



awakening

with Mary O'Malley

July, 2014

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:

I invite you to contemplate the radical notion that your compulsions are a gift from life to wake you up out of struggle.

Intention:

Whenever I notice myself resisting or trying to control a compulsion, I will become curious about what I am experiencing instead.

Featured Offering

**\$200 off 2015 Costa Rica retreat
if registered by July 15th.
See below for details.**



Last week I videotaped a course that I will be offering through the en*theos Academy for Optimal Living on the topic of compulsions. I am very excited to be involved with this organization and to be part of the en*theos mission to "Optimize Your Life – Let's Change the World." I will send out an email when I have the date that the course will be offered.

We all currently have or have had compulsions in our lives. 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. We are like people endlessly trying to unravel a ball of yarn, and all the while we are sitting in paradise. 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 them 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?" If you are like most people, your answer would be "No." Why is that? Because our tendency is to resist and try to control what we don't want, but the fact is that what we resist, we empower, and the way we try to control our compulsions doesn't work – not in the long run.

The good news is that there is another way to work with your compulsions, a way that takes you beyond struggle itself. It is what my work and my book, *The Gift of Our Compulsions*, is 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 who we truly are, and in that discovery may our world be healed!

Be light, Mary

Quote: "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!" —Mary O'Malley

To learn more about this work, please visit our website at www.maryomalley.com
Also, please click on the [Watch Mary](#) link in the left sidebar of our website homepage and scroll to the bottom to view a wonderful 3-minute multi-media presentation about this work (also on [YouTube](#)), and click on this [Mary's Blog](#) link to read messages from me and reply or ask questions. Also, on the Books page, there are links to 12 short videos about What's In the Way IS the Way.

To view previous newsletters, please click on the link [Newsletters](#).

To follow Mary on Facebook and Twitter, please click on the links at the bottom of the left sidebar on our website. Mary is also on Pinterest and Google+. If you wish to unsubscribe, please click on the link at the bottom of this newsletter.

Costa Rica Retreat: Celebrating Life ~ All of It!

Samasati Nature Retreat, February 8-14, 2015

Registration for this transformational, tropical retreat is limited to 20 people. A \$500 non-refundable deposit holds your place and will be applied to the total balance. The cost of the 6-day retreat is \$1799 which includes lodging, food and transportation to and from San Jose. **Registrations received by July 15th will receive a \$200 discount** on the balance due for the retreat. The balance is due by Oct. 1st.

For more information and to register, please follow [this link](#).

Website for Mary's Book *What's In the Way IS the Way*

We now have a website just for *What's In the Way IS the Way*.

In order to get it to show up in Google search, there need to be many visits. **Would you be willing to copy and paste the link below in the address bar of your Internet browser?** Maybe even do it a number of times? Thank you!

www.whatsinthewayistheway.com

From Our Readers

Hi Mary,

I want to thank you for all your newsletters and insights and your book which led me to your wisdom! ~P.W.

Counseling & In-Person Groups

Counseling - In Person & by Phone

Mary is a guide who offers insights born of experience and awareness. Through deep listening and presence, she helps others open to their own clarity and wisdom. Her office is in Kirkland, WA and she is also available for phone counseling and with Skype. For each 50-minute session, the fee is \$150. Packages available are 3 for \$420 (\$140 each), 4 for \$520 (\$130 each), and 10 for \$1200 (\$120 each). Please contact Mary to set-up a package. Payment may be made through PayPal. Mary is a Certified

Counselor in the State of Washington and can provide invoices for insurance reimbursement.

For information and appointments, please call Mary at 425-889-5937 or send her an email at awaken@maryomalley.com

In-Person Groups

These gatherings provide an opportunity for you to explore and deepen your own personal awakening with expert guidance and to share with other awakening beings. You will also experience the healing power of mercy and trust.

Weekly groups are offered in Kirkland, WA on Mondays from 7:00 to 9:00 PM and on Thursdays from 10:30 AM to 12:30 PM. Cost is \$130 for each 6-week session.

You must have one session with Mary and may visit a group one time before joining. Please Contact Mary for information and an appointment.

Tele(Phone)Groups

These phone groups are a wonderful way to connect with Mary and with other awakening beings in the comfort of your own home. Mary facilitates the groups and there are opportunities for questions and discussion. Once you register, you will receive a dial-in-number and access code. When you dial-in, you will be prompted what to do to join the group call. Each session is 4 weeks and costs \$100. There is a morning group on Tuesdays and an evening group on Thursdays. To register, click on the appropriate link below.

Events

Please follow the links for details

Tuesdays, Jun 24, July 2, 8, 29 *(no group July 15 or 22)*

Telegroup: What's In the Way Is the Way Group

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Thursday Group is on Break for the Summer

Telegroup: The Gift of Our Challenges

5:00-6:00 PM Pacific Time

Saturday, Aug 2

Living in the Here and Now Half-Day Retreat

Our monthly Half-Day Retreat is on the 1st Saturday of every other month (even-numbered months).

Tuesdays, Aug 5-26

Telegroup: What's In the Way Is the Way Group

10:30-11:30 AM Pacific Time (7:30-8:30 PM GMT+1)

Feb 8-14, 2015

6-night retreat in Costa Rica: Celebrating Life – All of It!

[Samasati](#) Retreat Center. For more details and to register, go to our [Retreats](#) page.

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

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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