



March 2023

**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:** "In my world, there is no body more beautiful than any other body. You are beautiful and I am beautiful. I celebrate this amazing gift of a body every day, exactly as it is."

**Intention:** When I am struggling with my body image, instead of saying, "I should be losing weight" or "I will never be beautiful because...", I will turn my focus to being kind to my body.

**Featured Offerings:**

[Being Healed by Our Compulsions self-paced](#)

More details below about this online course.



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

**You Are Beautiful Exactly as You Are!**

A friend of mind has been struggling recently with her body image. She says she feels a lot of shame when she looks in the mirror, and the stories in her mind keep on trying to convince her there is something wrong with her at her present weight. She is caught in the land of fear, where her mind keeps telling her stories that she is not skinny enough, pretty enough or sexy enough. In other words, she is not enough, period!

In the last few years, we have seen more body sizes represented in the media, but for many of us, the programming we received growing up still lingers. We have been brainwashed from a very young age to believe that being thin brings approval and happiness. In other words, you are only lovable if you look a certain way. This is the story that was conditioned inside of you, and at its core is the deep, deep fear of being rejected and thus all alone.

In my world, there is no body more beautiful than any other body. You are beautiful and I am beautiful. My thighs flap in the wind (and so do my arms). And my breasts that so lovingly fed my children are going south at a very fast rate! But I celebrate this amazing gift of a body every day, exactly as it is.

Each one of us is a unique expression. There is no one type of woman. We come in all shapes and sizes. This is evident in Body and Soul, The Century Project, an amazing collection of 100 nude photos of women and girls of all ages, shapes, sizes, and life experiences. Most of the images are accompanied by moving statements about bodies written by the women themselves.

If you are struggling with your body image, instead of saying, "I should be losing weight" or "I will never be beautiful because...", I invite you to be willing to be kind to your body. It is an exquisite gift from life and it does so much for you. Notice it. Hug it. Thank it for endlessly helping you to digest your food, breathe, beat your heart, and move around in life. Can you feel the shift that happens when you are seeing your body through the eyes of your heart rather than the eyes of shame?

Your struggling mind thinks you need to have a certain body image to be okay, but your body needs your heart right now. And, as you bring more and more heart to your struggling self, you will learn to celebrate the gloriousness of your own body and you will begin to discover the pathway from your judgmental mind to your healing heart. Slowly and surely, you will realize that you are enough exactly as you are. You are actually more than enough. You are a unique expression. You have nothing to be ashamed of. You are beautiful exactly as you are!

Be light,

Mary

**You think you need to have a certain body to be okay, but as you bring more heart to your struggling self, you will learn to celebrate the gloriousness of your own body and discover the pathway from your judgment to your healing heart.**

"I can only imagine where I would be if I had never met you. I remember vividly the first meditation I heard you lead at Unity of Tacoma, saying, "You are not here by accident but by divine appointment." My whole understanding of life was changed on that day. Thank you for being you, a conduit for love and growth for so many. Your grace is such a blessing!! I surely would not be an adventurer at 75 flying into the unknown. Randy and I are both grateful to you. With much love," ~J.

## EVENTS

Please follow the links for details

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

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

Start as soon as you sign up!

### **Tuesdays: March 21st, 28th & April 18th, 25th**

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

10:30-11:30 AM Pacific Time

### **Thursdays: March 23rd, 30th & April 20th, 27th**

[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!

### **Falling in Love with You Online Course**

[Falling in Love with You](#)

Self-paced - **Coming soon!**

## BEING HEALED BY OUR COMPULSIONS SELF-PACED An Online Class beginning as soon as you register!

AN 8-WEEK ONLINE COURSE FOR EXPLORING A REVOLUTIONARY WAY TO HEAL AND BE HEALED BY YOUR COMPULSIONS.

### **What is this new way?**

-This new way explores how to engage with your compulsions rather than endlessly trying to manage them.

-It is about listening rather than controlling, opening rather than closing and relating to your compulsion rather than being lost in it.

-This new way understands that your compulsion, rather than something that is wrong with you is an ally on the journey back to a deep and trust filled relationship with yourself and with your life.

### **Imagine:**

- The relief of no longer having to struggle with your compulsion.

- The liberation that comes from moving beyond the idea that your compulsion is a defect - something bad or wrong that you must control or get rid of.
- The release that come from understanding that you are not a failure for being unable to control them.
- Rather than a problem to be solved, your compulsion becomes a guide back into the ease and joy that is your birthright.
- Understanding that It is never your compulsions you are longing for, but a nourishing relationship with yourself and your life. with a zest for where the adventure is going to take you today?

**Included in the course for \$347:**

- 8 weekly lessons with 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

[Enroll Here](#)

For more information click [HERE](#).

For questions or specials, please contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for more information.  
Sliding scale available.

## 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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