



June, 2014

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:

A natural breath grounds us and creates space within us, making it safe to be open to the creative flow of life. It also is one of the most powerful healers we have.

Intention:

Whenever I notice that my breathing is shallow and my diaphragm is tight, I will take a moment to breathe out fully, allowing a deep in-breath to fill me.

Featured Offering

**Costa Rica retreat with Mary in 2015!
See below for details.**



Are you ready to be amazed? We breathe over 20,000 times a day – not 2000, but 20,000! So your breath has been with you for every single thing that has happened in your life. It was there when you were born, learned how to walk, ride a bike, your first kiss, your first day at your first job, and while you are reading this newsletter. And yet how many of those breaths have you been aware of? If you are like most people, probably not very many.

Here is another amazing fact: *you are being breathed by life*. You are not the one in charge of your breath. Yes, you can influence it, but just try to stop it. Life is *breathing you*, giving you the gift of breath, giving you the gift of life. And one day it won't be there anymore. So, for just this moment, recognize how precious your breath is!

Another amazing thing about breath is that most of us use only 10% to 15% of our breath capacity. We do this because when life was scary and confusing and overwhelming when we were young (as it was at moments for all of us), we discovered that if we breathed more shallowly, then we had some control over the feelings that were moving through us.

There was a study done once of how children breathe. All of the children in the study were breathing naturally before they went to preschool. (A natural breath is when your whole trunk is involved with your breath - just watch cats, dogs or babies and you will see what I mean.) By the time the children went to first grade, *all* of them were breathing a much more shallow breath, breathing up into their chests rather than down into their bellies.

Like these children, we all discovered how to hold onto our breath by tightening our diaphragm, the main breathing muscle which is right around our solar plexus. This tightening is a subtle knot in the area of our stomachs that can intensify in times of stress and be very uncomfortable.

We cut ourselves off from so much by holding onto our breath. A natural breath grounds us and creates space within us, making it safe to be open to the creative flow of life. It also is one of the most powerful healers we have. Because we hold onto our breath, our nervous system is usually in a slight flight or fight mode which causes so much upset in our bodies and minds. When we breathe an open breath again, it turns on the calming aspect of our nervous system which is where healing, peace and deep, restful sleep happens.

To experience this, allow your next breath to be deeper. Don't try to force it, just let your next *out-breath* be longer than it usually is. Now *allow* an in-breath to fill you up, and as it turns, ride the wave of letting go that is your out-breath. Here you are, riding the waves of your breath – in and out, deep and slow. If you do this for just a few minutes, you will feel how powerful a deeper, rhythmic breath is.

If this calls to you, I offer a CD on breath called *Breathe Fully – Live Fully*. I usually don't promote things in my newsletter, but I feel that it is very important for each person's healing and for the healing of our planet that we rediscover the phenomenal healing qualities of our full and natural breath. This is a 2 CD set that is a compilation of the breath class I taught at our local hospital for years. The first CD is about how to reconnect with your natural breath. The second CD has many guided breath practices. If this doesn't call to you, give yourself the gift of setting aside few minutes every day to ride the waves of your breath. You will be amazed at how this will transform your life.

Now, before you lift your eyes from this newsletter, take a moment and notice your breath. Breath is the amazing healing, renewing river of life that is moving through you every single moment. For just a few moments, connect with life by simply being aware of your breath.

Be light, Mary

Quote: “Breath is the amazing river of life that is moving through you every single moment.” —Mary O’Malley

To learn more about this work, please visit our web site at www.maryomalley.com Also, please click on the [Watch Mary](#) link in the left sidebar of our website homepage and scroll to the bottom to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary’s Blog](#) link to read messages from me and reply or ask questions. Also, on the Books page, there are links to 12 short videos about What’s In the Way IS the Way.

To view previous newsletters, please click on the link [Newsletters](#).

To follow Mary on Facebook and Twitter, please click on the links at the bottom of the left sidebar on our website. Mary is also on Pinterest and Google+. If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

New Website for What’s In the Way IS the Way

We have a new website just for *What’s In the Way IS the Way*.

In order to get it to show up in Google search, there need to be many visits. **Would you be willing to copy and paste the link below in the address bar of your internet browser?** Maybe even do it a number of times? Thank you!

www.whatsinthewayistheway.com

Costa Rica Retreat: Celebrating Life ~ All of It!

Samasati Nature Retreat, February 8-14, 2015

Registration for this transformational, tropical retreat is limited to 20 people. A \$500 non-refundable deposit holds your place and will be applied to the total balance. The cost of the 6-day retreat is \$1799 which includes lodging, food and transportation to and from San Jose. **Registrations received by July 15th will receive a \$200 discount** on the balance due for the retreat. The balance is due by Oct. 1st.

For more information and to register, please follow [this link](#).

From Our Readers

Dear Mary,

The three step process you taught me worked magic. I was extremely anxious at the beginning, but felt more focused as I kept breathing. The anxiety that I realized wasn't ME and thus didn't identify with, came and then passed right through me. It kept coming, but never overtook me!

Thanks so much for the gift!!!! ~D.

Counseling & In-Person Groups

Counseling - In Person & by Phone

Mary is a guide who offers insights born of experience and awareness. Through deep listening and presence, she helps others open to their own clarity and wisdom. Her office is in Kirkland, WA and she is also available for phone counseling and with Skype. For each 50-minute session, the fee is \$150. Packages available are 3 for \$420 (\$140 each), 4 for \$520 (\$130 each), and 10 for \$1200 (\$120 each). Please contact Mary to set-up a package. Payment may be made through PayPal. Mary is a Certified Counselor in the State of Washington and can provide invoices for insurance reimbursement.

For information and appointments, please call Mary at 425-889-5937 or send her an email at awaken@maryomalley.com

In-Person Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening with expert guidance and to share with other awakening beings. You will also experience the healing power of mercy and trust.

Weekly groups are offered in Kirkland, WA on Mondays from 7:00 to 9:00 PM and on Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. You must have one session with Mary and may visit a group one time before joining. Please Contact Mary for information and an appointment.

Tele(Phone)Groups

These phone groups are a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the groups and there are opportunities for questions and discussion. Once you register, you will receive a dial-in-number and access code. When you dial-in, you will be prompted what to do to join the group call. Each session is 4 weeks and costs \$100. There is a morning group on Tuesdays and an evening group on Thursdays. To register, click on the appropriate link below.

Events

Please follow the links for details

Tuesdays, May 27- Jun 17

Telegroup: What's In the Way Is the Way Group

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, May 29 – Jun 19

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

Saturday, Jun 7

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month.

Sunday, Jun 8

South Sound Unity Sunday service 10:00 AM

Mary will be the featured speaker at the Sunday service. Her talk title is "The Frog and the Princess!" For directions, please go to their website (link above).

Tuesdays, Jun 24, July 2, 8, 29 *(no group July 15 or 22)*

Telegroup: What's In the Way Is the Way Group

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursdays, Jun 26, Jul 3, 10, 31 *(no group July 17 or 24)*

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

Saturday, July 5

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month.

Feb 8-14, 2015

6-night retreat in Costa Rica: Celebrating Life – All of It!

Samasati Retreat Center. For more details and to register, go to our Retreats page.

For more information about Awakening, please follow the links below.

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.

Contact Mary

About Awakening

Our Offerings

Mary's Retreats

