



September 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: "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?"

Intention: The coolness of the coming Fall is giving my body some relief. Our bodies are amazing, but most of us learned very young to turn our bodies into enemies. Like I said in my letter, I invite you to be kind to your body this month and work on seeing it as the amazing vessel for you that it is. If it calls to you, everyday take a moment to thank your body for all of the things it does for you.

FEATURED OFFERINGS:

Free Live Call

The Phenomenal Healing Power of Trust

See below for more detail!



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

You Are Beautiful Exactly as You Are!

A friend of mine 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!

Why does our society put so much emphasis on how you look? Because we have all been brainwashed from a very young age to believe that being beautiful 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 my 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.

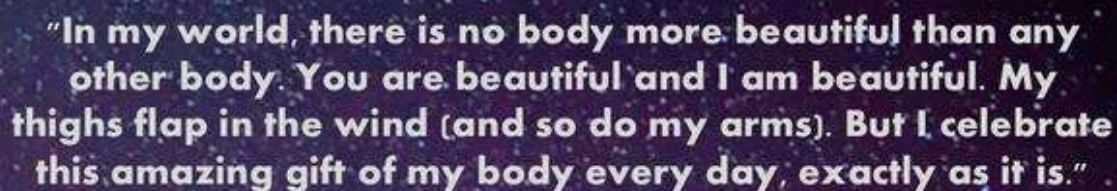
If you are struggling with your body image, instead of saying, “I should be losing weight” or “I will never be beautiful because...,” I invite you to be willing to be kind to your body. It is an exquisite gift from life and it does so much for you. Notice it. Hug it. Thank it for endlessly helping you 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?

Then, if you are willing, ask your body “What is it that you are trying to protect?” For any time you overeat, you are trying to numb something deep and vulnerable inside of you. Then ask yourself “What am I truly hungry for?” Don’t look for an answer. Be the question.

Your struggling mind that thinks you need to have a certain body image to be okay 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!

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on Dreamvisions 7 Radio: *The Magic of Acceptance*. It will air September 5th and 12th at 5am and 5pm HERE. After the 12th, it will be available on demand, along with every other radio show I've ever done HERE. Please feel free to explore my catalog and listen to topics that call to you.

Be light,
Mary



“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). But I celebrate this amazing gift of my body every day, exactly as it is.”

Acknowledgements from Our Readers

I so appreciate you, Mary, taking the time to share your world, and embrace it all. I love how you can express yourself. Your soft, heartfelt voice always moves me, and rings my hearts resonance! Thank you for taking the time to write and share! ~ W.

EVENTS

Please follow the links for details

The Phenomenal Healing Power of Trust See below for more detail.

The next Free Live Call will take place on October 8th at 5:30 pm PDT!

[Learn More & Register Here](#)

Tuesdays: New Dates To Be Announced

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

10:30-11:30 AM Pacific Time

Thursdays: New Dates To Be Announced

[Zoom Group: Guidance for Personal Awakening](#)

10:30 AM - 12:00 PM Pacific Time

Thursdays 8:00 AM & 8:00 PM Eastern Time (5:00 AM & 5:00 PM PT)

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](#)

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](#)

Start as soon as you sign up!

NEXT FREE LIVE CALL ANNOUNCEMENT

The Phenomenal Healing Power of Trust

It seems like so much is out of our control right now – angry, berating politics, climate change, and seemingly endless wars. Can we trust it all? Join Mary in exploring what true trust is, how to bring it into your life, and the gifts that will bring.

We will meet on October **8th** from **5:30 to 7 pm PDT** for the free live call, lasting about an hour and a half.

We will be on Zoom. Connect in the way that feels most comfortable to you.

Join with video, keep your video off or call in. If you can't make the call, send your questions to the Awaken Team at awakenteam@maryomalley.com and Mary will address them in the call and you will receive a recording.

Learn More and Register [HERE](#)

Contact our Support email: awakenteam@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:

awakenteam@maryomalley.com

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