



October 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 I am wishing for a better/different life, I will acknowledge the tightening this causes and will take a long slow out breath to connect with this moment.

Featured Offerings:

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

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Now offered as a self-paced online course

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Relaxing into Life

Can you imagine what your life would be like if you could simply let go and 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 of 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 fully here for life, you hold onto 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 feel 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 is 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 full of fear about being open to life, but slowly, as you recognize that you don't have to be run by the stories in your head, you begin to relax.

Of course, you won't stay in this alive and open place, for the mind will take over again with its incessant need to struggle. No need to judge this. We have all been conditioned to struggle since we were very young. But even just a few 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

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.

Acknowledgements from Our Readers

Oh, Mary! Your book came to me at the perfect time and your blogs are like Bengay on my heart. I especially love this one. I am really healed and brought home by your work. I thank you deeply and am keeping you in my prayers at this time, affirming the Truth of the Infinite Light that you are. You are loved and appreciated. Again, heartfelt thanks to you. ~ A.

EVENTS

Please follow the links for details

Facebook Live: Dates to be announced

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

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

Tuesdays: Dates to be announced

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

10:30-11:30 AM Pacific Time

Thursdays: Dates to be announced

[Zoom Group: Guidance for Person Awakening](#)

10:30 AM - 12:00 PM Pacific Time

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 self-paced online course

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

Start as soon as you sign up!

Being Healed by Our Compulsions interactive online course with Zoom and Facebook group

[Being Healed By Your Compulsions](#)

Course begins again in January 2022

What's In Your Way IS the Way interactive online course with Zoom and Facebook group

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

Course begins again in 2022

WHAT'S IN YOUR WAY IS THE WAY

A Self-Paced Online Class

AN ONLINE 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 sections with written, audio and video files

Invitations each week to help you bring what the course offers into your daily life

PDF handouts of all lessons and invitations

Lifetime access to the audio and video files and PDFs

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

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