



February 2021

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:** "The safest thing you will ever do is relax into life. What is here to greet you is life in all its aliveness and mystery."

**Intention:** When I notice my body is tight, I will remember to soften, and let myself relax into a long, slow out breath.

**Featured Offerings:**

**Mary's New Book: Falling in Love with You**  
**Valentine's Day Special: buy 3, get four**

**Being Healed by Our Compulsions**  
**An interactive Online Class with Mary beginning**  
**March 31, 2021 - **Currently \$200 off****

**The Unstoppable You Free Live Stream**

February 10<sup>th</sup>-11<sup>th</sup>  
See below for details...



[Click on the photo above to watch Mary in a video message.](#)

### **Relaxing into Life**

Can you imagine what your life would be like if you could simply relax into life? Can you imagine how you would feel if all the chronic holding you carry around with you all day long simply let go? Can you imagine the joy of rediscovering how not to be scared about showing up for Life - how to be fully here, no matter what is happening?

If you bring your attention to your body, you will see that rather than being here for life, you hold on a lot. You tighten your neck, your shoulders, your chest, your stomach, your back and even your breath. In other words, you resist. And this causes so much suffering.

For just a few moments, the invitation is to soften a bit. Let yourself relax into a long, slow out breath. If you find your mind is resistant or the tightness around your breath isn't able to let go, on your next in-breath tighten every single muscle you can find and then on your out-breath slowly let this tightening go. Deeply enjoy the relaxing that comes from a long slow out breath. Then exaggerate your chronic holding by tightening again on your in-breath, and then enjoy the deliciousness of letting go on your long, slow out-breath.

Let go even if your body is in pain.

Let go even if your mind is agitated.

Let go even if your heart is breaking.

Let go even if your mind is scared to let go.

The safest thing you will ever do is relax into life. What is here to greet you is life in all its aliveness and mystery. As you discover how to open to life again, you begin to see that there are your stories *about life*, and then there is *life*. Your stories are afraid of being this open to life but slowly you recognize that you don't have to be run by the stories in your head.

Of course, you won't stay in this alive and open place, for the mind will take over again with its incessant need to try to be in control. No need to judge this. We have all been trained to struggle since we were very young. But just moments of being here, sprinkled throughout your day, matter. When you relax enough to be present for life, these moments accumulate. And slowly and surely the core intention of your life is no longer about trying to get to a better place. It's all about seeing and inviting the tightening inside of you to relax enough that you can actually be here for life.

The safest thing you will ever do is soften into life. Soften, soften, soften so you can experience life as it unfolds. For everything you long for, and everything you truly are is right here, right now. It always has been, and it always will be.

Be light!

Mary O'Malley

During these challenging times, our compulsions can tend to get more interesting for us. My 8-week interactive online course, [Being Healed by Our Compulsions](#), is beginning on **March 31st**. Give yourself the gift of transforming your relationship with your compulsion from something that is wrong and needs to be controlled to a doorway that opens into the peace and the ease you long for. Enroll by February 9th and receive **\$200 off** tuition. Use coupon code: **comp4\$200** Sliding scale also available. Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for more info.

**Let go even if your body is in pain.  
Let go even if your mind is agitated.  
Let go even if your heart is breaking.  
Let go even if your mind is scared to let go.**

### Acknowledgements from Our Readers

What a beautiful writing. I could re-read this for days and still not get enough of it. Thank you, Mary. I hope you are recovering with ease!~S.

### Events

Please follow the links for details

**Facebook Live: Thursday, Feb. 4th, 11th, 25th**

[Facebook Page: Mary O'Malley's Awakening Offerings](#)

10:00 AM Pacific Time - Make sure to like the page

**Tuesdays: February 23rd, & March 2nd, 16th, 23rd**

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

10:30-11:30 AM Pacific Time - Waiting list available

**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](#)

**Being Healed by Our Compulsions interactive online course**

[Being Healed By Your Compulsions](#)

Course begins on March 31, 2021

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

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

Course launches again in September 2021.

### FALLING IN LOVE WITH YOU

*Nuggets of wisdom for a heartfelt life*

### Valentine's Day Special Below...

Book blurb: One of the core assignments you have been given by life is to fall deeply and completely in love with you exactly as you are. And yet you have been on a long, long journey away from the wisdom of your heart, away from meeting yourself with the healing balm of insight and compassion. So have we all!

Join Mary in exploring these nuggets of wisdom, which highlight that you are completely unique and an absolutely necessary part of life. These quotes will also reveal how you were conditioned to

close your heart to yourself and finally they will reveal the path of coming home to your heart, so you can live from nourishing wisdom and insight. Allowing the messages from the book into your heart will help heal you, and all those you interact with including our planet. We need your heart!

Now available on my [website](#) and [Amazon paperback](#) & [eBook](#).

This is a wonderful little book for Valentine's Day for everyone you love and care about. **Valentine's Special: buy three *Falling in Love with You* paperbacks from my [website](#) and get a fourth one for free.** It will automatically be included in your package.

## BEING HEALED BY OUR COMPULSIONS

An interactive Online Class with Mary beginning March 31, 2021

AN 8-WEEK ONLINE INTERACTIVE COURSE FOR EXPLORING A REVOLUTIONARY WAY TO HEAL AND BE HEALED BY YOUR COMPULSIONS.

### What is this new way?

This new way explores how to engage with your compulsions rather than endlessly trying to manage them.

It is about listening rather than controlling, opening rather than closing and relating to your compulsion rather than being lost in it.

This new way understands that your compulsion, rather than something that is wrong with you is an ally on the journey back to a deep and trust filled relationship with yourself and with your life.

### Imagine:

- The relief of no longer having to struggle with your compulsion.
- The liberation that comes from moving beyond the idea that your compulsion is a defect - something bad or wrong that you must control or get rid of.
- The release that come from understanding that you are not a failure for being unable to control them.
- Rather than a problem to be solved, your compulsion becomes a guide back into the ease and joy that is your birthright.
- Understanding that It is never your compulsions you are longing for, but a nourishing relationship with yourself and your life. 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

**Enroll by February 9th** and receive **\$200 off** tuition. Use coupon code: **comp4\$200**

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

This course is available on a sliding scale. Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for more information.

## THE UNSTOPPABLE YOU LIVE STREAM

For Unstoppable YOU Livestream, I am partnering with Amy Schadt and 14 other experts.

I believe that this live event will give you answers to what you are struggling with right now! So whether you are in partnership, or single our ability to have successful relationships is beyond the scope of one person, it reaches out to our friends, family, work...really it impacts the whole world!!

Through this event on February 10th & 11th you will have real time access to 15 experts in their field who help women just as yourself create more peace, freedom, love, connection with their partner, themselves, and life itself.

[CLICK HERE](#) to register!

## FOR MORE INFORMATION

[Counseling](#) - In person & by phone (currently by phone or Zoom)

[Awakening Group](#) - In person group (currently held on Zoom)

[Tele\(PHONE\)Group](#) - Telephone group

To visit Mary's [website](#), [blog](#), [Radio Show](#), [newsletters](#), [books](#) and [CDs](#).

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*.

You can also visit the What's In the Way IS the Way website where you can read the endorsements for this wonderful book [www.whatsinthewayistheway.com](http://www.whatsinthewayistheway.com).

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

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