



November 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: "Life is breathing you, giving you the gift of breath, giving you the gift of life. And one day, it won't be there anymore. So, for just this moment, recognize how precious your breath is!"

Intention: I will give myself the gift of setting aside few minutes every day to ride the waves of my breath. And during the day, if I notice I'm breathing a shallow breath, I will breathe an open breath, which will turn on the calming aspect of my nervous system.

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.

Your Amazing Breath

Are you ready to be amazed? We breathe over 20,000 times a day – not 2000, but 20,000! So your breath has been with you for everything single thing that has happened in your life. It was there when you were born, learned how to walk, ride a bike, your first kiss, your first day at your first job, and while you are reading this newsletter. And yet how many of those breaths have you been aware of? If you are like most people, probably not very many.

Here is another amazing fact, *you are being breathed by life*. You are not the one in charge of your breath. Yes, you can influence it, but just try to stop it. Life is *breathing you*, giving you the gift of breath, giving you the gift of life. And one day, it won't be there anymore. So, for just this moment, recognize how precious your breath is!

Another amazing thing about breath is that most of us use only 10% to 15% of our breath capacity. We do this because when life was scary and confusing and overwhelming when we were young, (as it was at moments for all of us) we discovered that if we breathed more shallowly, then we had some control over the feelings that were moving through us.

There was a study done once of how children breathe. All of the children in the study were breathing naturally before they went to preschool. (A natural breath is when your whole trunk is involved with your breath - just watch cats, dogs or babies and you will see what I mean.) By the time the children went to first grade, *all* of them were breathing a much shallower breath, breathing up into their chests rather than down into their belly.

Like these children, we all discovered how to hold onto our breath by tightening our diaphragm, the main breathing muscle, which is right around our solar plexus. This tightening is a subtle knot in the area of our stomachs that can intensify in times of stress and be very uncomfortable.

We cut ourselves off from so much by holding onto our breath. A natural breath grounds us and creates space within us, making it safe to be open to the creative flow of life. It also is one of the most powerful healers we have. Because we hold onto our breath, our nervous system is usually in a slight flight or fight mode, which causes so much upset in our bodies and minds. When we breathe an open breath again, it turns on the calming aspect of our nervous system, which is where healing, peace and deep, restful sleep happens.

To experience this, allow your next breath to be deeper. Don't try to force it, just let your next *out-breath* be longer than it usually is. Now *allow* an in-breath to fill you up, and as it turns, ride the wave of letting go that is your out-breath. Here you are, riding the waves of your breath – in and out, deep and slow. If you do this for just a few minutes, you will feel how powerful a deeper, rhythmic breath is.

Give yourself the gift of setting aside few minutes every day to ride the waves of your breath. You will be amazed at how this will transform your life.

Now, before you lift your eyes from this newsletter, take a moment and notice your breath. Breath is the amazing river of life that is moving through you every single moment of your life. For just a few moments, connect with life by simply being aware of your breath.

Be light,

Mary

A natural breath grounds us and creates space within us, making it safe to be open to the creative flow of life. It also is one of the most powerful healers we have.

Acknowledgements from Our Readers

"Mary, your words are beautiful. That you walk the walk inspires people around you to put themselves IN the teachings. Celebrating YOU and your expression of this work in the lives of those around you AND in the world. We are blessed." ~D.

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 November 15th, 22nd

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

10:30-11:30 AM Pacific Time

Thursdays: 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

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](#)