



December 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:** “Rather than problems to be solved, compulsions can become teachers to be listened to, for compulsions will not be healed through trying to manage them.”

**Intention:** When my compulsions show up, I will learn how to listen to them, and let them show me how to move beyond struggling with life.

### Featured Offering

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

January 29, 2020

See Below for Details



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

## **Your Compulsions Can Heal You!**

During this holiday time are your compulsions more present? Maybe it's the compulsion to stay busy, or to eat a lot of Christmas cookies, or to go to Starbucks numerous times for peppermint mochas or buy lots of alcohol. From one view, it can be very scary to see how compulsive we have all become. Over 68,000 people died last year from opioid overdoses in the US and even though for decades we have tried endless diets, we are heavier than we ever have been.

It isn't only food, alcohol and drugs where compulsions are evident. You can be compulsive about most anything, all the way from busyness, to biting your fingernails, to OCD, to screen time, to shopping. And the only way we know how to be with our compulsions is trying to control them, but what we try to control, controls us.

There is another way to work with compulsions. Rather than problems to be solved, they can become teachers to be listened to, for compulsions will not be healed through trying to manage them. Shift your perception just a bit and you begin to see that as you learn how to listen, they will show you how to move beyond struggling with life so that you can engage with it, rediscovering the joy of being present for life!

Everything I share comes from the living experience. I once gained 97 pounds in a year. Can you imagine how much eating that was on a daily basis? Actually, it was more like stuffing than eating. I was also washing a lot of that food down with alcohol and taking every drug I could get my hands on. Why would I do that? Because I was trying to get far away from what I was experiencing because I didn't know how to be with myself. My compulsions would stuff my pain deep inside for a short while, only to amplify it in the end.

When I was told that if I didn't stop eating wheat, I would severely challenge my health, rebellion took over and I ate more wheat in the next two years than I had in the last 10 years combined. The struggle during those years was excruciating. I hated myself for being so rebellious, and I was terrified that I would never get out of this huge abyss of struggle.

But like a soft, sweet breeze on a hot summer day, I began to recognize that I wasn't a weak-willed ninny for not having been able to control myself. I saw that control didn't work! I also saw that they were like a lumbering beast on automatic pilot and even if I was able to control them for a while, they would come back with a vengeance. This is when my relationship with my compulsions began to change.

Slowly, as I learned how to listen to my compulsions rather than trying to control them, the need for alcohol and drugs faded away and my body slowly let go of the extra weight. I now eat whatever I want to eat because I eat out of kindness and my body has stayed the same basic weight for many years.

It takes a while to discover the art of connecting and listening to your compulsions rather than trying to control them. But it is so worth the effort. Healing the compulsive one inside of me has brought forth spaciousness, an open heart and the pure joy of being alive.

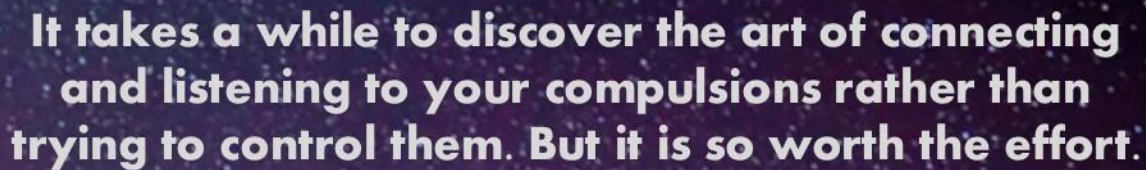
Imagine for a moment what your life would be like if you saw that your compulsions are not here because you are doing something wrong or life is punishing you or you are just a weak willed ninny. They are here to heal you to your core. They are an ally and friend on your path back to yourself, and the joy of being fully alive.

If you are intrigued, I invite you to be a part of my online course, [Being Healed by Our Compulsions](#) starting January 29th. Currently priced \$100 off. If you want to know more about the course, I invite you to register for my free webinar: [Our Compulsions as Our Guide Back to Joy](#). Come explore how your compulsion can become a guide back into ease and joy on January 15th, 5:30 p.m. PST.

If it isn't time for you to do the course, [CLICK HERE](#) the introduction and the first chapter from my book *The Gift of Our Compulsions*. May it help you to see that you are not bad or wrong for being compulsive. Instead, your compulsions are here to guide you out of the world of struggle and back into the joy of being fully alive.

Be light,

Mary



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and listening to your compulsions rather than  
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If you want to explore more about this work, please visit my [website](#). On the homepage, you can click on Listen, Watch & Read to take you to a number of wonderful ways to access what Mary offers – [blog](#), [Radio Show](#), [newsletters](#), [books](#) and [CDs](#).

On the website [Books](#) page, there are links to 12 short videos about *What's In the Way IS the Way*.

You can also visit the *What's In the Way IS the Way* website where you can read the endorsements for this wonderful book [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+.

If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

### 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, 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** **An interactive Online Class with Mary beginning January 29, 2020**

AN 8-WEEK ONLINE INTERACTIVE 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. with a zest for where the adventure is going to take you today?

### **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](#).**

**Stay tuned for special discounts!**



## 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.

To listen to Mary's show, click on the link above, which will take you to her page on Dreamvisions Radio. Then, if you want to download and listen to any of her previous shows at any time, click on the Previous Episodes On Demand button by her picture at the top and it will bring up the previous shows in Archives. Click on the title of the

show and it will download so you can listen. At the bottom of the previous episodes on demand page, is a link Older Entries, which will bring you to older shows.

If you want to listen live, scroll down to where you see the button that says LISTEN LIVE Click Here. (The show is aired on Thursdays at 8 AM and 8 PM ET (5 AM & 5 PM PT) and Saturdays at 2 am ET (11 PM PT).

### Acknowledgements from Our Readers

Wonderful! I feel freedom as I read this. When I bring the openness of my seeing heart to what my mind is dishing up - it seems my innate compassion naturally arises. Thank you. ~E.

### Events

Please follow the links for details

**Tuesdays: December 10th, 17th, & January 7th, 14th**

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

10:30-11:30 AM Pacific Time

**Wednesdays: December 18th, & January 23rd**

[Group Call](#)

5:30-6:30 PM Pacific Time

**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](#)

**Free Webinar: Our Compulsions as Our Guide Back to Joy**

[Register Here](#)

January 15, 2020, 5:30 PM Pacific Time

**Being Healed by Our Compulsions interactive online course**

[Being Healed By Your Compulsions](#)

Course launches again in January 29, 2020

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

**If you have any questions or need assistance, please contact: [devrah@maryomalley.com](mailto:devrah@maryomalley.com)**

**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.

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