



January 2020

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 can be a guide through the world of struggle, back into a deep and trust filled relationship with ourselves and with our life!"

Intention: Instead of always trying to control my behavior, I will be curious about what I am experiencing rather than trying to change it.

Featured Offering

[Free Summit: Embrace Your Unique Self](#)

&

[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.

A New Way for 2020

What would it be like if your compulsions were no longer a problem that you need to get rid of? What would it be like if, instead, they became doorways into the clarity, peace and joy you long for? This is entirely possible. You can release yourself from your compulsive urges and also become free from the core compulsion we all have, the compulsion to struggle with ourselves and with our lives.

The first step in healing your compulsions is to see that they promise so much, saying just let me take over and you will feel so much better. But if we were honest with ourselves, feeling better is a short-term affair and then they leave devastation in their wake. You can make a fool of yourself when you drink too much, or your pants get tighter because you ate too much, or you become snappy and frustrated because you did too much, or you get lung disease because you smoked too much.

Then in January, most of us make the resolve to stop the behaviors, which are causing difficulties in our lives, only to go back to them a few weeks or a few months later. Then we most likely feel the cruelty of self-judgment and despair.

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! To discover how to connect with your compulsions, rather than trying to control them, we need to first look at how we have been with them and recognize that it doesn't work. The US Surgeon General reports that 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. How we work with our compulsions doesn't work in the long run.

There is another way to work with compulsions, a way that not only heals them but also heals you too. It's about learning how to listen and discovering that your compulsions are wise teachers and allies on the journey back to a trust-filled connection with yourself and with life.

It certainly happened for me and for many people I have worked with over the years. I tried over and over again to stop my drug and alcohol consumption and to limit my overeating, but all my attempts at control failed. Was that because I was a weak-willed ninny? No! Control doesn't work because it is a LAW of the psyche that *what you resist you empower!*

Instead of always trying to control my behavior, I was taught how to be curious about what I was experiencing rather than trying to change it. And as I learned how to be curious about what was happening within me when I was compulsive, my compulsions calmed down. I no longer drink alcohol and do drugs and my body has stayed the same weight for years and I eat what feels right to me. So it is another law of the psyche that *what you embrace ceases to have power over you.*

I know that to see your compulsions as your ally and teacher may feel impossible right now and for many years that was true for me. I can feel the self-hate and the despair that was present in all those years where I was extremely compulsive, trying to control my compulsions, only to have them control me. I felt like such a failure. At times it seemed impossible that I would ever get free from my compulsions and the struggles that fueled them.

But over the years, I learned not to struggle with my compulsions. The more curious I became, the thoughts and feelings that were fueling my compulsions, along with my compulsions, began to lose their power over me. I didn't need to stop my compulsions. They just gradually let go on their own.

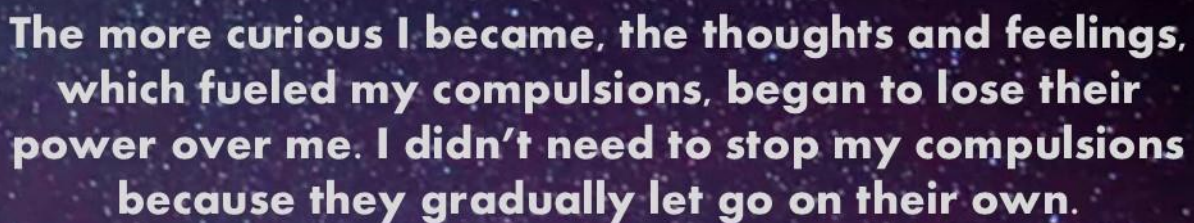
If this interests you, I invite you to become a part of my online course [Being Healed by Our Compulsions](#) starting January 29th, currently priced \$100 off. I want you to know it all comes from my own experience of healing and being healed by my compulsions. It also comes from many people down through the years who I've shown how to bring this new way into their lives, and they are so grateful for it.

If want to know more about the course, I invite you to [CLICK HERE](#) and listen to a short Masterclass video on compulsions. It will give you a sense of what we will be exploring as you learn how to shift your relationship with your compulsions.

Also, I'm doing a 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. Click the link to register.

Be light,

Mary



The more curious I became, the thoughts and feelings, which fueled my compulsions, began to lose their power over me. I didn't need to stop my compulsions because they gradually let go on their own.

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.

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, call Mary at 425-889-5937 or send her an email at 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](#).

Course is priced \$497 and is currently \$100 off!

Embrace Your Unique Self: Discover Inner Healing Practices To Trust Your Intuition, Reclaim Self Worth, and Love the Skin Your In
Starting January 6th

So many people are wrestling with hearing their internal guidance: not trusting their intuition, feeling frustrated when it comes to making the “right” decision, or unfulfilled in their lives but they don’t know why. But it doesn’t have to be this way! If you’re hesitant to shine all parts of your beautiful self, it’s time to experience a shift. When you discover how to do the “inner work” your life transforms. If you’re intrigued, I’d like to invite you to join me for a complimentary online show my colleague, Dr. Claretha Yeager, is hosting. It’s called Embrace Your Unique Self: Discover Inner Healing Practices To Trust Your Intuition, Reclaim Self Worth, and Love The Skin You’re In.

It starts January 6th, and you can reserve your FREE spot here:

<https://embraceyouruniqueself.com/MOM>

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

This made my heart glad and I thank you for your beautiful and moving words—they were just what I needed today! ~D.

Events
Please follow the links for details

Embrace Your Unique Self: Discover Inner Healing Practices to Trust Your Intuition, Reclaim Self Worth, and Love The Skin You’re In
[Register Here](#)

Starting January 6, 2020

Free Webinar: Our Compulsions as Our Guide Back to Joy

[Register Here](#)

January 15, 2020, 5:30 PM Pacific Time

Tuesdays: January 21st, 28th & February 4th, 11th

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

10:30-11:30 AM Pacific Time

Wednesdays: 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](#)

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

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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