



awakening

with Mary O'Malley

November, 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:

As you attune to your body, it will alert you when your old conditioning of reacting and contracting arises, and you will have the choice to respond rather than falling into your old conditioning.

Intention:

When I feel myself resisting what Life is bringing me, I will tune in to my body, take a few deep breaths and say, "ahhh."

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

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



Take a moment and tune in to your body. Are you holding your breath or breathing shallowly? Chances are, you are. And it is not only your breathing you are holding. It may be your jaw, a tight band across your chest, a knot in your solar plexus, a crick in your neck, a band of contraction in your head, an ache in your back. You learned very early in your life to tighten, to resist, to build a wall of protection between yourself and Life. And you wonder why you feel only half alive.

Last month in the mid-month newlsetter, I sent out wonderful poem, 'She let Go'. We got so many responses I wanted to share it again in this newsletter. Here is [the link](#).

I think that one of the reasons why people respond so deeply to this poem is that we all long to let go and relax into Life. We long to move beyond the reaction/contraction mode that is so prevalent in our lives and respond to life instead. And yet, at some level, we are all afraid to be this open, this available to Life. Can you relate to this?

It helps to understand that at one time there were no thoughts in your head. As your storyteller (that voice in your head that talks all day long) was being created in the first few years of your life, you experienced many deep feelings, like fear, anger, loneliness, the terror of being rejected, anxiety, not enoughness. In order to survive these deep feelings, the storyteller learned how to tighten and to stuff deep inside the feelings you didn't know how to be with. What you didn't realize is that these feelings don't go away. Instead, they live deep inside of you, running you from underneath your everyday awareness. So you unconsciously guard, resist, attack and defend.

The good news is, it is possible to come out from behind all the walls you have built and again know not only the joy of being fully alive, but also safety of being present for life. So I invite you to become a tightness detective. First start with your body, because that is where it is the easiest to see how much you tighten and resist. Whenever you notice a place that is holding, simply acknowledge that your storyteller is holding on again. Then allow a few long, slow, deep out-breaths. And if you are really tight, on the next in-breath, tighten every single muscle you can find, and then slowly let them go on your out-breath. You can also, either out loud or silently, say, "ahhh."

With this breath, you are resetting your nervous system from reaction to response. You are also becoming more attuned to how you were conditioned to react. As you do this, something wonderful begins to happen. Your body will alert you when your old conditioning of reacting and contracting arises, and you will have the choice to respond more quickly rather than falling into your old conditioning.

Remember, your natural state is free-flowing aliveness. Be willing to use your life to see where you are still holding on so you can over and over again soften into Life.

Be light,
Mary

Quote: "We all long to relax into life. We long to trust Life. And yet we are afraid to be this open, this available to 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+.

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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, 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)

Tuesdays, Nov 15 – Dec 06

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.

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