



	January 1, 2010
<p>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.</p>	<p><u>Inspiration:</u> We live in a story in our heads that tells us we need to make ourselves and our lives better or different than they are. In our endless trying, we have forgotten how to <i>be</i>.</p> <p><u>Intention:</u> Today, whenever I notice myself feeling that things need to be different than they are, I will stop, notice what is here right now, and allow myself just to <i>be</i> with it.</p> <hr/> <p><u>Featured Offering:</u> A free 20-minute counseling session for new registrations for "Moving Beyond Struggle" Telegroup starting Monday, January 11th. See below to register.</p>



Here we are at that time of the year when once again we make the all-too-familiar commitment to wrestle our compulsions into submission. And yet, in the long run, it never seems to work the way we want it to. Could it be that we are barking up the wrong tree? Could it be that there is a new way of working with them that brings true and lasting healing?

In order to discover this way, we first need to understand that we are all compulsive to some degree. A compulsion is any recurring activity used to manage our feelings that eventually ends up managing us. We can get compulsive about almost anything: over-spending, over-eating, over-working, over-planning, over-worrying, over-exercising, over-drinking, over-computerizing, or just over-ovring. Many people are compulsive without even knowing it. It isn't until the computer crashes or the credit card is canceled or the doctor says you can't eat a high fat diet that it becomes clear how much any particular activity controls your life.

Ultimately, our core compulsion is to struggle – to resisting what is. We live in a story in our heads that tells us we need to make ourselves and our lives better or different than they are. In our endless trying, we have forgotten how to *be*. We have forgotten how to be open to the marvelous and magical adventure that is Life. We have forgotten how to trust ourselves, trust our lives, and live in joy. So we turn to compulsions to numb us out from all of our struggles, only to find ourselves struggling with our compulsions.

Our compulsion to struggle causes such havoc in our lives. What would our lives be like if we could move beyond struggle and reconnect with the joy, the wonder, and the vitality of being truly alive? And how would it feel not just to heal our compulsions, but also to be healed by our compulsions. By healing I mean that not only do they no longer overtake our lives, but we are healed to the point that we experience again the deep peace that comes from being comfortable in our own skins, knowing that we are okay, life is okay, and everything is going to be okay.

This is the true healing we long for, and the amazing thing is that our compulsions can bring us there. They can bring us home to ourselves, helping us to open what has been closed, to reclaim what has been hidden, and to remember what has been forgotten. This new way moves us from seeing our compulsions as enemies needing to be conquered to recognizing them as guides back into a deep and abiding relationship with ourselves and our lives. This new way is about being curious rather than controlling and about responding rather than reacting. Our compulsions thrive in reaction. They heal in response. They won't let go until they teach us how to engage with them, giving the attention and the compassion they need to heal. In the light of our compassionate attention, not only do our compulsions lose their power over us, but they also become a doorway into the healing that we long for.

As many of you know I once gained 97 pounds in a year, so I know the world of compulsions very well, and I also know how to heal and be healed by my compulsions. So I will hold this healing for all of you, and if there is any other way I can support you, please don't hesitate to let me know.

Be light, Mary

Quote: “This new way of working with compulsions moves us from seeing them as enemies needing to be conquered to recognizing them as guides back into a deep and abiding relationship with ourselves and our lives ” — Mary O'Malley

To learn more about this work, please visit our website at www.maryomalley.com

Also, please click on the [Your Gift Movie link](#) in the left sidebar of my website homepage to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Blog link](#) to read messages from me and reply or

ask questions.

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Featured Offering - Free 20-minute Phone Counseling Session

[Moving Beyond Struggle TeleGroup](#)

If you are a first-time registrant for the "Moving Beyond Struggle" Telegroup, you will receive a free, 20-minute phone counseling session with Mary. The group meets on Monday nights from 5:55 to 6:55 Pacific Time. To register, follow [this link](#).

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. The fee is \$105 for each 50-minute session. (sliding scale available for those who need it.)

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

[Awakening Groups](#)

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

You may visit an in-person group one time to see if a group is right for you. To join a group, an introductory counseling session with Mary is required. If you are interested, please contact Mary at info@maryomalley.com or 425.889.5937

Events

Please go to our [Events Calendar](#) for details

Saturday, January 2nd

[Half-Day Retreat](#) 9:30 AM-1:30 PM, Kirkland, WA

Mondays, January 11th-February 1st

[Telegroup: Moving Beyond Struggle](#) 5:55-6:55 PM Pacific Time

Thursdays, January 7th-28th

Telegroup: The Gift of Our Challenges 6:00-7:00 PM Pacific Time

Wednesday, January 27th

Breathing Power - How to Revitalize Your Life

7:00 PM Evergreen Healthcare, Kirkland, WA

Saturday, February 6th

Half-Day Retreat 9:30 AM-1:30 PM, Kirkland, WA

February 20-26, 2010

What's In the Way Is the Way a retreat co-facilitated by

Mary O'Malley & Neale Donald Walsch

Cost is \$1975 for the retreat, room and meals.

Please follow title link for more information and to register.

April 18-24, 2010

Awakening In Paradise

A Women's Retreat in Bali with Mary O'Malley

Cost is \$1475 for the retreat, room and meals if registered by July 1st (\$1675 after July 1st.) Please follow the title link for more information and to register.

For more information about Awakening, please follow the links below. To unsubscribe, click on the link at the bottom of this email.

Please feel free to forward these emails to those whom you feel would be interested.

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