



August, 2019

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 your body is beautiful no matter what it looks like!"

Intention: I will take my body back from the self-rejecting conditioning and meet it with my heart for myself and for the children coming after me.

Featured Offering

What's In Your Way Is the Way

An interactive Online Class with Mary beginning

September 25, 2019

\$200 off until August 5th!

See Below for details.



Click on the photo above to watch Mary in a video message.

In-body-ment

You may have experienced the same thing I did when I was young. I became completely caught in the conditioning that said a woman's value was through the look of her body and if you weren't small and at the same time have big breasts, you were fat out of luck. And I was fat out of luck.

I once hated my body so much that I abused it with alcohol, food and drugs.

I once hated my body so much that I wouldn't wear makeup because I had to look in a mirror and if I accidentally looked, all I saw was self-revulsion.

I once hated my body so much I would only wear dark and baggy clothes.

I once hated my body so much that there were a number of years in my 20s where suicide seemed like the only option.

After a long, long journey away from my body, I now live *in* my body and we are actually friends! Wonders never cease! If you would've told me all those years ago that my body would become a dear friend, I would've laughed hysterically. Now my heart swells in gratitude for all it has done and is doing for me.

Sometimes I touch my thighs and thank them for making it possible for me to walk, dance, hike and swim. This is such a huge shift for me because my thighs were the part of my body that I hated the most but now I love them, even though they flap in the wind!

Sometimes I look at a piece of food and am completely astounded that my body knows how to break it down and weave it into eyelashes, arteries, toenails, and capillaries in my lungs!

Sometimes I lie in bed at night and feel the beating of my heart. I bring my attention and my imagination into its world and see/feel its intelligent intricacies - valves opening and closing, blood being sent to my lungs to be oxygenated and then back to my heart to be pumped throughout the 60,000 miles of my circulatory system! 60,000 miles! I don't have to think one thought to help my blood go on its nourishing journey. And my heart has kept on beating every single moment of my life! I think you can see now, as I feel the magic of my circulatory system, how I am opened into awestruck gratitude.

Sometimes I look at/feel my hands and am unbelievably grateful for all that they have allowed me to do - caress, give, dig, carry, tickle, touch, type, hold on and push away. Can you imagine brushing your teeth or feeding yourself without hands? And sometimes, with my attention/imagination, I will go into the bones in my hands and rather than seeing them just as bones, I see them as busy beehives constantly remodeling, building new bone and breaking down the old. This brings deep joy!

Sometimes I am astounded that I can let life in through my ears and my eyes. If you take for granted your ability to hear and to see, just imagine all the people in our world who can't, and then, in this moment, allow a deep and abiding appreciation for the gift of seeing and hearing.

Because I now know how to appreciate the astounding gift of this body and because I know how to soften the chronic tightening we carry around most all the day long, for more and more moments, my whole body lights up with joy as energy dances freely throughout my whole being!

And most amazing, I can look in a mirror now and, even with all the sags and wrinkles, my heart swells in recognition of how beautiful it is and what an amazing gift I have been given by life!

Sometimes I am still astonished that being so disconnected from my body, cut off from its intelligent wisdom, I was able to live. But I not only have survived but I am thriving because the safest thing I've ever known is actually living *in* my body even though in my earlier years this was impossible to do. So now, rather than being just an object in my mind, I am present in my body, flooding it with compassion, appreciation, respect and kindness.

Your body too is a unique creation of life and it faithfully has done so much for you over the years and it has been given to you to experience life and to celebrate the gift that life is. Know your body is beautiful no matter what it looks like! And even if there are parts of your body, which are either not working or are in deep pain, what those parts need is compassion and care.

So, no matter how you feel about your body, use this blog to inspire you to begin to meet it through your heart. Take your body back from the self-rejecting conditioning that is all over advertising and social media. Do this not only for yourself, but for all the children who are coming after you. Earlier and earlier, children are learning to reject their body in an attempt to make it into an idea of what they think it should be. And this is happening not only for the little girls but little boys too.

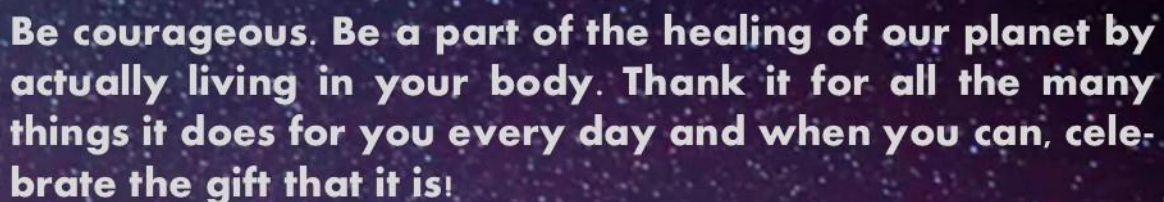
Be courageous. Be a part of the healing of our planet by actually living in your body. Thank it for all the many things it does for you every day and when you can, celebrate the gift that it is! Dance, sing, massage your feet, lovingly brush your hair, walk on the grass without shoes, skip, let your body express itself fully by dancing as if nobody is watching, smile at yourself in the mirror and as you swim, have moments where you let the water hold you!

Rediscover that it is joyful and fun to live in your body exactly as it is. Rediscover that the wisdom of your body is one of the best friends you will ever know on this amazing journey called your life!

Be light,

Mary

*If you would like to comment on Mary's letter, please [CLICK HERE](#), which will bring you to the blog post that is the same as the letter.



Be courageous. Be a part of the healing of our planet by actually living in your body. Thank it for all the many things it does for you every day and when you can, celebrate the gift that it is!

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

On the website homepage, you can click on Listen, Watch & Read to take you to a number of

wonderful ways to access what Mary offers – her blog, radio show, newsletter, books and CDs.

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 Homepage next to the shell logo. Mary is also on Pinterest and Google+.

If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

Counseling & 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 \$235. Packages available are 5 for \$1075, and 10 for \$1950. 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, call Mary at 425-889-5937 or send her an email at awaken@maryomalley.com

Awakening Group

This gathering provides 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. The weekly group is offered in Kirkland, WA and through Zoom on your computer Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. Please [Contact Mary](#) for information.

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 in the schedule.

What's In Your Way IS the Way An interactive Online Class with Mary beginning September 25, 2019

AN 8-WEEK ONLINE INTERACTIVE COURSE FOR REDISCOVERING THE JOY OF BEING FULLY PRESENT FOR LIFE

What is the awakened life?

The Awakened Life is a life full of presence. It is about using your thoughts to connect with life as it is rather than trying to hide from it or control it.

Take a moment... Lift your eyes from what you are reading, allow a long, slow out breath and let your life in.

Imagine:

- if you truly trusted yourself and your life – all of it?
- if your challenges, rather than being endless problems to be solved, became doorways into the healing you long for?
- if you discovered that the peace you long for is always with you right here, right now?
- if you woke up each morning with a zest for where the adventure is going to take you today?

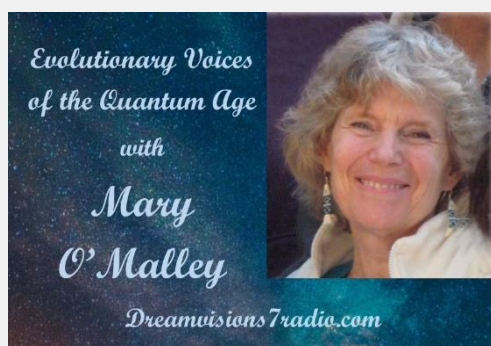
Included in the course:

8 weekly lessons with audio and video files
4 fully interactive calls with Mary in her twice monthly live Q&A's
Invitations each week to help you bring what the course offers into your daily life
PDF handouts of all lessons and invitations
Facebook group
Lifetime access to the audio and video files and PDFs

For more information or to register for the Course, click [HERE](#).

\$200 off until August 5th with code: summer1

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 Eastern Time (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.

Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with your life rather than fully experiencing it.

Acknowledgements from Our Readers

Learning to relate to my thinking not from my stories/mind has changed my life. Thank you, Mary for writing, teaching, and living from your essence. Peace to you. ~D.

Events

Please follow the links for details

Tuesdays, September 10th, 17th, 24th, & October 1st

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

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

September 4th at 5:30 PM PDT

Free LIVE Webinar [The Joy of Being Present for Life](#)

Thursdays 8:00 AM & 8:00 PM Eastern Time (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](#)

What's In Your Way IS the Way interactive online course

[What's In Your Way IS the Way](#)

Course launches again September 25, 2019

\$200 off until August 5th with code: summer1

Being Healed by Our Compulsions interactive online course

[Being Healed By Your Compulsions](#)

Course launches again in January 29, 2019

For more information about Awakening, please follow the links below.

If you have any questions or need assistance, please contact: devrah@maryomalley.com

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.

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