



Mary O'Malley is an author, teacher and counselor who's work awakens people to the joy of being fully alive. Her innovative and highly effective approach to compulsions replaces fear, hopelessness and struggle with ease, well being and joy.

In the early 1970's, a powerful awakening put Mary on the path to becoming free from a life-long struggle with her own compulsions, introducing her to the joy and the wonder of being fully awake to life. Since then, she has dedicated her life to helping others heal their compulsions and themselves by seeing what blocks them from joy.

Through her individual counseling and coaching, classes, retreats and ongoing groups, Mary invites people to truly experience awakening. An acknowledged authority in the field of Awakening, Mary clearly sees the big picture—and the details—of human patterns and conditioning. She possesses an extraordinary ability to understand, empower and connect with people and is committed to helping people heal their inner wars, so that they can become a part of the healing of our planet.



Nicknamed "Sunshine" as a baby, Mary's life journey has been at times so dark that her inner radiance was nearly extinguished. As a little girl, she attempted to soothe the pain of parental abuse, neglect and divorce with food. While her step-mother gave her diet pills which made her paranoid and hyperactive, her mother counter-medicated her with sleeping pills and tranquilizers. When she turned 18, Mary turned to alcohol, and then drugs. At the age of 24 Mary felt like a total failure. And when a doctor told her that her addictions would kill her, she felt that she no longer wanted to live.

After several unsuccessful suicide attempts, Mary attended a weekend seminar with Joel Kramer which gave her a new perspective. Although she didn't know why, she suddenly felt vibrant and alive, curious rather than reactive, compassionate rather than judgmental, and trusting rather than fearing. The years of living in deep despair now began to make sense. While it was not permanent, Mary was able to access this new state of simply being more easily.

Since her own awakening, in 1971, Mary has studied with many teachers: Ram Dass, Pir Vilayat, Patricia Sun, Jean Klein, Brian Swimme, Jack Kornfield, Karlfried Graf Von Durckheim and others. Vipassana (Mindfulness) meditation practice made her curious about whatever she was experiencing and then Stephen Levine taught her how to meet everything she discovered through the vastness of her heart. It was a true epiphany!

After identifying her own specific threads of wisdom, Mary has created a powerful blueprint for being fully alive that she calls, simply, "Awakening."

Eckhart Tolle calls Mary's first book *Belonging to Life: The Journey of Awakening* "a treasury of practical wisdom and profound insights, all pointing to one essential Truth: how to awaken into present-moment awareness and live in acceptance of what is."

Her second book, *The Gift of Our Compulsions, A Revolutionary Approach to Self Acceptance and Healing* is endorsed by **Eckhart Tolle, Dr. Larry Dossey and Alan Cohen**. It teaches us that our compulsions are not simply negative impulses to be controlled but to access to the wisdom that they hold.

Her third book, *The Magical Forest of Aliveness: A Tale of Awakening* is a wonderful story for all ages endorsed by **Neale Donald Walsch**.

And her fourth book, *What's In the Way IS the Way*, with a Forward by **Neale Donald Walsch**, is a wonderful how-to book for meeting our challenges and accessing the treasures they hold.

Contact Mary O'Malley at awaken@maryomalley.com or 425-889 5937 to request an interview or book-signing.