



January 2024

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: "There was a time in your early childhood when you saw—deeply saw—your mother's face, really tasted your food and were able to stay open to the flow of life. Whether you remember it or not, you experienced being fully connected with life. In other words, you were *awake*."

Intention: When I feel busy or overwhelmed and I lose my connection with life, I will practice slowing down and reconnecting with the beauty of it. I will use breath, movement, or meditation to ground myself so I can reconnect with the present moment.

FEATURED OFFERINGS:

**[Being Healed by Our Compulsions
Self-Paced Course](#)**

Being offered on sliding scale!

See below for more detail.

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[Belonging to Life Audiobook is here!](#)

Narrated by Mary O'Malley herself.

See how to listen below!

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[Are You Ready to Move Beyond Struggle?](#)

See below for details on the next Free Live Call Event!



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

Being Fully Awake in Your Life

It has been said that after his enlightenment, the Buddha was met on the road by a man who noticed his extraordinary presence. This man asked, “Who are you? Are you a god?” “No,” the Buddha replied. “Well then, are you some kind of magician?” the man queried. “No,” the Buddha replied again. “Are you a man?” “No.” “Well, what then are you?” the man asked. “I am awake,” the Buddha said.

There was a time in your early childhood when you saw—deeply saw—your mother’s face, really tasted your food and were able to stay open to the flow of life. Whether you remember it or not, you experienced being fully connected with life. You didn’t need yourself or your life to be any different than what they were. Without the conditioned mind’s propensity for struggle, you were present for each moment. In other words, you were awake. You weren’t yet fully aware, but you were here. As you grew up, thoughts slowly filled up your mind, contracting your focus into thinking about life rather than being present for it.

You are reading this because you are on the journey back to an intimate and fully alive experience of your life. To get a glimpse of this, I invite you right now to place your finger on the side of your neck and find the spot where you can feel your heartbeat. For most people, it is at the end of your jawbone, right below your ear. Rest your finger there for a few moments, feeling how steady and rhythmic your pulse is.

Now sense that same pulse in the people living in the buildings surrounding you and in the cars that are going by.

Now become aware that this rhythm is in the birds and animals that live in your neighborhood and in the flow of sap through the trees.

Expand your awareness and find it in the dance of night and day and the cadence of the tides. Allow yourself to experience life as rhythm, expanding and contracting, opening and closing.

Now come back to the pulse in your neck and realize that you are a part of this great rhythm and that every cell in your being vibrates in tune with this cosmic dance.

As you feel the pulse of life in your body, you begin to get glimmers of what it is like to be awake for life. This invites you to soar on the winds of awe, reverence, and trust in this creative dance that is your life.

But if you are like most people, you have been sleepwalking through your life. Even when you are slumbering in a mind that thinks it is separate from life, Life is inviting you to come back home to this moment. Breath by breath, step by step, it is inviting you to intimately and immediately connect with your life right here and now.

This experience of awakening to life is spoken about in practically every myth that has ever been written. An intimate connection with life is the pot of gold at the end of the rainbow, the sleeping princess who awakens with a kiss, the Golden Fleece. With all your longing for a better body, a nicer mate, a lottery win, or an easier job, what you truly long for is to consciously enter the creative flow of life.

What does that look like? I invite you, after you read the next few paragraphs, to lift your eyes and explore the space you are sitting in. First see it; really see it. Even if you have been in this space a thousand times, it is different. It is new. If your mind isn't curious, pretend you are an alien who has come to inhabit a human body for just a few moments, and you need to describe what Earth is like when you go home. Pay keen attention to what is. See lines and curves, colors and shadows. Feel the temperature of the air and hear the sounds around you.

This is it. This is the living moment of your life. Touch it with your attention. Open your awareness and feel it; experience it. Notice that the mind will want to think about what it is experiencing. Over and over again, with deep curiosity, simply bring your attention back to what is, right here right now.

Let this moment be enough. Let go of wanting, fearing, grasping, and resisting and instead simply connect with life. In discovering how to rest in this moment, you rediscover a wellspring of creativity, safety, unlimited support, and a deep and abiding sense of belonging.

Now bring your attention into your body and find your breath. There it is, rising and falling, rising and falling. Watch your next breath arise and then watch it fade away. That breath is now in the past, never to be again for it belongs to the 'already lived'—to the land of dinosaurs, ancient Egypt, and

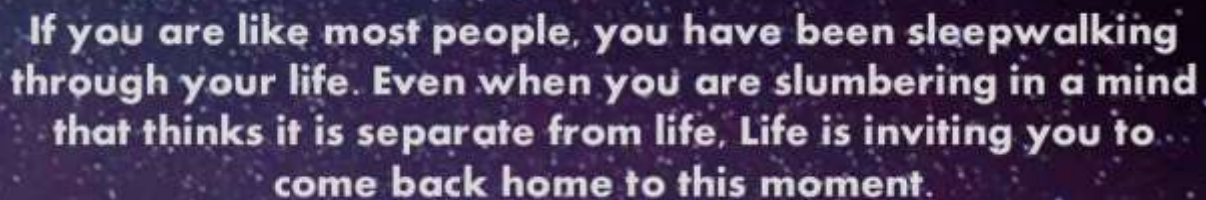
second grade. Fully be with the next breath, for this is where it is all happening. You will again drift off into the mind, back into a conversation about life rather than the real thing. But that's okay. Just keep returning to the experience of your breath and know that each moment of connection with what is, is a moment of healing.

As you are reviewing your life at the beginning of this New Year, I invite you to gift yourself with at least a few minutes every day when you close your eyes and connect with your life. It could be listening to the sounds around you as they arise and pass away. It could be riding the waves of your breath. In the beginning, this can be very challenging as your attention is used to following thought wherever it goes. You may be able to really hear the music of the birds in your yard, only to have your thoughts take over again. Be kind and patient with yourself. A little bit of pure connection goes a long way.

You can also sprinkle moments of presence throughout your day, bringing you into immediate connection with your life. Look for moments where there is a pause like in the elevator at work, or your car at a stoplight, or waiting for your favorite program to come on. As you are willing to be, you will become a part of the healing that is needed on our planet.

Be light,

Mary

A rectangular box with a dark, starry background. The text is white and reads: "If you are like most people, you have been sleepwalking through your life. Even when you are slumbering in a mind that thinks it is separate from life, Life is inviting you to come back home to this moment."

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Acknowledgements from Our Readers

Thank you, dear Mary 🌸 🤍 🙏 your pointings always land right in my heart 🥰 🌸

Love and gratitude your way

~I.

EVENTS

Please follow the links for details

Being Healed by Our Compulsions self-paced course Sliding Scale

Mary is offering Being Healed by Our Compulsions self-paced course on sliding scale. \$347-\$50 pay what you can afford. *See below for more details.*

Free Live Call: Are You Ready to Move Beyond Struggle?

We're excited to announce the next Free Live Call will be held on January 16th. *See below for more details.*

Belonging to Life audio book is now available! *See below for more details.*

[Get it FREE with a FREE trial of Audible](#)

Or [purchase separately](#)

Tuesdays: Jan. 23rd & 30th, Feb. 20th & 27th

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

10:30-11:30 AM Pacific Time

Thursdays: Jan. 25th & Feb. 1st, 22nd & 29th

[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!

Falling in Love with You self-paced online course

[Falling in Love with You](#)

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!

BEING HEALED BY OUR COMPULSIONS SLIDING SCALE

Being Healed by Our Compulsions self-paced course: Sliding Scale

Starting today, because the world is struggling so much right now, Mary feels called to open Being Healed by Our Compulsions self-paced course up to a sliding scale, so that those who would benefit from the teachings but can't afford the usual price can still benefit. The core teaching of this course is how to unhook from struggle which in times like these can feel more difficult than

ever. This course will walk you through exercises and knowledge to aid you in your process of unhooking and awakening to life.

We are asking that you pay what you can afford, from \$347-\$50, although, if \$50 is still too much, let us know and we will work with you. Please email aja@maryomalley.com and let us know what you can afford and we will set you up with a coupon so you may purchase the course at your afforded price.

Learn More about the course: [HERE](#)

Contact devrah@maryomalley.com for questions.

NEXT FREE LIVE CALL ANNOUNCEMENT

Are You Ready to Move Beyond Struggle?

Our core compulsion is to struggle and all of our other compulsions are an attempt to numb out from the heartache of struggling with life rather than flowing with it.

Join Mary in exploring how to unhook from struggle so that all of your other compulsions like busyness, screen time, trying to control the people in your lives, along with the basic compulsions around food, alcohol and drugs, can become your guide back into a deep and nourishing connection with life exactly as it is. We will meet on **January 16th at 5:30 pm PST** for the free live call, lasting about an hour.

Learn More and Register [HERE](#)

Contact devrah@maryomalley.com for questions.

AUDIOBOOK RELEASE ANNOUNCEMENT

Belonging to Life Audiobook is Available on Audible!

The audiobook for Belonging to Life Narrated by Mary O'Malley herself is now available! Belonging to Life is an invitation to know again the joy, the wonder and the peace of truly belonging to Life and belonging to your own life. In this book we explore techniques and ideas that invite you to free your attention from the mind that feels it needs to *do* Life so you can *be* Life again. We are so excited to finally be able to share this audiobook with you.

It is available NOW on Audible

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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.

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