



January 1, 2009

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:** What we resist, we empower; what we embrace ceases to have power over us.

**Intention:** When I feel resistance toward some behavior or mental/emotional state, I will turn toward it instead with compassionate curiosity.

### **Featured Offering:**

New CD set from Mary's workshop in DC  
See details below.



What would it be like if your compulsive behaviors were no longer problems that you need to get rid of? What would it be like if they became doorways into the clarity, peace and joy you long for instead? This is entirely possible. It is possible not only to release yourself from your compulsive urges but also to become free from the core compulsion we all have, the compulsion to struggle with ourselves and with our lives. And we are masters at it. I love to say that we are like little old people endlessly trying to unravel a ball of yarn and all the while we are sitting in paradise. Your compulsion, rather than being the enemy, can be a guide

through the world of struggle and back into a deep and trust filled relationship with yourself and with your life!

It certainly happened for me that way and for many people I have worked with over the years. How did that happen? You may know my story about how I gained 97 pounds in a year and at the same time was washing a lot of that food down with alcohol and taking every kind of pill I could get my hands on. I tried to stop drugging myself and tried every diet under the sun – only to have them all fail. Was that because I was a weak willed ninny? No! They didn't work because it is a law of the psyche that **what you resist you empower!** But gradually I was taught how to be curious about what I was experiencing rather than always trying to control or change it. And as I learned how to be curious about what was happening within me when I was compulsive, my compulsions calmed down. For it is another law of the psyche that **what you embrace**

**ceases to have power over you.**

So let's take a good look at how we have been with our compulsions and recognize that it doesn't work. 95% of all weight that is lost in the US is gained back plus some within a year and a half. Why is that? Because what we resist we empower, and because how we try to control our compulsions doesn't work – not in the long run.

There is another way to work with your compulsions, a way that takes you beyond struggle itself. It is what my work and my book, *The Gift of Our Compulsions* is about. And now I am going to do something that I have never done in these newsletters. I am going to tell you about a CD set I just completed. I haven't ever done this because these letters are not about promotion. But these CDs contain a truly life-changing message, a message I want you to hear so that you can move beyond the struggles inside yourself into the joy of truly being fully alive that is your birthright! The CD set is from a workshop I did in DC last spring called, "Being Healed by Our Compulsions," and it is a window into the incredibly healing experience of moving beyond our core compulsion to struggle with life by being present for what is showing up in our lives.

If it doesn't call to you, that's fine, but I invite you to at least contemplate the radical notion that your compulsions are a gift from life to wake you up out of struggle. As Stephen Levine would say, "May you be so blessed to come across something you can't control." Why would he say that? Because control is an endless game of the mind, a game that you will never (thankfully) ever win, and because who you are is so much bigger than the game of control. May we use our compulsions to take us beyond the struggling self so we can discover who we truly are, and in that discovery may our world be healed!

**Quote: "Your compulsions are a gift from life to wake you up out of struggle."  
— Mary O'Malley**

To view previous newsletters, please click on the link [Newsletter Archives](#)

To learn more about this work, please visit our website at [www.maryomalley.com](http://www.maryomalley.com)

Also, please visit <http://www.yourgiftmovie.com> to view a wonderful 3-minute multi-media presentation about this work. The presentation is also available on CD for \$15.95.

If you wish to unsubscribe from this Newsletter, please click on the link at the very end.

## **Featured Offering - Free CD with New CD Set**

Being Healed By Our Compulsions is a 6-CD set recorded at a workshop Mary gave in Washington, DC last spring. If you have never experienced Mary in person, you are in for a treat as Mary weaves her knowledge, engaging presence, humor, and ability to respond to whatever is showing up in the moment together throughout this workshop. And if you have experienced Mary in person, you will feel like you are right there with her. In addition to Mary's teaching, the workshop includes guided meditations and

question-and-answer periods.

For this month, if you order this CD set, you may also choose a free single CD. To order this set, follow [this link](#) and [email Mary](#) with your single CD choice.

## Letters From Our Readers

Hello Mary,

Thank you so much for putting into words something I have been wrestling with for most of my life. I've just begun your book with your wonderful approach to compulsions but it feels like I've found a fellow traveler, someone who not only understands far more than I do still but has the depth of experience, self-learning and education to show me where I can endeavor to put my feet next on this path I am walking.

Sincerely, John

## 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 \$95 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](mailto: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.

*Weekly Groups are offered, **in person** on:*

Thursdays, from 10:30 am - 12:30 pm in Kirkland, WA.

Mondays from 7:00 - 9:00 pm in Kirkland, WA.

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](mailto:info@maryomalley.com) or 425.889.5937

The cost for in-person groups is \$120 for 6 weeks (a sliding scale is available).

## Tele(phone)Groups

### Food Compulsions Group

In this group we explore leading edge work around compulsion, opening together to the deep healing that is always available in those activities that formerly caused such frustration, self hatred, and despair.

Mondays 5:55-6:55 PM Pacific Time; Cost \$80/4 weeks

To register, please see listing under Events below.

### **Gift of Our Challenges Group**

Life is like the weather – constantly changing from easy to difficult, from joyous to sorrowful. True peace comes when we can embrace it all, even the challenges of our lives. We can change our relationship to them – whether they are illness, difficult relationships, compulsions, or deep loss – and discover the healing that is always there.

Thursdays 6:00-7:00 PM Pacific Time; Cost \$80/4weeks

To register, please see listing under Events below.

## **Events**

### **Saturday, January 3rd**

#### **Living in the Here and Now** Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We meet from 9:30 am to 1:30 pm at my home & garden sanctuary in Kirkland, WA. Love Offering (\$30 Suggested) To Register and for Directions, contact Judy by email at [heyjude763@comcast.net](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

### **Mondays, January 5th-26th**

#### **Telegroup: Food Compulsion Group**

This is an interactive group focusing on issues of food compulsion. It is conducted over the phone from 5:55 to 6:55 PM Pacific Time. The cost for 4 sessions is \$80. There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

### **Thursdays, January 8th-29th**

#### **Telegroup: The Gift of Our Challenges**

This is an interactive group conducted over the phone from 6:00 to 7:00 PM Pacific Time. The cost for 2 sessions is \$40. There are three ways to Register. You can register by emailing Mary and sending her a check or paying through PayPal, or to pay by credit card, click on [this link](#) and scroll down page (if necessary) to order form and fill out number of registrations you wish to pay for. Click "Continue" and follow rest of instructions to complete registration. We will then send you the dial-in number and access code by email.

### **Saturday, February 7th**

#### **Living in the Here and Now** Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of each month. We meet from 9:30 am to 1:30 pm at my home & garden sanctuary in Kirkland, WA. Love Offering (\$30 Suggested) To Register and for Directions, contact Judy by email at [heyjude763@comcast.net](mailto:heyjude763@comcast.net) or by calling 206-362-9077.

**February 21-27, 2009**

**Waking Up In Paradise** Residential Retreat

**Cost is \$1875**

*Travel is separate and you need to make your own arrangements.*

The retreat will be held at [Hui Ho'olana](#), a beautiful retreat center on the island of Molokai. With panoramic views of the Pacific Ocean and nearby islands, the center is surrounded by trees, fragrant flowers, luscious ferns, spacious open lawns, and scenic hiking trails providing an ideal environment for inspiration and a safe haven for the growth and nurturing of the spirit.

Please click on the title link above for retreat details and the Hui Ho'olana link above for more about the retreat center.

The focus of the retreat is on learning how to show up for whatever life brings in each moment. In that process, we will have times of silence and times of exploring together ideas and skills that invite us back into life. We will share both our wisdom and the challenges of learning to quiet our minds and open our hearts. There will be some meditation. The emphasis, however, is not on meditation techniques, but rather on using meditation practices to experience each moment of our lives more fully.

To register, click on the Waking Up In Paradise link above, scroll to the bottom of the page and click on the Registration Form link. Fill-in and submit the form. A deposit of \$500 will hold your place (\$200 is non-refundable). The full amount is due December 1st, 2008.

There will be no refunds for cancellations made after December 21st, but any payments may be applied to another retreat (minus \$200).

To ask questions or request a printed brochure or registration form, please contact MarySue at [sumara1@verizon.net](mailto:sumara1@verizon.net) or 206-550-2524. You can also download a brochure by clicking on [this link](#).

**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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