



**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 connections and sense of belonging to yourself and to your life. Our products and services will help you identify, embrace and transform whatever is fueling your anxiety or compulsive behaviors, so you can experience the peace and joy you long for. 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 many leaders in the field of awakening including Eckhart Tolle, Neale Donald Walsch, Christiane Northrup and Alan Cohen. To view all endorsements, please go to the [Endorsements](#) page.

Our written, audio and visual programs are designed to enable you to experience the miracle of awakening. A 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 specific pages that give you much more detail on individual items and services and purchasing instructions as well as interviews you can listen to and videos 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](#)  
[What's In the Way Is the Way: A Practical Guide for Waking Up to Life](#)

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  
[Being Healed by Your Compulsions](#) – 6-CD set  
[Turning Difficulties Into Doorways](#) – 6 CD set

## We will help you...

- Learn how to fully embrace the joy and peace of self-acceptance.
- Live fully in the “here and now”, not yearning for the past, or longing for the future.
- Successfully work with your compulsive behaviors, whether they are overeating, overspending, over-worrying, overworking or overusing drugs, alcohol or sex.



**Contact Mary O'Malley**  
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to request an interview or  
speaking engagement.

