



awakening

with Mary O'Malley

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 is dedicated to inviting 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, so you don't have to be compulsive anymore. By teaching you how to cultivate your 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) you can access product specific pages that give you much more detail on individual items, purchasing instructions as well as excerpts from our audio products that you can listen to and a segment of our DVD that you can watch. The Offerings page will also take you 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](#)

Audio: [The Gift of Our Compulsions: An Overview](#) – CD

[The Dance of Life: A Moving Meditation](#) – CD

[Awareness: Rediscovering the Living Moment](#) – CD

[Disarming the Judger: The Art of Compassion](#) - CD

[The Healing Power of Wonder](#) – CD

[Breathe Fully – Live Fully – 2-CD Set](#)

[Difficulties As Doorways – 6-CD Set](#)

[Healing Our Compulsions – 6-CD Set](#)

Video: [The Awakened Life: Finding Peace in the Midst of It All](#) - DVD

Mary can help you...

- Learn how to fully embrace the joy and peace of self-acceptance.
- Live fully in the ‘here and now’, not in the past, or in the future.
- Successfully work with your compulsive behaviors, whether they are overeating, overspending, overworking, web surfing, drugs, alcohol or sex.

**Contact Mary
O'Malley**

at
info@maryomalley.com
or 425.889.5937
to request an interview.
Talk or workshop.

