



October 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: "Softening the belly is a process of a lifetime because there will always be times when the old survival system gets woken up and causes us to tighten. So, give your belly the love it is longing for. Let your soft belly be your guide."

Intention: The next time I am caught in struggle, and notice my tight belly, I will say, "I see you and I see that you are scared." Then I will allow a deep breath, and as I exhale, I will say the mantra, "soft belly, soft belly."

Featured Offerings:

Mary's interactive online course

[Falling in Love with You](#)

Starting February 1, 2023. More details below about this interactive online course.



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

How to Release Stress Using the Soft Belly Technique

When I am caught in struggle, one of the ways I have learned to open to life is by softening my belly. I know that sounds much too simple, but it really works!

When we were young, we learned how to respond to stressful situations by shutting down, tightening our bellies, closing our hearts and running away into our minds. Our bellies have been holding our fear for our whole life. There is a fear of a lifetime, right here in our tight bellies. These fears include all the rejection of ourselves, all the resistance to life, and all the wishing that we were different than we are. When our bellies are tight, we breathe shallow breaths from the chest up. If you look at cats and dogs and babies, their whole trunk moves when they breathe. Why? They are not caught in struggle.

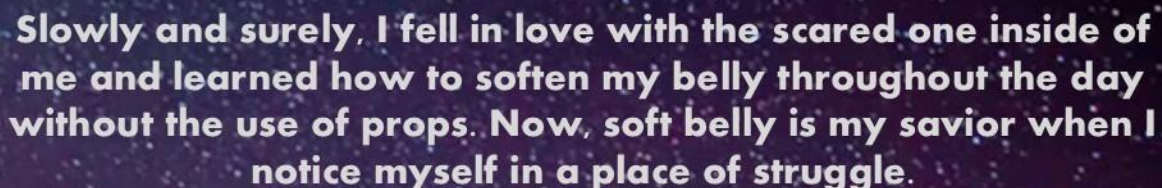
Softening the belly is a process of a lifetime because there will always be times when the old survival system gets woken up and causes us to tighten. For me, it is often health issues that cause my belly to contract. When I first began my journey of awakening, it was terrifying for me to soften my belly. I used pillows and a heating pad on my belly because it was too difficult to do it on my own. I could only do it in bed in the morning because it was too scary to soften my belly when I got out of bed each day.

Slowly and surely, the pillows and heat on my belly kept reminding me that it is safe to let go. I was not demanding that I let go but inviting myself to let go. And the more I just noticed my tight belly and invited it to let go, the more it became my guide. Slowly and surely, I fell in love with the scared one inside of me and learned how to soften my belly throughout the day without the use of props. Now, soft belly is my savior when I notice myself in a place of struggle.

So, the next time you are caught in struggle, say to the part of you that is tightening, “I see you and I see that you are scared.” Then notice your tight belly, allow a deep breath, and as you exhale, invite it to let go, saying the mantra “soft belly, soft belly”.

Can you tune into your belly right now? Are you tightening down? If so, can you invite it to let go? How does it feel?

Give your belly the love it is longing for. Let your soft belly be your guide.



Slowly and surely, I fell in love with the scared one inside of me and learned how to soften my belly throughout the day without the use of props. Now, soft belly is my savior when I notice myself in a place of struggle.

Acknowledgements from Our Readers

Thank you, Mary. Your words touch me deeply and I carry them with me. You have helped me so much over the years. I just want to express my heartfelt gratitude.

Wishing you well. ~J.

EVENTS
Please follow the links for details

Mary's new interactive online course

[Falling in Love with You](#)

Course begins on February 1, 2023

Tuesdays: October 18th, 25th & November 15th, 22nd

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

10:30-11:30 AM Pacific Time

Thursdays: October 20th, 27th & November 17th & December 1st

[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](#)

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!

Mary's New Course:
FALLING IN LOVE WITH YOU
An interactive Online Class with Mary beginning February 1, 2023

THIS 8-WEEK ONLINE INTERACTIVE COURSE EXPLORES how you became disconnected from your own heart and the pathway back to meeting yourself with compassion and kindness, so you can know the joy of being authentically you.

We are finally waking up to the phenomenal power of self-compassion for it is one of the most potent healing forces known to humankind. To fall in love with you exactly as you are, where true and lasting healing happens, affects not only yourself, but also your friends, loved ones, and the world.

Imagine:

- Being okay with being you. Knowing you are acceptable and lovable exactly as you are.
- Learning that you don't need to change yourself in order to be okay.
- Meeting your pain so that it no longer takes over your life.
- Rediscovering how to reconnect with the safety and joy of being fully alive.

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 Here](#)

Contact **devrah@maryomalley.com** for questions.

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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