



April 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: “By connecting with life through really seeing it and hearing it, you have come out of the bubble of struggle and are present for life!”

Intention: When I notice I'm holding my breath or my body is tight, I will allow a couple of deep breaths and reconnect with myself and this moment.

Featured Offerings:

[Being Healed by Our Compulsions](#)

**An interactive Online Class with Mary beginning
March 31, 2021 – **Not too late to join!****

See Below for Details



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

How to Tune into Life

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, a chronic resistance to life. Most people are not very familiar with relaxing into life and yet it is one of the most healing things you can do. For a moment or two I invite you 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. If you want to enhance letting go even more, you can say the sound of, ‘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. 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. Everything you see is totally brand new. 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 present 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

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.

Acknowledgements from Our Readers

Mary, there are no words to truly express my deep gratitude for the profound difference you and your book, "What's in the Way Is the Way", have made in my life.

I have been reading, searching and struggling for 20 years and life brought me to you at a critical tipping point in my life. Life saving. I have been transformed. Thank you so much! ~S.

EVENTS

Please follow the links for details

Facebook Live: Thursday, April 8th, 15th, 29th

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

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

Tuesdays: April 6th, 13th, 27th & May 4th

[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 – **It's not too late to join!**

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.

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

It's not too late to join!

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

This course is available on a sliding scale. Contact devrah@maryomalley.com for more information.

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.

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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