



January 2024

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 learn how to listen, your compulsion will show you how you were conditioned to struggle and how to unhook from it. In other words, you will be turning your compulsion from an enemy to an ally on your journey back to a nourishing connection with yourself and with life."

Intention: Happy New Year! Most of us make New Year's resolutions, but we almost never are able to follow through on them. The most common ones are to lose weight or quit an addiction. We usually make the mistake of trying to brute force these changes without addressing why we compulsively eat or abuse substances. Beneath our awareness, parts of ourselves that we've buried control us. For this New Year, I invite you to make your resolution to meet those feelings, experiences, and parts of you that are so desperate to be heard.

FEATURED OFFERINGS:

[Free Live Call](#)

RESCHEDULED: Does Pain have to be so Painful?

See below for more detail!



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

A Radically Healing Idea

Do you ever wonder why trying to control your compulsions is like playing a game of Whack-a-mole? You get one under control and another one pops up. Very frustrating! It isn't only food, alcohol and drugs that you can be compulsive around. It can be most anything, all the way from biting your fingernails, to becoming lost in opioids.

But our core compulsion is to struggle, and all the other compulsions are an attempt to numb out from that heartache. What do we do with our compulsive urge to struggle? We struggle with it! And then our compulsions come to numb us out from the heartache of all that struggle. Then we get more caught in the quicksand of struggle when we believe we must control our compulsive urges only to have them control us! And of course, that only gets us more deeply caught in struggle, bringing us into a sometimes very loud, but often very quiet despair.

It is fascinating to begin to see how your mind turns even the smallest things into problems and then spends most of its time trying to figure out how to fix them. If it isn't concerned about the new pimple on your chin, it is concerned about how your pet acts at the dog park or how fast somebody returns your call, or whether people will notice the spot on your shirt. These little concerns mushroom into big concerns like, "Will I get cancer?" or "Will they reject me?" or "Will I have anything left in my retirement fund?" No wonder we have to numb ourselves out with our compulsions.

When I look at the evening news, I see all the chaos that comes from human minds, minds that have become addicted to struggling with life. In my imagination, when I sit on the moon and look across at this beautiful blue-green jewel of a planet that is our home, I see 7 1/2 billion people walking, driving, working, flying, sleeping, swimming, birthing, and dying and most all of them have clouds of struggle around their head.

But I also see more and more people whose clouds are thinning, who can respond to life rather than react, who can see we are all in this together floating on this tiny planet through vast oceans of space. To me one of the most powerful things you can do to become a part of the healing of our planet is to thin your clouds of struggle and one of the most powerful ways you can do that is through your compulsions.

What do I mean by that? How can compulsions heal the addiction to struggle? Because compulsions will not be healed through struggle. In fact, you empower them when you struggle with them. If you learn how to listen, then your compulsions will show you how to unhook from struggle so you can know the joy of being fully alive.

Consider joining our self-paced called *Being Healed by Our Compulsions*. Did your mind do a double-take on that title? Take a few moments and let the title in. As you let it roll around inside of you, you can begin to get the inkling that what we are exploring here is different than anything you may have explored before.

In this course, we're not going to struggle with your struggles for that is futile. We are also not trying to control your compulsions for as soon as you try to control them, they control you. We won't be making them bad or wrong, for they are a finely crafted survival system whose foundation was created inside of you when you were very young.

Instead, we will be exploring how to turn your compulsion from something that is wrong with you into the wise teacher that it really is. As you learn how to listen, your compulsion will show you how you were conditioned to struggle and how to unhook from it. In other words, we will be turning your compulsion from an enemy to an ally on your journey back to a nourishing connection with yourself and with life.

If this intrigues you, you can either listen to this Master Class video which will give you a simple and concise overview of what we will be exploring. And if it calls to you to join us, it warms my heart for we can support one another in rediscovering the joy of moving beyond struggle and being fully alive!

And if it isn't time, may you truly know that your compulsions are not something that is bad and wrong. Instead, they can become an ally on your journey back into the joy of being fully alive!

If you'd like to explore my work further, I invite you to listen to my upcoming radio show on *Dreamvisions 7 Radio: A New Way, A New Year*. It will air tomorrow, January, 9th and 16th at 5am and 5pm [HERE](#). After the 16th, it will be available on demand, along with every other radio show I've ever done [HERE](#). Please feel free to explore my catalog and listen to topics that call to you.

Be light,
Mary

"One of the most powerful things you can do to become a part of the healing of our planet is to thin your clouds of struggle and one of the most powerful ways you can do that is through your compulsions."

Acknowledgements from Our Readers

Mary- just wanted to tell you how much I enjoyed your article this morning. It is something I need to be reminded of constantly. It is a help to be in a profession where I am constantly faced with the damage done to the self by the critical judgement and non acceptance that I see every session in my clients. Truly it is an opportunity to extend compassions to them and make it a little easier to extend that same compassion to myself. ~J

EVENTS

Please follow the links for details

Does Pain have to be so Painful? *See below for more detail.*

RESCHEDULED: Free Live Call will take place on January 14th at 5:30 pm PDT!

[Learn More & Register Here](#)

Thursdays 8:00 AM & 8:00 PM Eastern Time (5:00 AM & 5:00 PM PT)

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 self-paced online course

[Being Healed by Our Compulsions](#)

Start as soon as you sign up!

Falling in Love with You self-paced online course

[Falling in Love with You](#)

Start as soon as you sign up!

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

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

Start as soon as you sign up!

NEXT FREE LIVE CALL ANNOUNCEMENT

RESCHEDULED: Does Pain have to be so Painful?

We all experience pain. And we all experience all levels of pain – physical, emotional, mental, and spiritual.

But we are living in an exciting time where we are changing our relationship to pain. Join Mary in exploring how, rather than resisting the pains in your life, you can befriend them so that you receive the gifts that always come with them.

It's coming up quick! We will meet on **January 14th** from **5:30 to 7 pm PDT** for the free live call, lasting about an hour and a half.

We will be on Zoom. Connect in the way that feels most comfortable to you. Join with video, keep your video off or call in. If you can't make the call, send your questions to the Awaken Team at awakenteam@maryomalley.com and Mary will address them in the call and you will receive a recording.

Learn More and Register [HERE](#)

Contact our Support email: awakenteam@maryomalley.com for questions.

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.

For more information about Awakening, please follow the links below.

If you have any questions or need assistance, please contact:

awakenteam@maryomalley.com

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