



awakening

with Mary O'Malley

October, 2016

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:

Know that even when you are deeply challenged, Life is here, and the safest thing you will ever do is to relax into its flow..

Intention:

When I feel holding in my body, I will give myself the gift of contracting on two in-breaths, and deeply softening, letting go on the long, slow out-breaths.

Featured Offering
Mary's Radio Show on DreamVisions 7
See below for details.



While you are reading this, I invite to take a moment and check in with your body to see if you notice any holding there. Your shoulders may be raised, your jaw clenched, a tight band across your chest, a knot in your solar plexus, or a chronic tightening in your belly.

You, like most people, live with chronic holding, chronic resistance to Life, so I want to invite you now to relax into Life by contracting every muscle you can on your in-breath and then *slowly*, as you breathe out, let that holding go. Most people are not very familiar with relaxing into Life and yet it is one of the most healing things you can do.

Right now, give yourself the gift of doing this for a couple of breaths - really contracting on your in-breath, and deeply softening, letting go on the long, slow out-breath. If you want to enhance letting go even more, you can say the sound of letting go, 'Ahh,' on the out-breath, either silently or out loud. Really enjoy this. A deep let-go on the out-breath is delicious. This simple breath resets the fight or flight part of your nervous system and reminds you of the 'feel good' of letting go.

When you were very young, Life flowed through you. As you grew up, you began to hold your breath and tighten your body, cutting you off from the very thing you most deeply long for – an intimate, alive, nourishing connection with the only moment that matters, right now. Now notice your body again. Is it holding? Probably so. But you can learn how to see through the prison walls of your resistance and actually make contact with Life the moment it appears out of mystery. So after a long, slow out-breath, take a moment and lift your eyes and see Life all around you. See shadows and light, see colors, see a wide variety of shapes. Now tune into Life through listening to the music of Life: a car going by, a door being slammed, a furnace coming on, the sound of voices outside. By connecting with Life through really seeing it and hearing it, you have come out of the bubble of struggle and are here for Life! You are making direct contact with a river of creativity that has been going on for many, many years.

Your mind will probably close down again, going back into the storyteller that is always trying to do Life and do it right. No judgment. You have only lived in the world of thought most of your life. But moments when you soften enough so you can make direct contact with Life really matter. They not only open you back into Life, they also show you that there is a huge difference between being here for Life and being caught in your story about Life.

So be willing to cultivate moments of pure contact by relaxing into Life. Sprinkle this letting-go breath throughout your day – while sitting at a stoplight, waiting for an appointment, standing in line at the store. You can also give yourself the gift of this kind of breath before an intense meeting, or when you are awake in the middle of the night, or when your heart is breaking from a deep loss. Pema Chödrön, the much beloved Buddhist nun and author, once described enlightenment as “relaxing into Life.” So know that even when you are deeply challenged, Life is here, and the safest thing you will ever do is to relax into its flow.

Be light,
Mary

Quote: Moments when you soften enough so you can make direct contact with Life really matter. They not only open you back into Life, they also show you that there is a huge difference between being here for Life and being caught in your story about Life.”
– 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 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.

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.

To Watch a Video with Mary, Click on the Photo Below



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. 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 previous shows by scrolling down and clicking on the blue "Previous Shows" button on Mary's page on the Dreamvisions 7 website. Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with Life rather than fully experiencing it.

Acknowledgments from Our Readers

I love your inspirational messages. Thank you for sharing your beautiful life of love with all of us. I loved your book and know that only as we love what is in our way can we truly find our way home. With a heart full of love I thank you. ~C

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 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 15th-Sept 5th). 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, Sept 13 – Oct 04

Telegroup: What's In the Way Is the Way

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

Tuesdays, Oct 18 – Nov 08

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 - <http://dreamvisions7radio.com/whats-in-your-way-is-the-way/>

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**