



awakening

with Mary O'Malley

June, 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:

Your pain is just an expression of the parts of you that have forgotten how to live from your heart.

Intention:

When a situation in my life brings up pain, I will turn toward my pain and allow it to open up with the healing light of my own heart.

Featured Offering
2 Free Online Conferences with Mary
See below for details.



It has been a very fierce process walking with my son, Micah, on his journey through cancer. After three months of aggressive chemotherapy, he is going into surgery on June 2nd to remove one of the tumors. They will biopsy it, along with a lymph node, and those results will tell us whether this surgery is enough or if he will need two-three more surgeries.

Since I have learned to experience what I am experiencing rather than numbing myself, the fear and despair that have been woken up during this process have been very intense. But the healing that is happening is full of amazing grace. Over and over again, rather than resisting, I turn toward it and meet it in my heart.

Why is this so powerfully healing? Throughout history, in many different traditions, it is said that the energy center of the heart connects to who you truly are. Science is showing that this heart center is your main brain. It is the place you can connect with the intelligence that *IS* Life and it is also where all lasting healing happens.

There is no accident we often say that a person who is being overtaken by their challenges has “lost heart.” Why? Because when faced with a challenge in your life, you have been trained to close your heart and get as far away as possible from it and your pain. You might do this by eating, drinking, taking pills or just staying very busy, and all the while your pain is abandoned inside of you. Or, as Stephen Levine says, “We leave ourselves when we most need ourselves.” Yes, maybe your pain is minimized for a short time when you try to numb yourself, but when you resist your pain, you literally cut yourself off from *all* of Life! And you wonder why you are only half alive.

Your pain is just an expression of the parts of you that have forgotten how to live from your heart. But it is an entirely different experience when you can turn toward your pain and allow it to open up with the healing light of your own heart. When I react in fear to the pain I am feeling around Micah’s experience, I create chaos inside of myself and in the world. But, when I can turn toward my experience and become interested in what I am actually experiencing with kindness and tenderness, everything opens up again and I can now be with what Life is offering rather than living in the world of struggle.

What an amazing and healing experience it is to meet with your heart what you have formerly met with hatred, fear and shame. To touch these so-called unacceptable parts of yourself with kindness and mercy is to become whole again! Letting your pain in and allowing it to be enfolded in your heart is uncomfortable, but it is so worth it! It is a little like birth. You are birthing yourself back into Life. Your beautiful heart had to shut down when you were young because it wasn’t safe to keep your heart open. This process of re-opening *is the healing you took birth for*. And as your heart opens more and more, you see that the pain of resisting what you are experiencing is far deeper and much longer lasting than the temporary discomfort of allowing your heart to open again.

There is another healing thing that happens when you discover how to meet yourself in your heart. When you allow your pain to crack open the armor around your heart, you are now in touch with the wisdom at the heart of Life. If you allow it, your heart will guide you unfailingly down the path of Life, and as you do, you become a healing presence in the world.

It can be very simple to meet yourself in your own heart. When you are feeling challenged, just imagine how you would want your mate, your friend or your parent (living or dead) to be with you and then give that to yourself. My book, *What’s in the Way IS the Way*, is a wonderful guide in this process. The current edition will be available through my website (<http://www.maryomalley.com/books/>) and Amazon, etc. until September 1st of this year and Sounds True will be republishing it on January 1, 2016.

Lastly, I ask you to please hold for Micah that the highest will unfold during his surgery on June 2nd. It will start at around 8:00 a.m. PDT and will go on for many

hours. If you are interested, I will be posting updates on the day of the surgery and afterwards at <http://www.gofundme.com/MicahO-Malley>.

Be light,
Mary

Quote: “When you allow your pain to crack open the armor around your heart, you are now in touch with the wisdom at the heart of Life. If you allow it, your heart will guide you unfailingly down the path of Life, and as you do, you become a healing presence in the world.” —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.

2 Free Online Conferences with Mary

Beyond Addiction Conference



Mary will be participating in this online conference **June 12-18, 2015**. The conference is free to attend, with an option to purchase the conference should you desire to return to these teachings throughout the year. To learn more, please click on the image above.

Future of Healing Conference



The Future of Healing Online Conference

Mary will be participating in this online conference hosted by **Marc David** and **Emily Rosen**. The event is available to

view live streaming and for free starting June 22nd. Registration is free. To learn more about the conference, please follow the link above.

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

Saturday, June 6

Living in the Here and Now Half-Day Retreat

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

Tuesdays, June 9-30

Telegroup: What's In the Way Is the Way

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

June 12-18

Free Recovery 2.0 Online Conference

Mary will be participating in this online conference hosted by Tommy Rosen. The conference is free to attend, with an option to purchase the conference should you desire to return to these teachings throughout the year. To learn more about the conference, please follow the link above.

June 14

Sunday Talk at Unity of Bellevue

Mary will be speaking at the 9:00 and 11:00 AM services on the subject: *The Healing in Chaos*.

June 22-July 6

The Future of Healing Online Conference

Mary will be participating in this online conference hosted by Marc David and Emily Rosen. Registration is free. To learn more about the conference, please follow the link above.

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

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