



December 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:** “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!”

**Intention:** When my compulsions show themselves, I will become curious about what I am experience, instead of trying to control them.

**Featured Offerings:**

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

Starting January 12, 2022, more details below about this interactive online course.



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

## Doorways Into Clarity

This is the time of year we tend to indulge our compulsions because of the holidays. There is certainly more alcohol, more food, more shopping, more busyness, more stress and on and on. Then, after indulging, the pendulum has a tendency to swing the other way when we try to control our compulsions through new year resolutions. (Even though that never works!!)

What would it be like if your compulsive behaviors were no longer problems that you need to get rid of? What would it be like if they became doorways into the clarity, peace and joy you long for instead? This is entirely possible. It is possible not only to release yourself from your compulsive urges, but also to become free from the core compulsion we all have, the compulsion to struggle with ourselves and with our lives. And we are masters at it. 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!

It certainly happened for me that way and for many people I have worked with over the years. How did that happen? Many of you know my story about how I gained 97 pounds in a year and at the same time was washing a lot of that food down with alcohol and taking every kind of pill I could get my hands on. I tried to stop drugging myself and tried every diet under the sun – only to have those efforts all fail. Was that because I was a weak-willed ninny? No! They didn't work because it is a law of the psyche that **what you resist, you empower!** But as I learned how to be curious about what I was experiencing rather than always trying to control or change it, my compulsions calmed down. For it is another law of the psyche that **what you embrace ceases to have power over you.**

So, I invite you to take a good look at how you have been with your compulsions and ask yourself, “Has it worked?” The good news is that there is another way to work with your compulsions, a way that takes you beyond struggle itself.

This is what my book, [\*The Gift of Our Compulsions\*](#) and my online course [\*Being Healed by Our Compulsions\*](#) are all about. I invite you to at least contemplate the radical notion that your compulsions are a gift from life to wake you up out of struggle. As Stephen Levine, spiritual teacher and author, would say, “May you be so lucky to come across something you can't control.” Why would he say that? Because control is an endless game of the mind, a game that you will never (thankfully) ever win, and because *who you are* is so much bigger than the game of control. May we use our compulsions to take us beyond the struggling self so we can discover the peace and ease that is always here, right outside our compulsion to struggle with life!

If this calls to you, come join me for my interactive course online course [\*Being Healed by Our Compulsions\*](#), starting on January 12th. In this time of great challenges, we can truly learn how to use our compulsions to bring us home to the deep peace that is our birthright.

Be light,

Mary

**It is possible to release yourself from your compulsive urges, and to become free from the core compulsion we all have, the compulsion to struggle with ourselves and with our lives.**

#### Acknowledgements from Our Readers

Thank you, Mary. Your words touch me deeply and I carry them with me. You have helped me so much over the years. I just want to express my heartfelt gratitude.  
Wishing you well. ~J.

#### EVENTS

Please follow the links for details

**What's In Your Way IS the Way self-paced online course**

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

Start as soon as you sign up!

**Tuesdays: January 4th & 11th and February 1st & 8th**

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

10:30-11:30 AM Pacific Time

**Thursdays: January 6th & 13th and February 3rd & 10th**

[Zoom Group: Guidance for Person Awakening](#)

10:30 AM - 12:00 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](#)

**Facebook Live: Dates to be announced**

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

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

**Being Healed by Our Compulsions online course**

[Being Healed By Your Compulsions](#)

Course begins again in January 2022

**What's In Your Way IS the Way interactive online course with Zoom and Facebook group**

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

Course begins again in 2022

#### **BEING HEALED BY OUR COMPULSIONS** An interactive Online Class with Mary beginning January 12, 2022

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 Here](#)**

**For more information 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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