



Awakening's Purpose is to help you fully engage with the only moment that matters—Now—even in the midst of a busy life. Being fully present for Life brings forth a profound joy and creates a deep trust that allows you to be passionately curious about the living adventure that is life!

Author Joseph Campbell said that what we truly long for is “the rapture of being alive so that our experiences on the physical plane resonate with the truth of our innermost being.” Yet most of us, spend most of our time lost in the struggle of trying to make ourselves and our lives different. Enmeshed in this struggle, we become disconnected from ourselves and the present moment, which is where all that we yearn for resides.

Awakening invites you to use your challenges to awaken so you can focus your energy on creating a deep connection and sense of belonging to yourself and to your life. Our products and services will help you identify, embrace and transform whatever is fuelling your compulsions. By teaching you how to cultivate curiosity, compassion and trust, you will become present to your life and in that presence, a healing force in the world.

This work has been endorsed by Eckhart Tolle, Neale Donald Walsch, Dr. Larry Dossey and Alan Cohen.

Our written, audio and visual programs are designed to enable you to experience the miracle of awakening. A full list of our products can be found below. From the Offerings page of our website ([www.maryomalley.com](http://www.maryomalley.com)) you can access product specific pages with purchasing instructions. The Offerings page also has links to pages that describe the individual counseling and coaching, classes, retreats and ongoing groups that Mary conducts.

### Our Products

Books: Belonging to Life: The Journey of Awakening  
 The Gift of Our Compulsions: A Revolutionary Approach to Self Acceptance and Healing  
 The Magical Forest of Aliveness: A Tale of Awakening  
 What's In the Way IS the Way

DVD: The Awakened Life: Finding Peace in the Midst of It All

CDs: The Gift of Our Compulsions: An Overview  
 The Dance of Life: A Moving Meditation  
 Awareness: Rediscovering the Living Moment  
 Disarming the Judger: The Art of Compassion  
 The Healing Power of Wonder  
 Breathe Fully – Live Fully – 2-CD Set  
 Difficulties As Doorways – 6-CD Set  
 Healing Our Compulsions – 6-CD Set

### Mary can help you...

- Learn to fully experience joy and peace through self-acceptance.
- Live fully in the ‘here and now.’”
- Successfully work with your compulsive behaviors, whether they are overeating, overspending, overworking, web surfing, drugs, alcohol or sex to heal them and be healed.

Contact **Mary O'Malley** at [awaken@maryomalley.com](mailto:awaken@maryomalley.com) or 425.889.5937 to request an interview. talk or workshop.

