



November 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: “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.”

Intention: I will become a tightness detective. Whenever I notice a place that is holding, I will simply acknowledge that my storyteller is holding on again.

Featured Offerings:

[Being Healed by Our Compulsions](#)

Starting again in January, check the November mid-month's newsletter for details.



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

Relaxing into Life

Take a moment and tune in to your body. Are you breathing shallowly? Chances are, you are. You may also be holding your jaw, there may be a tight band across your chest, a knot in your solar plexus, a crick in your neck, a dull ache in your head, and sharp pain 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 this leaves you feeling only half alive.

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.

To understand how this has happened, it helps to remember 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, and not enoughness. To survive these deep feelings, the storyteller learned how to tighten and to stuff feelings deep inside that you didn't know how to be with. What you didn't realize is that those 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.

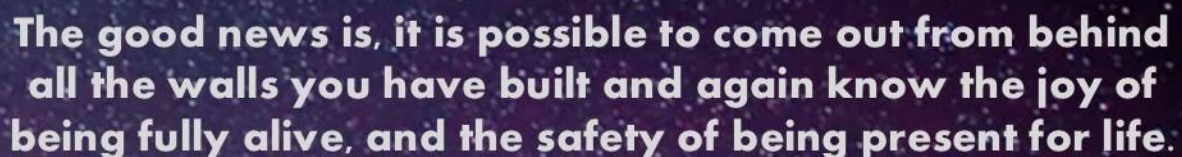
The good news is, it is possible to come out from behind all the walls you have built and again know the joy of being fully alive, and the safety of being present for life. So I invite you to become a tightness detective. First start with your body, because that is where it is the easiest to see how 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 aware of 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



The good news is, it is possible to come out from behind all the walls you have built and again know the joy of being fully alive, and the safety of being present for life.

Acknowledgements from Our Readers

I first read *The Gift of our Compulsions* as part of my coaches training and personal transformation program with Accomplishment Coaching. The gift from your book of being present was a primary catalyst for my transformation. Joy, gratitude and choice were now possible. The world took on a vivid, powerful and humbling glow. Thank you for creating something that is timeless. The lessons and request to do what it takes to be present and to approach your life with curiosity (as opposed to judgment, for one thing) will ALWAYS be valuable to me. ~G.

EVENTS

Please follow the links for details

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!

Tuesdays: January 4th and 11th, February 1st and 8th

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

10:30-11:30 AM Pacific Time

Thursdays: January 6th and 13th, February 3rd and 10th

[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](#)

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

Being Healed by Our Compulsions online course

[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

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@marvomalley.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.

[Contact Awakening](#)

[About Awakening](#)

[Our Offerings](#)

[Online Course](#)

