

## Genie O'Malley - Biography



Genie O'Malley is the founder and CEO of iBreatheLife, a company dedicated to improving the lives of women and men, their families, and their communities through the power and healing qualities of breath. She created iBreatheLife to embrace, serve, develop, create, inspire, and provide individuals with the opportunity to witness the unlimited potential of their inner spirit, ultimately enabling them to take control of their lives and share their essence with the world around them. Over the past twelve years, Ms. O'Malley's expertise in emotional wellness has helped thousands of people awaken their inner wisdom by learning to harmonize the seven key emotions. This transformation enables people to live within the wisdom of breath, to trust their inner beauty, to embrace self-acceptance, to reject the negative mind and awaken to the joy of self-love.

Ms. O'Malley teaches classes and trains facilitators at two breath studios, called the Breathnazium, in Manhattan, NY, and Hopkins, MN. The Breathnazium enables individuals to experience a deep spiritual awakening through her unique higher mind breath technology and helps them achieve self-love, self-actualization, and inner peace. Through one-on-one sessions, workshops, and group environments, Ms. O'Malley breathes with women and men to focus on awakening the seven key emotions to live within the higher mind, to awaken their knowledge of inner beauty, to embrace the positive energy in their lives and denounce the negative mind, and to help make them aware of the ability they have to find true peace and happiness within the healing power of their breath.

Ms. O'Malley's teaching of the higher mind breath helps people discover self-acceptance, forgiveness, silence, compassion, celebration, inner knowing, and gratitude. The Breathnazium is a sanctuary where people come to restore their inner harmony, awaken inner peace, and celebrate the expression of wisdom. Within the presence of the higher mind they feel supported, resilient, peaceful, and renewed to truly embrace and celebrate their lives. Ms. O'Malley's constant focus on establishing and maintaining emotional wellness ensures that people harmonize the seven key emotions to ultimately delve into the core of their existence and awaken them into the reality that their inner strength is endless.

Genie's Wisdom Workshops are the equivalent to a year in therapy. The clarity and "ah ha" I experienced through the exercises we participated in and Genie's intuitive facilitation shifted me forever.

*Sarah Murray*  
*Certified Effectiveness Coach*



I connected to the part of myself that I thought was slowly fading away—the essence of who I AM. I stepped away from my ego and saw the beautiful miracles and woman that I am. I started loving all of me for the first time in my life. I experienced a connectedness to my self through breath in a way that I have never experienced. It connected me to the limitless possibilities for my life. I have transformed my life through breathing in ways I never thought possible. I have healed and with great conviction will continue to open my heart and become free from my past. I love iBreatheLife, it is my family—a community where I am honored and embraced as a woman.

*Kate McNally  
Cosmetologist*

A continuing force of positive change has been Ms. O'Malley's outreach work with her Movement of the Heart Foundation, a nonprofit organization that inspires women to celebrate the miracle of healing and empowerment with breath. Through education, services, and products, Movement of the Heart serves women who would otherwise be unable to experience the supreme power of breath due to conditions within their lives. She also directs a weekly inspirational breathing program at Minnesota's Hennepin County Correctional Facility for Women, as well as other outreach programs with nonprofit organizations in the greater Minneapolis area.

Ms. O'Malley began her current journey in 1997 when, at the age of 27, she entered and spent nine months in the rainforest in NSW Australia. She was grappling with a history of physical and emotional abuse, compounded by self-destructive tendencies, which had ultimately driven her to unbearable despair and depression. It was in this rainforest that she overcame her tumultuous background and experienced a rebirth that awakened her to the extraordinary power of breath to heal her life. Soon after this awakening, Ms. O'Malley brought her newfound knowledge and mission of healing to the United States, where she wrote her acclaimed book, *Complete Earthly Woman*. Quite often defined as “an inspiration and guide to self-empowerment and self mastery,” her book provides an astonishingly simple, effective and, indeed, critical gateway to the genuine, joyful, and abundant life sought by people all over the world.

Based on her courage, vision, and dedication, Ms. O'Malley was named the New York Women's Agenda's (NYWA) “Rising Star of 2003” for her tireless work with and for women in the New York community. NYWA is a coalition of female community activists who support the diversity and interests of women in New York through advocacy and education. She was honored as a leader in business and in the community, and for being a steadfast role model for other women.

Genie currently serves as a celebrity breath coach and mentor, and is breathing with women from Madison Avenue to the Minnesota women's workhouse. Genie says that “each of them experience one thing that is universal: They become free from the stranglehold of the negative mind and awakened to the beauty of self-love”

For more information, or if you would like to schedule an interview with the Genie O'Malley, please call Steven Dwyer on 1-888-515-0444 or email [Media@iBreatheLife.com](mailto:Media@iBreatheLife.com)

