come close to where it is hidden, and when they go away from it you say “colder, colder.”

When we live in the colder, colder place, our challenges take us right up into our heads and we follow them down the rabbit hole of struggle. The storyteller in our minds tries to figure things out, resist them, judge them, attack/defend and when all of that fails, falls into hopelessness and despair. The last thing it wants to do is actually experience what we are experiencing. So we leave ourselves for the struggles of our minds when we most need ourselves!

This is where warmer, warmer comes in. When we discover how to turn towards our experience, giving it the light of our attention, we begin to open up again. In other words, we get ‘warmer.’ Let’s take fear for example, which has shown up a lot around my son. When a story of fear comes, if I fall under its spell, my body gets tight, my mind gets even tighter, and I am cut off from the healing balm of my own heart. So I get ‘colder.’

If instead, when I notice that I am getting tight I bring the light of my attention into my body and explore what is happening there, my mind calms down, the tightness softens, and I now have access to my heart which is kind and tender to both the story of fear and all of the tightness it brings to my body.

The more we bring curiosity to our immediate experience, the more our hearts open. And it is our heart energy that every single part of us is longing for, especially the parts we don’t like. All lasting healing happens in the heart.

Be light,
Mary

Quote: “All lasting healing happens in the heart.” —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+. If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

What's In the Way IS the Way Workshop Video

This is an inspiring and engaging 2-hour workshop presented by Mary at Seattle Unity in November of 2014. When you purchase the class (\$19.95), you will be emailed a link to the unlisted YouTube video of this workshop. <http://www.maryomalley.com/workshops>

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, May 12, 19, 26 & June 2

Telegroup: What's In the Way Is the Way

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

Saturday, June 6

Living in the Here and Now Half-Day Retreat

This will be our last monthly Half-Day Retreat for the summer.

Evening talk and 2-day Workshop in Copenhagen (*postponed*)

For more information, go to our [website](#).

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

[Strandgaarden](#) Retreat Center.

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

To unsubscribe, click on the link at the bottom of any e-Newsletter.

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