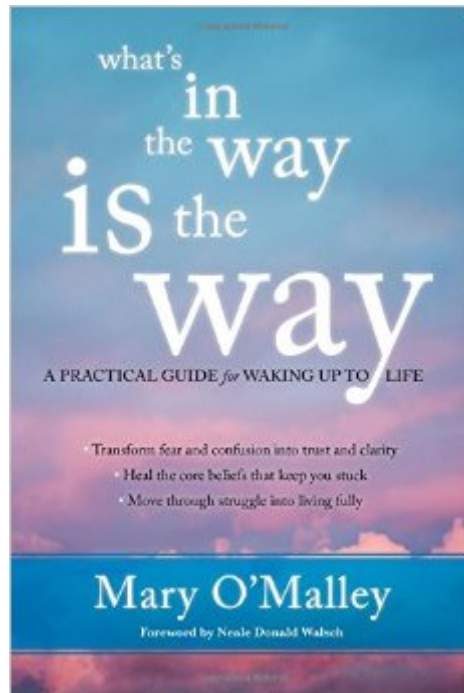


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# What's In The Way Is The Way: A Practical Guide For Waking Up To Life



## Synopsis

Imagine for a moment that you had no pressures in your life—no problems to fix, no deadlines to meet, no struggles to overcome. Do you feel that sense of spacious relief? It's not an illusion, teaches Mary O'Malley. It really is possible to live with that profound openness all the time, even while tending to your everyday tasks and obligations. In *What's in the Way Is the Way*, Mary offers practical guidance for meeting all of your experience with an abiding sense of ease, trust, and peace of mind. This accessible book is divided into ten phases, featuring inspiring wisdom and step-by-step exercises to heal the core beliefs that keep you stuck. With each chapter, Mary invites you to come into the present and see yourself and your circumstances in a different way—unclouded by preconceptions, struggle, or fear. Join her on this illuminating journey to discover:

- How fear controls our lives—untangling the conditioning that keeps us from trusting our complete experience
- The healing power of curiosity—a natural way to meet our lives without needing to change or judge anything
- Trusting what happens even when we feel threatened, ashamed, or afraid
- Why we become more active, engaged, and effective when we stop "doing" life and start being fully present for our lives
- Remembering exercises—simple, powerful practices for reconnecting with our natural state of curiosity, trust and love
- No object, person, or experience will ever bring you the deep and lasting peace that comes from simply being open to life, writes Mary.

With *What's in the Way Is the Way*, this renowned teacher brings you a powerful guide for turning your obstacles into your greatest allies and teachers—and showing up for your life with all your vulnerability, passion, and magnificent perfection.

## Book Information

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## Customer Reviews

The message in this book is powerful if you're ready to hear it. It has shown me how to use the difficulties in my life to grow, open to life and be happier, no matter what is happening. I use it as my bible! It is definitely one of my top 5 books EVER that has had a substantial impact on me - right up there with other books like Eckhart Tolle's book "A New Earth". The author's writing is a bit flowery at times, but her message is powerful and life changing. Read it!

I've read HUNDREDS of books on this topic from Krishnamurti to Pema Chodren to Adyashanti to Jack Kornfield to Eckhart Tolle, and this book is right up there at the very, very top - if not THE top. Mary speaks in such everyday terms with amazing first-hand clarity. What I love most is that she tells you HOW TO go about finding the present moment and HOW TO overcome all the garbage in your brain - instead of just telling you ABOUT it. Highly recommended - a great read.

I couldn't have discovered this book at a better time. As someone who is challenged by debilitating chronic depression, worry, and pain, as well as addictions, I truly had lost faith in life. This book was like a life preserver thrown to me in the dark months of winter. It asserts that a greater intelligence is at play and that our struggles are here for us, not to work against us. It reminds us that our minds are powerful tools that we can use to assist ourselves, not cripple ourselves. It posits that there is great power and relief in just asking the universe questions about what frightens us, rather than constantly racking our brains for answers. It reminds us that deep breathing is possibly the best and easiest way to return to a state of calm and peace. And that's just a sampling of the many powerful messages and insights it offers. This book is one to be picked up over and over again, both early and often. I feel like I have a friend in Ms. O'Malley, even though I've never met her. Her life experiences rang true for me; and her messages presented in this book, in her previous books, on her website, and on her audio/video recordings are a true gift to this planet.

In *What's in the Way Is the Way*, Mary O'Malley takes us on a journey on living fully. Her book is not a guide about *^doing^* but rather one on *^being^* in the moment, each an incremental gift of awareness. Through our breath and opening rather than resisting, Mary shows us a doorway of light that is always available to us. She reminds us that the process of living a full, open life is not an ascent but a descent of discovery that our light comes from within. Since our challenges only distort our light, it's time to turn our attention to within. After reading Mary's book you will begin to understand more deeply that all is trustable, all is well in life and that life

â ^well-comesâ ™ us to open to it. Nothing to fearâ |nothing to lose. Everything to gain. Phyllis

I understand now why Eckhart Tolle is a strong advocate of Mary O'Malley's work. This is one of the clearest, most concise, well-written, and thoughtful books in the genre of self-healing, spiritual elevation, healing wounds and getting out of our own way to find true happiness. This a direct no-nonsense guide that prescribes an easy path to moving towards healing. I re-read my favorite parts daily and always find a new nugget to chew on. Here's today's:ASK YOURSELF, DO YOU REALLY WANT MY REACTIONS RUNNING MY LIFE?Mary O'Malley is a wonderful teacher; I am a devotee.

This is an amazing book for anyone on a spiritual path....it is all about how to understand the low grade struggle we all live with each and every day... how we cling to everything that makes us feel good and how we resist anything we don't like... instead of understanding that all of it is life.. and the only way to achieve true joy is to understand our struggle and to slowly open to life just as it is... right here, right now. I love this book and am currently doing her 10 week program with a small group of like minded people and we are all impressed by her insightful presentation.

I absolutely loved this book. I shared something from it at a caregivers support meeting and was gratified to find one person actually bought the book and they love it, too! I'm going to be reading it again immediately--the writing is clear and the metaphors beautiful. Rather than self-help, I would call this self-care for humans who struggle in life to connect with the love within themselves. Very encouraging and loving.

"What's in the way is the way" is a practical guide for removing what the author calls "spells" (programming). The first few chapters for me were boring as I found it to be a lot repeated information from other books on self improvement. With that said if you are new to the self- help / self improvement genre those first chapters are useful.This book is a gem. The exercises and information are worth more then what you pay. The author urges the reader to recognize the "spells" they live in order to remove them and improve important aspects of our lives.I will be re- reading this book several times. If there's a audible version I don't suggest it, you want to do the exercises in the book and seeing the words on paper is priceless.

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