



January 2022

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:** "As you contemplate this year ahead, allow life to open you again, letting your intentions be a guide on this pathway out of struggle."

**Intention:** Whenever challenges come up in my life, as they tend to do, I will remember and use the mantra, "All is welcome here."

**Featured Offerings:**

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

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

Stay tuned for information on Mary's new online course to be held in the spring...

Falling in Love with You



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

## Set a Different Kind of Resolution for the New Year

It's that time of year when many people make resolutions for the New Year. Why do we make them? Because we have the idea that things will get better when we fix, change or rearrange something about ourselves we think is 'wrong'. Resolutions are typically about *getting rid of* something and *getting to* some place 'better', like "I am going to lose 50 pounds," or "I am going to stop drinking so much alcohol," or "I am going to spend less money." This is the endless game of struggle, which we took on when we were young, and it causes us endless suffering.

I invite you to hold an intention rather than a resolution. Intentions don't come from struggling with life. Instead, they hold the space for healing to happen. In order to discover the kind of intention that really works, it is important to know that life knew exactly what it was doing in 2021. In other words, whatever happened was exactly what needed to happen. Then, consider the possibility of showing up for what life is offering in 2022, no matter what it is. As Eckhart Tolle says, "Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment." Can you feel how the intention of being with life takes you out of the endless game of struggle and grounds you into the living process of your life?

My intention for 2022 is "All is welcome here." Just feel the spaciousness this intention brings up when you say it. I use this intention like a mantra, whenever I have challenges come up in my life, as they have a tendency to do for all of us. It invites me to become curious about what life is offering, no matter what it is, rather than being victim to it. This intention allows for my primary "go-to place" to be one of curiosity and compassion rather than getting lost in a resistant, efforting, judging mode.

"All is welcome here" is a wonderful intention for when we are caught in our struggling mind, because it reminds us to let go of the resistance that creates our suffering. This intention befriends what we are experiencing rather than making it the enemy, and it is one of the most valuable things a human being can do on our journey back to life.

Pema Chödrön, Buddhist nun and author, tells us to keep company with our struggles, which is another way of inviting us to befriend it. When we are lost in the kind of mind that says, "I don't like this" or "I am wrong" or "I am not enough," we can befriend it by saying "I see you \_\_\_\_." Fill in the blank with whatever you are experiencing whether it is a pain in your back, anxiousness in your chest, a fearful story about the future, or just simply struggling. We can also tell it, "You are welcome here." Sometimes the mind will scream, "No, you're not," and then we can say to the resistant mind, "You are welcome here too."

What would it be like if it was okay that you were experiencing whatever you were experiencing? Welcoming whatever is happening is a doorway into a trust-filled place that is difficult to imagine when we are caught in struggle. How does that door open? By having a moment here and a moment there when we say to whatever we are experiencing, "I see you and it is okay you are here."

As you contemplate this year ahead, allow life to open you again, letting your intentions be a guide on this pathway out of struggle. And know, like Eckart said, life will bring you exactly what you need for your healing and fulfillment!

Be light,

Mary

**"All is welcome here" is a wonderful intention for when we are caught in our struggling mind, because it reminds us to let go of the resistance that creates our suffering.**

### Acknowledgements from Our Readers

You have such a gift of self-expression. Your words and explanations are beautiful.

Stitching our wounds with the thread of love♡

Honoring her presence like a warm blanket that has kept you safe and sound during wintry months☁

Deep breath..ahhhhhhhhhh ~L.

### 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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