



January 2025

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: "In January most of us make the resolve to stop the behaviors, which are causing difficulties in our lives, only to go back to them a few weeks or a few months later. Then we most likely feel the cruelty of self-judgment and a quiet sense of despair. But, there is another way to deal with compulsions, a way that not only heals them but also heals you too."

Intention: Happy New Year! Can you believe it's already a new year? Have you made a resolution? What do you wish to change? Weight Loss? Quit smoking? Exercise more? Most of us give up on our resolutions before February. The problem with resolutions is that they are about struggling and resisting our compulsions. I fought my compulsions for years without any real progress, but then life taught me another way. I invite you to read my letter below to see what I'm talking about.

FEATURED OFFERINGS:

Holiday Sale: \$100 off all Courses

All Courses only \$49

Ends January 5th! See below for more detail

&

Free Night: The Most Amazing Things About You and Your Life

We will meet on January 6th at 5:30pm PST

See below for more detail!



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

A New Way for a New Year

Compulsions promise so much but often leave devastation in their wake. You can make a fool of yourself when you drink too much, or your pants get tighter because you ate too much, or you become snappy and frustrated because you did too much.

Then in January most of us make the resolve to stop the behaviors, which are causing difficulties in our lives, only to go back to them a few weeks or a few months later. Then we most likely feel the cruelty of self-judgment and a quiet sense of despair.

There is another way to deal with compulsions, a way that not only heals them but also heals you too. This way isn't about trying to control your compulsions because we've seen in the long run, it doesn't work. Instead, it's about engaging rather than always trying to manage them. It's about learning how to listen and discovering your compulsions are wise teachers and allies on the journey back to a trust-filled connection with yourself and with life.

I know that seems impossible and for many years that was true for me. I can feel the self-hate and the despair that was present in all those years when I was extremely compulsive, trying to control my compulsions, only to have them control me. I felt such a failure. At times it seemed impossible that I would ever get free from my compulsions and the struggles that fueled them.

But over the years, I learned how not to struggle with my compulsions. Instead, I learned how to be curious about what was happening when I was compulsive. The more curious I became, the thoughts and feelings which were fueling my compulsions, began to lose their power over me. I didn't need to stop my compulsions. They just gradually let go on their own.

I have written books, created CDs, recorded radio shows and offered classes in order to get this healing message out into the world. This message is so much more than just healing our compulsions. It's about healing our core compulsion, which is struggling with life.

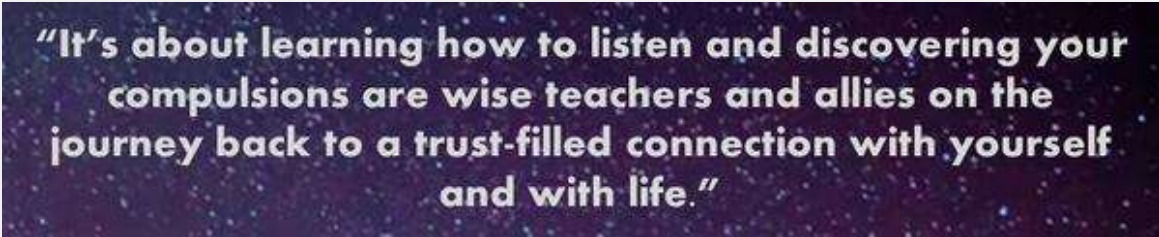
It was exhilarating to create my online course, Being Healed by Our Compulsions self-paced course. I want you to know it all comes from my own experience of healing and being healed by my compulsions. It also comes from many people through the years who I've shown how to bring this new way into their lives, and they are so grateful for it.

The reason why I am so passionate about this course is that as you heal your compulsions and the struggles that fuel them, you will become a healing presence in the world. And the world needs you!

Also, it is a very nourishing thing to be a part of a group of people who are braving their way out of compulsions, back into and alive and intimate connection with life.

So, if you're interested in learning more, please [CLICK HERE](#). If the online course doesn't call to you at this time, here is a link to my radio show about compulsions: [CLICK HERE](#).

Be light,
Mary



"It's about learning how to listen and discovering your compulsions are wise teachers and allies on the journey back to a trust-filled connection with yourself and with life."

Acknowledgements from Our Readers

Your book, The Gift of Our Compulsions, is so thoughtful, personable, and written in a way that makes one stop and say, "ahh, she gets me, I'm not alone". I just love it. I have about a million

book marks filling up the pages because I love reading bits of it, to my clients and fellow colleagues, that strike me and that I think will help in their healing journey.

~J.

EVENTS

Please follow the links for details

Healing Holiday Sale: Ends on the 5th! *See below for more detail.*

All Self-paced courses are \$100 OFF.

All Courses only \$49! [What's In the Way](#), [Falling](#), and [Compulsions](#)!

The Most Amazing Things About You and Your Life *See below for more detail.*

Free Live Call will take place on **Jan. 6th at 5:30 pm PST!**

[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!

\$100 OFF All Self-paced Courses for the Holiday Season

Healing Holiday Sale: All Self-paced courses only \$49!

Every time I see the news, my heart aches for the pain inflicted on the world by an old kind of mind that doesn't recognize the sacredness of every particle, of every being. But I also see more and more people awakening to a way of being with life that cares not only for all people but also for the Earth itself.

You are reading this newsletter because you are a part of this awakening. For the holidays, I am offering all my online, self-paced courses for \$49 (Ends: January 5th). I recognize the restorative messages within them and wish for them to reach more people so they can contribute to the healing of our world. Please consider sharing them with your loved ones as well.

SPECIAL OFFER

ALL SELF-PACED COURSES \$100 OFF

ALL COURSES \$49

Being Healed by Our Compulsions

Falling in Love with You

What's in Your Way is the Way

Recognizing the essential messages in her online courses and understanding their healing power, not only for individuals but for all of humanity, she is offering them at \$100 off ~~Reg. cost~~ during the holidays. If it calls to you, give these courses to yourself and your loved ones so that one person at a time, our world may be healed.

What's in Your Way IS the Way

will show you how to unhook from your mind's addiction to struggle so you can know the joy of being fully present for life.

Falling In Love with You is all about how to fall in love with you exactly as you are, so you can rest in the compassion, kindness, and empathy that is who you really are.

Being Healed by Our Compulsions

changes your relationship to your compulsions from enemy to ally, allowing them to guide you out of the world of struggle and back into the ease and peace that is your birthright.

Contact our Support email:

awakenteam@maryomalley.com for questions.

NEXT FREE LIVE CALL ANNOUNCEMENT

The Most Amazing Things About You and Your Life

Most of us sleepwalk through our lives, missing this awesomely intelligent and truly amazing adventure that is our life. Join Mary in opening your perception of who you are and what life is about so you can again know the joy of being fully alive.

We will meet on **January 6th** from **5:30 to 7 pm PST** 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.

Mary will be hosting her Free Live Calls every two months. Stay tuned to find out when the next one will be.

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)

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

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.

[Contact Awakening](#)

[About Awakening](#)

[Our Offerings](#)

[Online Course](#)

Awakening, 908 3rd Street, Kirkland, WA 98033, USA

[Unsubscribe](#) | [Change Subscriber Options](#)