



awakening

with Mary O'Malley

September, 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:

Everything that shows up in our lives, no matter how challenging, is here to help us open to Life.

Intention:

I will practice being present for my own experience, no matter what it is, and will be curious about what it is here to help me see.

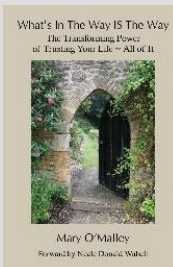
Featured Offering

Sign-up for Mary's Blog to receive weekly messages of inspiration.
(See Below)

Take a moment to reflect on the phrase, 'What's in the way is the way.' Yes, it's the title of my latest book, but it is also a core truth of life! The challenges of our lives are not here because we have done something wrong, the Powers-That-Be fell asleep on the job, or we are being punished. Instead, they are tailor made by the infinite intelligence of Universal Being to bring us to the healing we long for. For embedded in every challenge are treasures that can change life from struggle to the joy of being alive – no matter what is happening in our lives!



If you visit the [Books](#) page on our website and the [What's In the Way Is the Way](#) website, you will notice that the image for the book looks different. This is because the book is being republished by [Sounds True](#), one of the leading publishers of books of consciousness. The path this book has followed in getting to be recognized by a major publisher has been a blessed odyssey.

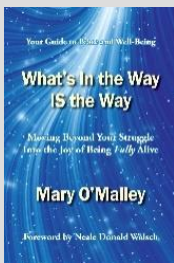


The book was born from my own need to work with the deep fear and self-judgment I took on as my teachers in the wild and crazy dance called Life. As I made my way through the labyrinth of my fear based mind, one day I was sitting in meditation when the outline of this book came all in one piece.

With the help of my groups and my colleague, MarySue Brooks, we self-published the first edition with a subtle tan cover and sold it through our website to people who found out about it through this newsletter and at events where I presented.

As I was listening and writing, one of the concepts that emerged is “the Storyteller.” The storyteller is a voice in our heads that talks all day long, trying to control our lives rather than trusting Life. Another concept is the “Meadow of our Being” which is our natural state of ease that is always here, no matter what our storyteller is doing. And then there are the “clouds of struggle” that fill our minds, blocking out the ease and spaciousness of the Meadow. While working with these concepts, it came to me that what keeps us separate from the support that is always with us are what I call “Spells.” These are beliefs we took on when we were very young that run us from underneath our everyday awareness. And I know from experience that they are not true and they can be lifted.

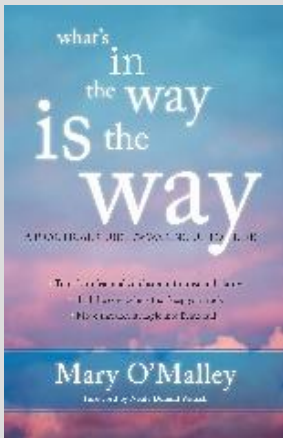
Out of this was created a step-by-step process for working with the challenges of our lives that can empower us to our core. Or, in other words “what’s in the way IS the Way.” I am continually amazed at what comes forth when I let Life take charge and create through me!



The book began to find its way out into the world and when it became apparent that a second edition needed to be done, we were put in contact with Patrick Snow, a book marketing coach. Patrick gave us many helpful suggestions and encouraged us to redesign the cover so that it would stand out more. The resulting cover was the bright blue one you are familiar with, and like the starburst on the front, the book burst forth and gained recognition from authors and teachers all over the world, with help from our amazing publicist Martha Logan.

Martha was able to make contact with and get 22 endorsements for the book from leaders in the field of awakening, including Jeff Foster, Dr. Christiane Northrup, Stephen Levine, Sharon Salzberg, Jack Kornfield, and Brian Swimme.

Then Sounds True contacted me and let me know that they would like to publish it. Even though we hadn’t been previously interested in finding a publisher, we said “yes” because Sounds True’s reach is so great. Since February, we have been involved in the lengthy process of refining it with their professional editing staff (who were wonderful to work with). The edits are minor, but the resulting book is even clearer and more accessible. They also redesigned the cover to the glowing clouds image which you will now see on our Books page.



In addition to reaching more people, I am excited about our affiliation with Sounds True because they publish so many authors whom I admire and respect such as Jack Kornfield, Tara Brach, and Sharon Salzberg, all of whom have endorsed this book, plus Pema Chodron, Thich Nhat Hanh, David Whyte, Clarissa Pinkola Estes and many others.

The current edition is no longer available for sale and new edition is not available yet, as it will be published by Sounds True in January, but we have included links on the Books page for pre-orders from Amazon and Barnes and Noble.

Be light,
Mary

P.S. - My son Micah is recovering from his intense chemo-therapy and surgeries. We will find out on the 9th of September whether he has to have another surgery. For him, even thinking about this major surgery where he may lose a good portion of his lung is daunting. Please hold that the highest will unfold for him. I will be posting updates at <http://www.gofundme.com/MicahO-Malley>.

The inspirational artist, Rashani Rea <http://rashani.com/> has donated an assortment of her beautiful cards for us to sell in order to raise money for my son's cancer expenses. They come in packs of 10 for \$35 plus \$3 postage. If you are interested in purchasing a package, email me at awaken@maryomalley.com

Quote: "I am continually amazed at what comes forth when I let Life take charge and create through me!" – 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+.

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Subscribe to Receive Email Notice of Mary's Blog Posts

Mary publishes a new Blog every week. To receive an email notice when the Blog is posted, go to <http://www.maryomalley.com/marys-blog/> and click on the Subscribe link in the left sidebar.

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)

Tuesdays, Sept 15 – Oct 13 *(no group on Oct 6)*

Telegroup: What's In the Way Is the Way
10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Sunday, October 25

Seattle Unity: Sunday Service and Workshop

Mary will speak at the Sunday Service at 10:00 AM and she will give a workshop titled The Gift of Our Compulsions following the service from Noon to 2:00 PM. Cost \$25.

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

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

Please feel free to forward these emails to those whom you feel would be interested.

[Contact Mary](#) [About Awakening](#) [Our Offerings](#) [Mary's Books](#)