



October 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: “Tune into the areas of your body that are uncomfortable and acknowledge the discomfort. And if it calls to you, try using music and dance to get out of your head and into your body.”

Intention: The next time I feel challenged in my body, whether it is pain, discomfort, immobility or limitations, I will listen to what my body is telling me rather than what my mind is saying.

FEATURED OFFERINGS:

FREE live call November 14th

[The Joy of Being at Home in Your Life](#)

SEE BELOW FOR DETAILS

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Mary's first book *Belonging to Life* will soon be on Audible



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

Tapping Into Your Body's Intelligence

Your body is an amazing teacher if you just stop to listen. Most of the time you listen to the stories in your mind and, thinking you are your thoughts, you believe whatever your mind tells you. This cuts you off from the phenomenal intelligence of your body.

A friend of mine had surgery on her forehead to remove some skin cancer lesions. She said she wasn't anxious or worried before the procedure. As the surgeon made the last few stitches, she noticed her neck was tight, and she felt clammy and lightheaded. She told me it was a very scary moment because her mind told her to resist and get away. As she readied herself in her mind to fly off the table and out of the room, she instead decided to tell the doctor what was happening in her body, and once she acknowledged her discomfort, the feeling began to relax, and her mind calmed down.

I shared with my friend that when the fight or flight mechanism in the body gets activated, the mind wants to fight or flee. We human beings live in the 'fight or fleeing' mode quite a bit. We do whatever we can to escape from the emotional, physical or mental pain we are experiencing. As a result, we are often so out of touch with our bodies that we don't feel anything, like my friend just before her surgery. She realized after we talked that her neck had actually been aching on the drive to the surgical center and also while she was waiting, but she was resisting the pain by ignoring it. Had she tuned into what was happening in her neck, she would have been able to be with her discomfort, so the scary feelings were not so intense.

The stories in our mind can affect how our bodies function. I'm sure you have experienced what I mean. You are getting ready for a big meeting at work or a doctor's appointment, and you are anxious about how it is going to go. As that fear tightens your body, it generates things like an acid stomach or a tight neck.

So, the next time you are having any type of challenge with your body, whether it is pain, discomfort, immobility or limitations, I invite you to begin listening to what your body is telling you rather than what your mind is saying. Tune into the areas of your body that are uncomfortable and acknowledge the discomfort. And if it calls to you, try using music and dance to get out of your head and into your body. The more you live in your body, the easier it is to relate to the stories in your head rather than being lost in them. Then your body can laugh more, move more, dance more, and live more.

Be light,

Mary

The more you live in your body, the easier it is to relate to the stories in your head rather than being lost in them. Then your body can laugh more, move more, dance more, and live more.

Acknowledgements from Our Readers

Dear Mary, Such wisdom in your words. I look so forward to reading your blogs. Your shares help me so much. Thanks so much. ♥ 🙏 ~S.

EVENTS

Please follow the links for details

FREE live call with Mary

[The Joy of Being at Home in Your Life](#)

November 14th at 5:30 PM Pacific Time

Tuesdays: Oct. 17th, 24th & Nov. 14th, 21st & Dec. 12th & 19th

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

10:30-11:30 AM Pacific Time

Thursdays: Oct. 19th, 26th & Nov. 16th, 30th, Dec. 14th, 21st

[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! **\$150 off until Oct. 19th**

Falling in Love with You self-paced online course

[Falling in Love with You](#)

Start as soon as you sign up! **\$150 off until Oct. 19th**

What's In Your Way IS the Way self-paced online course

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FREE LIVE CALL WITH MARY

The Joy of Being at Home in Your Life

Of all of the longings we experience, one of the deepest is a sense of belonging. What does that look like?

- You wake up every morning with a sense you are a necessary and unique part of life.
- You live life as an adventure because you deeply trust whatever comes your way.
- You can easily access a sense of wonder and astonishment about the gift of life.
- And you feel like you belong, no matter what is happening.

Join Mary in exploring your birthright to truly being at home in your life!

FREE live call with Mary on November 14th at 5:30 PM Pacific Time.

[REGISTER 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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