



June, 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:

We all have a judger in our minds that is critical of everything we do and say, but the judger never sees the truth.

Intention:

When I notice that I am caught up in the judger's story in my mind, rather than buying into what it is saying, I will remember to say, "I see you."

**Featured Offering
Tuesday Telegroup
See below for details.**



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

Do you have a challenge with self-judgment? If you are like most people, your answer to this question is “Yes.” Know that you are not alone. I have had the wonderful grace of seeing inside the minds and hearts of thousands of people over the years, and one of the common threads is self-judgment. The critical voice inside of us is often times subtle, concealed in a mind that believes we need to be different than we are to be okay. And for all of us, it can flare up into intense self-cruelty that can be overwhelming in its meanness. It compares us to some mythical idea of who we should be and then berates us for coming up short of perfection.

Have you ever been afraid to tell a loved one the truth about a part of yourself because you’re certain he or she would not love you anymore, or even leave you? That is the “I am not good enough, right enough, perfect enough to be loved” place. The voice inside goes on to say, “I should be better. I have to, I ought to, I must do or be whatever my arbitrary definition of being enough is.”

So you become an ongoing project, struggling and striving for perfection, all the while secretly believing you are not doing your life well enough or right enough. The “shoulds” and “ought tos” within you can grow to monstrous proportions, completely blotting out your beauty, uniqueness and perfection, and keeping you separate from Life.

This judger was created inside of you when you were very young, trying to be what you thought you should be to gain the much-needed approval and connection with your parents or caretakers. And then it took on a life of its own. If you look closely, you will see that the judger believes that it is not okay to make mistakes! And yet everybody does and will continue to do so. It is part of life. There is a wonderful Zen quote, “Freedom comes when you are without anxiety about non-perfection.” In other words, it is absolutely perfect to be imperfect!

For what seemed like a very long time, I didn’t see this. My judger’s cruelty was pervasive and relentless, convincing me I was not worthy of even being alive. I now love to joke that my judger graduated top in its class at law school and was president of the debate club! Now when it shows up, I don’t buy into its story. This happened because one day I had a moment of such deep clarity that it changed my life. I realized that the judger never sees the truth. It adds 1 and 1 together and comes up with 22! With just a little bit of space from this conditioned voice inside of me, I began to be able to say to the judger, “You don’t know shit!” I chose to relate to it at that point with hutzpah because this voice had seduced me into its mean and cruel world over and over again and needed to be put in its place. Now when it shows up inside of me every once in a while, I touch it with my heart. Then it passes right through me.

The good news is that you don’t have to be at the mercy of that judger inside of you anymore. You don’t need to destroy the judging quality of your mind nor do you need to deny it’s there or try to leap over it by trying to become perfect. This only gives it more power. Rather, the healing comes from your ability to *see* the judger—to begin to *relate to it* rather than being lost in its cruelty.

Imagine that you have become caught in its web and the judger is telling you how wrong you are. Suddenly you become very curious about what is going on in your head, and you see that the judger is here. Rather than buying into what it is saying, you say, “I see you.” Now, this may seem like it would not make much of a difference, but I assure you, it does. Every time you can see what the judger is saying rather than buying into its story, it loses its power over you. I call this “Look to Unhook”. The process of learning how to *relate to it* rather than being caught in its stories will bring you a level of spontaneity and freedom that you may not have known since you were very young.

It is very simple, but we do need support in discovering how to not be seduced into its stories. If this calls to you, email us at awaken@maryomalley.com and we will send you the “Disarming the Judger” chapter from my book, *Belonging to Life*. It will change your relationship to your judger and will give you tools to unhook from self-judgment, so you can know the joy of being authentically yourself!

Be light,
Mary

Quote: Every time you can see what the judger is saying rather than buying into its story, it loses its power over you. --Mary O'Malley

If you want to explore more about this work, please visit my [website](#), [Blog](#) and [Radio Show](#).

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](#))

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.

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.

Acknowledgments from Our Readers

Dear Mary,

I'm dwelling in one of the eaier times in my personal life today, but I lived through about 20 years of agony in which I felt abandoned by God and broken by Life. Looking back, though, I can see the process that was taking place as a necessary step on the way to flowering. Your message about showing up for whatever manifests in life is beginning to make sense to me and redefine all my stories about my journey through life.

Thank you! ~L.

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

Awakening 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 and via Zoom (an online video meeting program) 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

Awakening Group

This group meets in Kirkland, WA On Mondays from 7:00-9:00 PM Pacific Time. 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.

Tuesdays, June 27 - July 18

Telegroup: What's In the Way Is the Way

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

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](#)

September 28 – October 1

Denmark Retreat

To learn more about this, follow [this link](#).

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](#)