



May 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:** "Healing comes from your ability to see the judger—to begin to relate to it rather than being lost in its cruelty."

**Intention:** When I recognize the judger in my thoughts, I will become curious and rather than buying into what it is saying, I will say, "I see you."

### Featured Offering

[Being Healed by Our Compulsions](#)

An interactive Online Class with Mary beginning

September 23, 2020

See Below for Details



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

## The Judger

Do you have a challenge with self-judgment? If you are like most people, your answer to this question is “Yes”. You are not alone. I have had the wonderful grace of seeing inside the minds and hearts of thousands of people over the years, and one of the common threads is self-judgment. The critical voice inside of us is often times subtle, concealed in a mind that believes we need to be different than we are to be okay. And for all of us, it can flare up into intense self-cruelty that can be overwhelming in its meanness. It compares us to some mythical idea of who we should be and then berates us for coming up short of perfection.

Have you ever been afraid to tell a loved one the truth about a part of yourself because you’re certain he or she would not love you anymore or even leave you? That is the “I am not good enough, right enough, perfect enough to be loved” place. The voice inside goes on to say, “I should be better. I have to, I ought to, I must do or be whatever my arbitrary definition of being enough is.”

So we become an ongoing project, struggling and striving for perfection, all the while secretly believing we are not doing life good enough or right enough. The “shoulds” and “ought tos” within us can grow to monstrous proportions, completely blotting out our beauty, uniqueness and perfection, and keeping us separate from life.

This judger was created inside of us when we were very young, trying to be what we thought we should be, to gain the much needed approval and connection with our parents. And then it took on a life of its own. If you look closely, you will see that it believes that it is not okay to make mistakes! And yet everybody does and will continue to do so. It is a part of life. There is a wonderful Zen quote, “Freedom comes when you are without anxiety about non-perfection.” In other words, it is absolutely perfect to be imperfect!

For what seemed like a very long time, I didn’t see this. My judger’s cruelty was pervasive and relentless, convincing me I was not worthy of even being alive. I love to joke that my judger graduated top in its class at law school and was president of the debate club! Now it rarely shows up and when it does, there is no need to buy into its story. This happened because one day I had a moment of such deep clarity that it changed my life. I realized that the judger never sees the truth. It adds 1 and 1 together and comes up with 22! With just a little bit of space from this conditioned voice inside of me, I began to be able to say to the judger, “You don’t know shit!” I chose to relate to it at that point with hutzpah because these voices had seduced me into their mean and cruel world over and over again. Now every once in a while, it will show up inside of me and I touch it with my heart. Then it passes right through me.

The good news is that you don’t have to be at the mercy of that judger inside of you anymore. You don’t need to destroy the judging quality of your mind nor do you need to deny it’s there or try to leap over it by trying to become perfect. This only gives it more power. Rather, the healing comes from your ability to see the judger—to begin to relate to it rather than being lost in its cruelty.

Imagine that you are caught in its web and the judger is telling you how wrong you are. Then all of a sudden, you become very curious about what is going on in your head and you see that the judger is here. Rather than buying into what it is saying, you say, “I see you.” Now, this may seem like it would not make much of a difference, but I assure you, it does. Every time you can see what the judger is saying rather than buying into its story, it loses its power over you. I call this “Look to Unhook”. The process of learning how to relate to it rather than being caught in its stories will

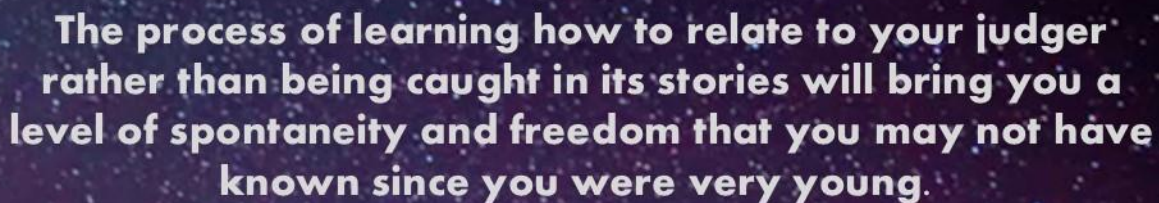
bring you a level of spontaneity and freedom that you may not have known since you were very young.

It is very simple, but we do need support in discovering how to not be seduced into its stories. If this calls to you, email us at [devrah@maryomalley.com](mailto:devrah@maryomalley.com) and Devrah will send you the “Disarming the Judger” chapter from my book, *Belonging to Life*. It will change your relationship to your judger and will give you tools to unhook from self-judgment, so you can know the joy of being authentically yourself!

Coming in the fall is [Being Healed by Our Compulsions](#) interactive course. For more information scroll down or click on the link above.

Be light,

Mary



**The process of learning how to relate to your judger rather than being caught in its stories will bring you a level of spontaneity and freedom that you may not have known since you were very young.**

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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 September 23, 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

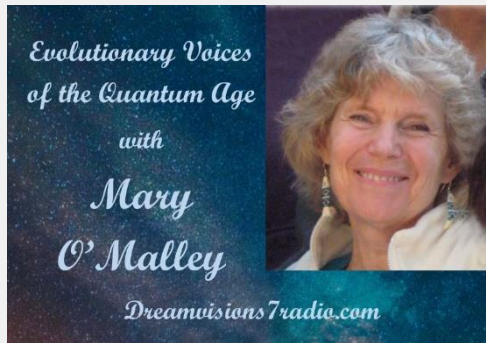
Lifetime access to the audio and video files and PDFs

**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

I love her book, "What is in the Way...." It is one of the only books that I ever flagged from beginning to end! I'm buying another copy to start this course which is so timely for where I am on my journey forward. ~S.

### Events

Please follow the links for details

**Tuesdays: May 5th, 19th, 26th, & June 2nd**

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

10:30-11:30 AM 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 September 23, 2020

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

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

Course launches again in January 2021

**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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