



awakening

with Mary O'Malley

July, 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:

Life is set up - to bring up - what has been bound up - so it can open up - to be freed up - so you can show up for Life!

Intention:

When a situation in my life brings up fear or dread, I will turn toward these feelings and bring them into my heart.

Featured Offering
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Life wants us to be fully alive, so it puts us in situations to bring up the parts that were frozen inside us when we were very young. These parts need us to be with them so *they can let go*, but we have been conditioned to leave ourselves when we most need ourselves. As I say in my book, *What's In the Way IS the Way*, "Life is set up - to bring up - what has been bound up - so it can open up - to be freed up - so you can show up for Life!" Well, Life set me up this past weekend!

Over the years, I have met fear, shame, dread and despair in my heart and most of the time now they pass right on through. On this day, however, a situation arose that brought up some deep feelings of dread, and my initial reaction was to tighten down around it. For me, dread is the feeling that something really bad is going to happen and I am not only to blame, but I am bad and wrong to my core. In my teens and early twenties, I tried to numb this terribly uncomfortable feeling through food. Then when I went away to college, I discovered how to numb it with alcohol and drugs. But this only made it go away for short periods of time and I paid a heavy price. Finally I was so desperate that, at the age of 23, I gained 97 pounds in a year and, when that didn't numb the feeling, I tried three times to kill myself.

Since then I have discovered how to be with dread rather than falling into it or trying to make it go away, and this feeling has been quiet inside of me for a long time. But when it arose this weekend, it felt like being hit by a tsunami wave of dread. The presenting problem was that I had asked the young man who helps me with my yardwork to cut some branches behind my house that were hanging over the alley causing the garbage trucks to hit them. The trees belong to my neighbor, but I thought I would be a good neighbor and take care of it for her. I was very careful to point out to the young man that he should only cut the branches that were hanging over the alley.

Needless to say, directions are sometimes not clearly understood, and he ended up cutting the branches all the way back onto my neighbor's property. I immediately received an infuriated call from her. Her voice was very loud as she angrily told me that the trees had been cut back too far, her privacy was gone, and now she could see my next-door neighbor's house across the alley. She went on for what seemed like an eternity expressing her upset. Then she said that she was going to take back the "privilege" of allowing me to plant my flowers along her side of the alleyway. I felt terrible about what had happened and I could understand why she was upset. I attempted to apologize, but her anger was so great she just needed to be heard.

When I finally got off the phone, there was a fiery ball of dread in my belly. But rather than being overtaken by it, I saw it as an opportunity to meet this feeling that I had once tried to eat away, drink away and get away from by trying suicide. So, I sat down to be with the dread. At first I was only able to be with it for a few seconds before my attention bounced right back up into the story of being bad and wrong. As I continued to gently bring my attention back to the dread and open my heart to it, it slowly began to calm down and I could be with the inner voice of condemnation.

Even though there was space inside of me around the dread, this feeling kept on popping up over the next few days, giving me the opportunity to meet it over and over again in my heart. I then wrote my neighbor an apology note. I said that I certainly could understand how she might be feeling, as I would probably have felt the same way if someone had cut the trees around my garden sanctuary. Later that day, she called to thank me for the card and said that she would talk to me this weekend about what I was doing wrong in the alleyway.

This act of kindness that didn't turn out the way I had intended was absolutely perfect because it allowed me to bring deep levels of dread into my heart. But Life wasn't done yet. I still had to talk to talk with her face to face. When I would remember this, my stomach would knot up a bit. But that scared part is no longer alone inside of me. It has taken awhile, but I can now bring deep heart to the part of me that is scared of speaking my truth, a part that truly believes she is bad and wrong to the core. I am grateful for all of the opportunities in Life (formerly called challenges) that allow me to meet not only this dread, but also the fear, shame, loneliness and despair that I stuffed deep inside me so long ago.

I understand now that this set up is for my highest good and for my neighbor's benefit too. It is yet another invitation to bring every single part of me home to my heart. And when my neighbor comes over to talk with me, I am holding the intention to be compassionate and clear with both her and the scared one inside of me.

Be light,
Mary

Micah's first surgery went well and he only needs one more. Thank you to all of you who are holding for him that the highest will unfold. I will be posting updates on the second surgery and afterwards at <http://www.gofundme.com/MicahO-Malley>.

Quote: "Life wants us to be fully alive, so it puts us in situations to bring up the parts that were frozen inside us when we 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.

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Free Online Conference with Mary

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, July 11

Living in the Here and Now Half-Day Retreat

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

Tuesdays, July 7-21, Aug 11

Telegroup: What's In the Way Is the Way

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

June 22-July 6

The Future of Healing Online Conference

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