



awakening

with Mary O'Malley

August, 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:

Most of us believe that if we just fix ourselves or our lives, we will be “enough” and thus know the peace and happiness we long for.

Intention:

I will practice being present for my own experience, no matter what it is, and the art of meeting myself—even the so-called unacceptable, unmeetable parts of myself—in my own heart.

Featured Offering

Current edition of *What's In the Way IS the Way* only available until September 1st



As I have been walking with my son Micah through the fierce and scary world of cancer, I have at the same time been editing *What's in the Way IS the Way* with my new publisher, Sounds True.

I don't know how I would have managed if I hadn't been re-reading this book during this time. It reminded me over and over again to respond to what was going on rather than reacting. Below is an excerpt from the introduction. Even though you may have read it before, I invite you to read it again. It is a message that we all need to hear over and over again, not only for our own healing, but also the healing of our planet.

“I am inviting you on the most important journey you will ever take: the journey back to a heartfelt connection with yourself and a trust-filled connection with your life. This journey will show you that there is a sense of well-being with you always, no matter what is happening in your life.

“If you are like most people, you have only sporadic glimpses of this well-being. This may be because you, like most everyone else, have a deep belief inside of you that says you are not enough. You may also have been conditioned to believe that if you just fix yourself or

your life, you will be “enough” and thus know the peace and happiness you long for. You have become an ongoing project, and this causes you to struggle with your compulsions, your finances, your relationships, and your health. Rather than peace and joy, you may very well be living with a low-grade sense of unease that periodically flares up and plunges you into turmoil. Your life has become a series of problems to be solved rather than an adventure to be lived. If you are honest with yourself, you recognize that this fixing game has never brought you peace, well-being, or ease.

“I too lived from this place of struggle for many years, so I intimately know the deep pain and heartache that comes from the fix-it mode. I was very compulsive, at times suicidal, and felt that I had no value. Most of the time, I experienced a sense of unease, and often it would flare up into dread, hopeless despair, and overall anxiousness. These feelings would show up as relentless struggles in my mind, knots in my stomach, and debilitating headaches that came from an intense longing to run away from my life. I gained a huge amount of weight, washed a lot of the food down with alcohol, and took every pill I could get my hands on.

“Since I perceived myself as defective, I tried to get rid of the parts of me I didn’t like and hold on to the ones I did. But these parts seemed to have a life of their own, appearing when I didn’t want them and disappearing when I wanted them to stay. I also desperately tried to understand it all, but that just kept me caught in my head.

“It wasn’t until I discovered how to listen to myself that I began to open up again. Rather than always being in fix-it mode, I learned how to meet myself exactly as I am, opening into the place beyond judging, fixing, getting rid of, and trying to understand. I learned the art of being present for my own experience, no matter what it is, and the art of meeting myself—even the so-called unacceptable, unmeetable parts of myself—in my own heart. Slowly, just as the morning light dispels the dark, I came back to myself. I also discovered how to show up for the great adventure of Life—not just life in the everyday sense, but the intelligent process unfolding in and through everyone and everything. Instead of always trying to create a better reality, I showed up for Reality with a capital R. Rather than being in a constant state of unease, I came to know more and more joy, trust, and love. Did this make all of my vulnerabilities go away? No. These feelings will always be a part of me, for vulnerability is an essential part of being human, and vulnerabilities are the doorways back into peace, joy, and love. Now mine are nestled in the spaciousness of my own heart. And when they get reawakened through this sometimes fierce process called Life, they don’t take over any more. Instead, they open my heart even more.”

Sounds True is republishing *What’s In the Way Is the Way* on January 1, 2016. We haven’t made any substantive changes – just some fine-tuning and a different layout and cover. Please note that the current edition of the book is only available to purchase until September 1st.

Be light,
Mary

P.S. - Micah is recovering from his second surgery. No more chemo (thank heavens), but a possible third surgery in the fall. Thank you all for holding him in your hearts. I will be posting updates on the third surgery at <http://www.gofundme.com/MicahO-Malley>.

Quote: “...vulnerability is an essential part of being human, and vulnerabilities are the doorways back into peace, joy, and love.” – 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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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)Group

This phone group is a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the group 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. The group is on Tuesdays at 1:30 AM Pacific Time. To register, click on the link below.

Events

Please follow the links for details

Tuesdays, August 18 – September 8

Telegroup: What's In the Way Is the Way

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

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