



# awakening

with Mary O'Malley

March, 2017

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:**

Sometimes we are caught in loneliness, self-hate, doubt, confusion, struggle, or even seemingly unending grief. And yet, at the same time, we are carried by great wings across the sky.

**Intention:**

When I find myself in any of these states, I will remember to contemplate that Life is trustable – even when it is messy and painful - and allow it to work its magic underneath my everyday awareness.

**Featured Offering**  
**Listen to Mary's Radio Show**  
**See below for details.**



## To Watch a Video Message from Mary, Click on the Photo Above

Imagine for a moment how your life would change if you trusted that all the chaos happening in our world is for a purpose.

Imagine what it would be like if you even trusted that the challenges and heartbreaks of your own Life are *for* you in some way that you can't see yet.

What if Life is eminently and deeply trustable, even though at times it can be truly unlikable and scary? Because maybe, just maybe, Life knows what it's doing.

To reconnect with deep, cellular trust – to open again to the awesomely creative flow of Life – you need to acknowledge something that is difficult for most people. The truth is that Life is constantly changing. It is unpredictable, instantly changeable, and at times seemingly arbitrary and capricious. And what do you do with this? If you are honest with yourself, you realize that you try to control it, but this is like trying to herd cats. You almost get your life all together and then everything changes. All of this struggling with Life keeps you caught in your mind, trying to make Life different than what it is. This causes you to experience Life through your thoughts rather than being intimately connected with Life the moment it appears out of mystery.

Lift your eyes from this page and for a moment let go of the urge to make Life be better or different than what it is. Instead *open to it*. Hear it. The sounds that are arising and passing away are totally brand-new, never heard this exact way before and never to be heard this way again. See it. See the vast array of colors, really see them. See the contrast of shadow and light. Most importantly, see that everything is an expression of the creativity at the heart of Life.

Now bring your finger to side of your neck, slightly pressing in under your chin and feel the beat of your heart. Life is beating your heart. Life is giving you the gift of Life in a body. Now bring your attention into your body and notice the rising and falling of your breath. It seems like you are doing the breathing. But the greater truth is you are being breathed by Life.

To open again to Life – to know that the safest thing you'll ever do is let go of your addiction to control and *actually be here for Life* – you need to allow the possibility that Life is smarter than you. Do you bring forth spring out of winter? Do you organize and orchestrate the 70 trillion cells that make up your body? Do you beat your heart or breathe your breath?

To get a sense of what it is like to open to Life rather than always trying to control it, imagine you are on a dance floor and your partner is Life. See how you are either pushing Life around the dance floor or Life is doing the same to you. Can you feel how much struggle is happening in that dance? You are either trying to control Life or you feel you are being controlled by it. You have gotten use to struggling with Life rather than allowing yourself to be held and supported by Life.

Now imagine that you have discovered how to partner with Life, and rather than struggle, there is an exquisite flow to the dance, twirling, spinning and dipping in harmony. This is what it is like when you relax again into the flow of Life and open to what Life is offering rather than trying to control it.

It may feel like insanity to your mind, but I invite you, just for the next hour or so, to relax into Life. Dance with whatever is showing up rather than resisting it. And enjoy it!

To get a sense of this, I offer you a favorite line from an Ojibwa song, “Sometimes I go about pitying myself when all the time I am carried on great wings across the sky.”

We could also say “Sometimes I go about in great fear, when all the time I am carried on great wings across the sky.”

We could also say that sometimes we are caught in loneliness, or self-hate, or doubt, or confusion, or struggle, or even seemingly unending grief. And yet, at the same time, we are carried by great wings across the sky.

The invitation is to cultivate moments when, rather than *doing* Life, you bring your attention out of your stories and instead connect with it. You can't control your way back to an intimate and alive connection with Life. But you can let this invitation in, this invitation to begin to contemplate that Life is trustable – even when it is messy and painful - and allow it to work its magic underneath your everyday awareness. You can begin to have moments where you simply rest in the great flow of Life and truly discover that everything in your life is unfolding exactly the way it needs to.

I end with one of my favorite quotes from Pema Chödrön:

“When we resist change, it's called suffering. But when we can completely let go and not struggle against it, when we can embrace the groundlessness of our situation and relax into it's dynamic quality, that's called enlightenment”

If you want to explore more about how to relax into Life, please visit my [website](#), [Blog](#) and [Radio Show](#).

Be light,  
Mary

**Quote: “I invite you, just for the next hour or so, to relax into Life. Dance with whatever is showing up rather than resisting it. And enjoy it! --Mary O'Malley**

To learn more about this work, please visit our website at [www.maryomalley.com](http://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 the [Awakening Blog](#) link at the top to read messages from Mary 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](http://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.

## Mary's Radio Show on DreamVisions 7

### Evolutionary Voices for the Quantum Age

[What's In Your Way IS the Way](#) with Host Mary O'Malley is part of Evolutionary Voices for the Quantum Age on the Dreamvisions 7 Radio Network. Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with Life rather than fully experiencing it.

Mary's program is live on Thursdays, 8 AM & 8 PM EDT (5 AM & 5 PM Pacific Time). You can click on the link on the right for the live show or access all of the previous shows at any time by scrolling down and clicking on the blue "Previous Shows" button on Mary's page on the Dreamvisions 7 website.

## The Self-Acceptance Online Summit

*How to Be Kind and Compassionate Toward Yourself in Any Situation*

Mary has been invited to present at *The Self-Acceptance Online Summit*, where Sounds True will be gathering 30 leading voices (authors, teachers, researchers, and clinicians) to discuss this important topic with participants from around the world.

The series will take place from May 30 through June 8, 2017, with three episodes broadcast daily. Each of the presentations will be pre-recorded and will last between 45 and 60 minutes. The first 25 to 35 minutes will consist of a presentation, to be followed by an interview/ Q&A session, of approximately 15 to 20 minutes.

Watch for details on how to register.

## Acknowledgments from Our Readers

Dear Mary,

I would like to send you a big, big thank you. After hearing an interview at Sounds True, I ordered the book *What's In the Way Is the Way*. The podcast itself was extremely helpful, but when I started reading the book, so much fell into place for me.

In 2.5 years, my life radically changed because I underwent preventive surgeries for breast cancer. By surgically opening my chest, something else happened too. My heart was touched and the process of awakening had begun.

Lots of old sh\*t surfaced and a painful and emotional ride began which I didn't understand in the beginning. Now my clouds are starting to thin (thanks to your book). I can slowly see where I am, and this place is actually not that bad! A big revelation, and also pretty painful to realize that I spend most of my life in a fog of self-created stories.

Since my journey has started, I made a promise to thank every being who is helping me on my way. Your shared knowledge became the game changer and so I THANK YOU from the bottom of my heart, soul ...and mind..!!!!!!!!!!!!

## 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](mailto: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 10:30 AM Pacific Time. To register, click on the link below.

## Events

Please follow the links for details

### **Mondays**

#### [In-Person Group](#)

This group meets in Kirkland, WA On Mondays from 7:00-9:00 PM Pacific Time (*no group August 15<sup>th</sup>-Sept 5<sup>th</sup>*). You may also participate in the group from anywhere in the world through Zoom, an online video meeting program. To join this group, please follow [this link](#) and contact Mary.

**Thursdays 8:00 AM & 8:00 PM EDT (5:00 AM & 5:00 PM Pacific Time)**

Mary on Dreamvisions 7 Radio Network Evolutionary Voices for the Quantum Age  
Mary's Radio Home Page – [What's In Your Way Is the Way](#)

**Tuesdays, Feb 28 – Mar 21**

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

**Tuesdays, Apr 4-18, May 2**

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

**Tuesdays, Feb 28 – Mar 21**

**TeleClass: [What's In the Way Is the Way](#)**

In this 4 week class, we are exploring the basic ideas and techniques offered in Mary's book, *What's in the Way Is the Way*. Cost is \$160 for the 4 classes plus a recording of each class (honoring individuals' privacy). If there is sufficient interest, we will add another 4-week series. Watch for dates and registration information.

**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](#) [Mary's Books](#) [Mary's Radio Show](#)