



August 2022

**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:** "There is no one perfect body; rather, each body is unique and perfect exactly as it is."

**Intention:** I will give myself the gift of getting to know my body. Before I get out of bed in the morning, I will notice three different sensations in my body.

**Featured Offerings:**

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

**An interactive Online Class with Mary beginning  
September 14, 2022  
See Below for Details**



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

## **Your Body is a Field of Infinite Wisdom**

Your body is an exquisite creation. It is a field of infinite wisdom. It began as one cell that was so small you could not even see it with the naked eye. And it developed into 70 trillion cells, all working together, so that it runs itself without a single thought from you. Think about it...when was the last time you had to digest your food, or regulate your hormones, your temperature, or your pH?

When you were young, you lived inside your body, and you knew joy. You were embodied, or as I like to say, “in-body” with joyful spirit. You loved to play all day, swing, do cartwheels, and roll in the grass. Your young body was a field of energy, and everything flowed. Then, if you are like most people, you grew up and got scared out of yourself. You learned to hold onto your body, tighten your breath, and run away to your head. Now, most of the time, you live in your head and your body is just a vehicle to get you places.

There are two core reasons why we don’t live in our bodies. One is that the dualistic mind took over and cut us off from our bodies. It has made the body “less than” and “dirty”. If you think about it, most of our “swear words” are about the body and they are mean or vulgar...fuck, shit, dick, asshole. The other reason is that we have been taught that particular kinds of bodies are good bodies and that other body types are bad.

Our bodies have become the object of our minds rather than the subject of our hearts. The unconscious mind tells us that if we only looked a certain way, we would be okay. It is mindboggling when you consider how much money is spent trying to make our bodies what we think they should be. Just consider the advertising dollars spent by the vitamin industry, the cosmetics industry, and plastic surgeons, all trying to help us look and feel okay.

There is a wonderful book called *Bodies and Souls: The Century Project* by Frank Cordelle. It is an inspiring display of approximately 100 nude photographs of women of all ages and sizes, accompanied by personal statements about their bodies. It includes a woman in a wheelchair, a woman with one breast, and an obese woman who absolutely loves her body. It is one of the most powerful books I have ever experienced in my life. When you view the photographs and read the statements, you begin to see that there is no one perfect body; rather, each body is unique and perfect exactly as it is.

I invite you to give yourself this one gift every day to get to know your exquisite body. Before you jump out of bed, notice three different sensations in your body. For example, my left foot is cold, my right foot is warm, I have an itch on my leg, I have moisture on my skin, my tummy is growling, my jaw is tight. Describe the sensation and then say, “I see you.”

Pay attention to the voice of your body. You are training yourself to be attentive to what is going on in your body, yet not trying to change anything. You can begin to bring this body awareness into your awakening process. Then, when you experience a knot in your belly when your boss is disrespectful or a lump in your throat when you nearly hit a pedestrian while driving, you can learn to give it your attention rather than going straight to your mind.

This is the beginning of the alchemy process of transforming the holding on or tightening of your body so you can get back in touch with the joy you experienced when you were young. When you are in your body, you are not guarding against life and the energy flows freely. And don’t forget to show gratitude to your body for all the things it has done for you in your life.

Be light!  
Mary

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### Acknowledgements from Our Readers

What a beautiful soul you truly are, not praise but recognition, appreciating your for open magnificent heart, caring to be found sharing; all that is valuable as a diamond. Unlimited blessings dear soul called Mary, blessings and purest love for your soul and all you connect with. ❤️ ~C.

### EVENTS

Please follow the links for details

**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 September 14, 2022

**Tuesdays: September 20th, 27th & October 18th, 25<sup>th</sup> & November 15th, 22nd**

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

10:30-11:30 AM Pacific Time

**Thursdays: September 22nd, 29th & October 20th, 27th & November 17th, 24th**

[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](#)

**Mary's new interactive online course**

[Falling in Love with You](#)

Course begins again in the Fall 2022

**Being Healed by Our Compulsions self-paced online course**

[Being Healed by Our Compulsions online course](#)

Start as soon as you sign up!

**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!

### WHAT'S IN YOUR WAY IS THE WAY

**An interactive Online Class with Mary beginning September 14, 2022**

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 written, 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](#).

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