



July 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: "The mind loves to struggle, and this is why I love breathwork so much. Breath is one of the most powerful tools because it takes the power and control out of the struggling mind."

Intention: When I find myself struggling, I will take long slow breaths and say, Clear Mind, Don't Know. On the in-breath, I will say, "Clear Mind" three times, and then in one long out-breath, I will say, "Don't Know."

Featured Offerings:

FREE live call coming in September

Can We Trust the Chaos of Our Time?

See below for more details.



[Click on the photo above to watch Mary in a video message.](#)

Experiencing the Power of Your Breath

The mind loves to struggle, and this is why I love breathwork so much. Breath is one of the most powerful tools because it takes the power and control out of the struggling mind. A man that I work with shared a beautiful story with me. He said, “I gotta tell you Mary, it just absolutely astounded me. I was in so much fear and I wanted to go to the pub. But I sat down in my living room, turned off all the lights, lit a bunch of candles, and went within. And I am just amazed because I have never done that before. It changed my life. Spacious and peaceful, everything felt brand new and alive afterward.” I told him that most people go to their deathbeds without ever doing this. Then he said, “What do I need to do to get back there?” and I responded, “Oh, there is the mind again.”

Each cell in our bodies is like a factory. The factory needs two different types of fuels in order to function well. The first is glucose and the second is oxygen. A cell needs 32 molecules of oxygen for every 1 molecule of glucose to work efficiently! It is like a fire in a fireplace. When you close the damper down on a fire, you limit the amount of oxygen so the fire smokes, and then it goes out. The same is true for our whole body. When we limit our oxygen, our whole body suffers.

Also, when we hold our breath, there are a lot more toxins in our bodies. Most people breathe such shallow breaths that they don’t even inhale a teacup full of oxygen with every breath. A true breath is a liter of oxygen. (Imagine a big bottle of soda!) So, can you imagine how many more toxins you can release when you breathe deeply and how happy your cells will be because you are releasing toxins?

We think deep breathing starts with taking a big breath. But if you watch closely, you will see this brings stress to your body. So, a true deep breath comes from long, slow out-breaths and then allowing the in-breath to be as it wants to be. You can lengthen your out-breath by imagining you are blowing out a candle and this helps you to lengthen your breath. When I finally realized that the true power is in the out-breath, I was able to bypass the resistant one who thinks it is just too much effort to breathe. And it feels so good to say “Ahhhhhhhhhhhhhhhhhh” on the out-breath. That sound is the vibration of the heart chakra and also the great sound of letting go.

I often use the mantra, Clear Mind, Don’t Know. On the in-breath, I say “Clear Mind” three times, and then in one long out-breath, I say “Don’t Know.” It is so nourishing. Why does saying Don’t Know bring a clear mind? Because when I say it, I am no longer caught like a rat in a cage trying to figure it all out. Stephen Levine, author, and spiritual teacher, says that trying to figure it all out is the ultimate seduction. When we try to figure it all out, we are not connected to life. Life is in charge of life, and it will figure it out, so we don’t have to. This mantra lets me know that I am being held and breathed by life.

Be light,

Mary

When you close the damper down on a fire, you limit the amount of oxygen so the fire smokes, and goes out. The same is true for our whole body. When we limit our oxygen, our whole body suffers. That's why being conscious of our breath is so important.

Acknowledgements from Our Readers

“Thank you, Mary! Your healing wisdom is such a blessing and a gift...Powerful medicine...”
~L.

EVENTS

Please follow the links for details

FREE live call with Mary – Sign up coming soon.

Can We Trust the Chaos of Our Time?
September at 5:30 PM Pacific Time

Tuesdays: TBA

[Telegroup: What's In the Way Is the Way](#)
10:30-11:30 AM Pacific Time

Thursdays: TBA

[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!

Being Healed by Our Compulsions self-paced online course

[Being Healed by Our Compulsions online course](#)
Start as soon as you sign up!

Falling in Love with You self-paced online course

[Falling in Love with You](#)
Start as soon as you sign up!

Free Night with Mary

Can We Trust the Chaos of Our Time?

Absolutely. It may not be likable and it may even be scary but it is immensely trustable. As I intimately explore in my book What's in the Way IS the Way, even this time of chaos can be empowering rather than disempowering. Join Mary in exploring how the challenges of our time, rather than stressing you, actually empower you.

FREE live call with Mary on September 19th at 5:30 PM Pacific Time.

REGISTRATION COMING SOON

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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