



January, 2019

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:**

**'Our compulsions are wise teachers.'**

**Intention:** When I feel compulsive, I will listen to what they are saying, so they can show me how to unhook from struggle and I can know the joy of being fully alive.

**Featured Offering**

**Being Healed by Our Compulsions**

**You have until Jan. 5th to receive \$100 off**

**A new Online Class with Mary beginning January 16, 2019**

**See Below for details.**



**Click on the photo above to watch Mary in a video message.**

Do you ever wonder why trying to control your compulsions is like playing a game of Whack-a-mole? You get one under control and another one pops up. Very frustrating! It isn't only food, alcohol and drugs that you can be compulsive around. It can be most anything, all the way from biting your fingernails, to becoming lost in opioids.

But our core compulsion is to struggle, and all the other compulsions are an attempt to numb out from that heartache. What do we do with our compulsive urge to struggle? We struggle with it! And then our compulsions come to numb us out from the heartache of all that struggle. Then we get more caught in the quicksand of struggle when we believe we must control our compulsive urges only to have them control us! And of course, this only gets us more deeply caught in struggle, bringing us into a sometimes very loud, but often very quiet despair.

It is fascinating to begin to see how your mind turns even the smallest things into problems and then spends most of its time trying to figure out how to fix them. If it isn't concerned about the new pimple on your chin, it is concerned about how your pet acts at the dog park or how fast somebody returns your call, or whether people will notice the spot on your shirt. These little concerns mushroom into big concerns like, "Will I get cancer?" or "Will they reject me?" or "Will I have anything left in my retirement fund?" No wonder we have to numb ourselves out with our compulsions.

When I look at the evening news, I see that all the chaos comes from human minds, minds that have become addicted to struggling with life. In my imagination, when I sit on the moon and look across at this beautiful blue green jewel of a planet that is our home, I see 7 billion people walking, driving, working, flying, sleeping, swimming, birthing, and dying and most all of them have clouds of struggle around their head.

But I also see more and more people whose clouds are thinning, who can respond to life rather than react, who can see we are all in this together floating on this tiny planet through vast oceans of space. To me one of the most powerful things you can do to become a part of the healing of our planet is to thin your clouds of struggle and one of the most powerful ways you can do that is through your compulsions.

What do I mean by that? How can compulsions heal the addiction to struggle? Because compulsions will not be healed through struggle. In fact, you empower them when you struggle with them. If you learn how to listen, then your compulsions will show you how to unhook from struggle so you can know the joy of being fully alive.

This is what my new online course is all about. It is called [Being Healed by Our Compulsions](#). Did your mind do a double take on that title? Take a few moments and let the title in. As you let roll around inside of you, you can begin to get the inkling that what we are exploring here is different than anything you may have explored before.

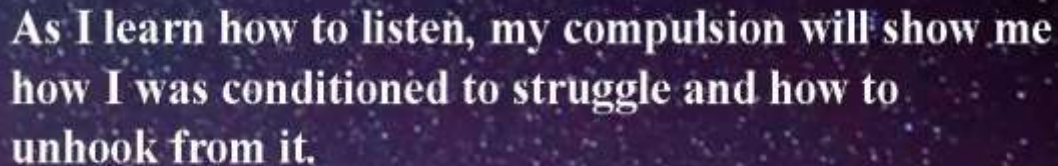
In this course, we're not going to struggle with your struggles for that is futile. We are also not trying to control your compulsions for as soon as you try to control them, they control you. We won't be making them bad or wrong, for they are a finely crafted survival system whose foundation was created inside of you when you were very young.

Instead, we will be exploring how to turn your compulsion from something that is wrong with you into the wise teacher that it really is. As you learn how to listen, your compulsion will show you how you were conditioned to struggle and how to unhook from it. In other words, we will be turning your compulsion from an enemy to an ally on your journey back to a nourishing connection with yourself and with life.

If this intrigues you, you can either listen to this [Master Class video](#), which will give you a simple and concise overview of what we will be exploring. And if it calls to you to join us, it warms my heart for we can support one another in rediscovering the joy of moving beyond struggle and being fully alive!

And if it isn't time, may you truly know that your compulsions are not something that is bad and wrong. Instead they can become an ally on your journey back into the joy of being fully alive!

Be light,  
Mary



As I learn how to listen, my compulsion will show me  
how I was conditioned to struggle and how to  
unhook from it.

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If you want to explore more about this work, please visit my [website](#), [Blog](#) and [Radio Show](#).

Also, please click on the Listen, Watch & Read link on our website homepage and scroll down to the link Watch a Wonderful Multi-Media Presentation About this Work (also on YouTube), click on the Listen to Mary's Radio Show link to listen to her bi-weekly broadcasts, and click on the Read Mary's Blog Posts link to read weekly messages from Mary. To view previous newsletters, please click on the link Read Mary's Newsletters

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*, and to visit the What's In the Way IS the Way website where you can read the endorsements go to [www.whatsinthewayistheway.com](http://www.whatsinthewayistheway.com).

To follow Mary on Facebook and Twitter, please click on the links at the bottom of the Homepage next to the shell logo. Mary is also on Pinterest and Google+.

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### Counseling & 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 \$235. Packages available are 5 for \$1075, and 10 for \$1950. Please contact Mary to set-up a package. Payment may be made through Mary's [website](#) once an appointment is booked. 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](mailto:awaken@maryomalley.com)

### Awakening Group

This gathering provides 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.

The weekly group is offered in Kirkland, WA and through Zoom on your computer Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session. Please [Contact Mary](#) for information.

### Tele(Phone)Group

This phone group is a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the group 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. The group is on Tuesdays at 10:30 AM Pacific Time. To register, click on the link below in the schedule.

## Being Healed By Our Compulsions

A new Online Class with Mary beginning January 16, 2019

**You have until Jan. 5th to receive \$100 off**

**[Sign up now!](#)**

This will be an **8 week course** for exploring a revolutionary way to heal AND be healed by your compulsions.

### **What is this new way?**

This new way explores how to engage with your compulsions rather than endlessly trying to manage them.

It is about listening rather than controlling, opening rather than closing and *relating to* your compulsion rather than being lost in it.

This new way understands that your compulsion, rather than something that is wrong with you is an ally on the journey back to a deep and trust filled relationship with yourself and with your life.

### **Imagine:**

- The relief of no longer having to struggle with your compulsion.
- The liberation that comes from moving beyond the idea that your compulsion is a defect - something bad or wrong that you must control or get rid of.
- The release that come from understanding that you are not a failure for being unable to control them.
- Rather than a problem to be solved, your compulsion becomes a guide back into the ease and joy that is your birthright.
- Understanding that It is never your compulsions you are longing for, but a nourishing relationship with yourself and your life.

### **Included in the course:**

8 weekly lessons with audio and video files

4 fully interactive calls with Mary in her twice monthly live Q&A's

Invitations each week to help you bring what the course offers into your daily life

PDF handouts of all lessons and invitations



Facebook group

Lifetime access to the audio and video files and PDFs

**For more information or to register for the Course, click [HERE](#).**

### Mary's Radio Show on DreamVisions 7 Evolutionary Voices for the Quantum Age



[What's In Your Way IS the Way](#) with Host Mary O'Malley is part of Evolutionary Voices for the Quantum Age on the Dreamvisions 7 Radio Network.

Mary's program is live on Thursdays, 8 AM & 8 PM Eastern Time (5 AM & 5 PM Pacific Time). You can click on the link on the right for the live show or access all of the previous shows at any time by scrolling down and clicking on the blue "Previous Shows" button on Mary's page on the Dreamvisions 7 website.

Join Mary as she explores a revolutionary approach for healing everything that causes you to struggle with your life rather than fully experiencing it.

### Acknowledgements from Our Readers

Learning to relate to my thinking not from my stories/mind has changed my life. Thank you, Mary for writing, teaching, and living from your essence. Peace to you.- D

### Events

**Please follow the links for details**

**New Online Course with Mary**

**Sign up before Jan. 5th for \$100 off**

[Being Healed By Your Compulsions](#)

Course launches in January 16, 2019

**Tuesdays, January 22nd-February 12th**

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

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

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

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](#)

**January 21 - February 4th**

Capitalize On Your Creativity: Clear the Fear, Capture Your Genius and Create Your Signature Work

Online Summit

**What's In Your Way IS the Way interactive online course**

[What's In Your Way IS the Way](#)

Course launches again April 3, 2019

**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](#)

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