



March 2021

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:** “Compulsions are an invitation to move beyond struggling with life so that you can engage with it, rediscovering the joy of being present for life!”

**Intention:** Instead of seeing my compulsions as a problem to be solved, I will recognize my compulsions as my teacher, my ally on this journey back to a trust-filled connection with myself.

**Featured Offerings:**

**[Being Healed by Our Compulsions](#)**

**An interactive Online Class with Mary beginning  
March 31, 2021 - **Currently \$150 off**  
See Below for Details**



**[Click on the photo above to watch Mary in a video message.](#)**

**Can Compulsions Heal You?**

During all of the upheaval and challenges that have come during this pandemic, have you noticed that your compulsions are more present? Maybe it's the compulsion to stay busy, or eat a lot of food, or go to Starbucks numerous times or buy extra bottles of alcohol. From one view, it can be very scary to see how compulsive we have all become. Over 81,000 people died last year from drug 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 keeping messy, to shopping, and on and on and on.

I want to share with you a radical idea. Your compulsions can heal you!! Rather than problems to be solved, they can become teachers to be listened to, for they are one of the most powerful places where you can learn about and discover how to unhook from struggling with life. Why is that? Compulsions will not be healed through struggling with them. In fact, when you try to control them, they end up controlling you! But shift your perception just a bit and you begin to see that they are an invitation to move beyond struggling with life so that you can engage with it, rediscovering the joy of being present for life!

Many of you know that early in my life I was extremely compulsive around alcohol, drugs, food and self-hate. And yet drugs and alcohol haven't been in my life for a long, long time. And when I am really pushed by life, my food compulsion does still come in small waves, but it alerts me to the truth that something within me needs the compassion of my heart. Rather than a problem to be solved my compulsion is my teacher, my ally on this journey back to an abiding and trust filled connection with myself and with my life. And self-hate's voice is practically non-existent inside of me. And when it does show up, it is an invitation to meet myself with my own heart.

What does that look like? I keep a bittersweet chocolate bar in my house at all times. Most the time I'm either not interested or I enjoy a piece or two. If you would've told me years ago that chocolate would sometimes stay in my house for weeks, I would've laughed hysterically. Now, this chocolate bar is my alert system. When I'm interested in more than a little bit, usually when I am stretched by life, it signals me that something inside of me needs my attention.

What a different way to be with our compulsions! 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 week willed ninny. They are here to heal you to your core. As I share this with you, I am feeling such joy. It is truly possible to *heal and be healed* by your compulsions.

If this interests you, I invite you to be a part of my revolutionary online course [Being Healed by Our Compulsions](#), (based on my book *The Gift of Our Compulsions*) starting on March 31st. Enroll by **March 9th** and receive **\$150 off** tuition. Use coupon code: **comp4\$150** Sliding scale also available. Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for more info.

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

Be light,

Mary

**Rather than problems to be solved, compulsions can become teachers to be listened to, for they are one of the most powerful places where you can learn about and discover how to unhook from struggling with life.**

### Acknowledgements from Our Readers

I am now reading The Gift of Our Compulsions - and I am overwhelmed with hope. It all makes such sense. I have been trying to control my anxiety for years and years, and it just doesn't work. You write so beautifully about the human mind - the mind I have been afraid of for as long as I can remember. You write with warmth and logic. It speaks to every cell of my being. ~G.

### EVENTS

Please follow the links for details

**Facebook Live: Thursday, March 4th, 25th**

[Facebook Page: Mary O'Malley's Awakening Offerings](#)

10:00 AM Pacific Time - Make sure to like the page

**Tuesdays: April 6th, 13th, 27th & May 4th**

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

10:30-11:30 AM Pacific Time - Waiting list available

**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 begins on March 31, 2021

**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 September 2021.

### BEING HEALED BY OUR COMPULSIONS

**An interactive Online Class with Mary beginning March 31, 2021**

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

**Enroll by March 9th** and receive **\$150 off** tuition. Use coupon code: **comp4\$150**

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

**This course is available on a sliding scale. Contact [devrah@maryomalley.com](mailto:devrah@maryomalley.com) for more information.**

### FOR MORE INFORMATION

[Counseling](#) - In person & by phone (currently by phone or Zoom)

[Awakening Group](#) - In person group (currently held on Zoom)

[Tele\(Phone\)Group](#) - Telephone group

To visit Mary's [website](#), [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).

**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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